

The NHS logo, consisting of the letters 'NHS' in a white, bold, sans-serif font inside a blue rectangular box.

Rotherham

A blue rectangular box with a white border containing the text 'NHS Health Check' in large, white, bold, sans-serif font.

Helping you prevent heart disease, stroke
diabetes and kidney disease.

A photograph of a family of five: a woman on the left, a woman in the middle, a man in the center, and two children (a girl and a boy) in the foreground. They are all smiling and looking towards the camera. The background is a blue gradient with white light trails and circles.

Jo Abbott
Consultant in Public Health
Sally Jenks
Public Health Specialist
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Better Health,
Better Lives

What is the NHS Health Check?

‘The purpose of the NHS Health Check is to identify an individual’s risk of cardiovascular disease, for this risk to be communicated in a way that the individual understands, and for that risk to be managed by appropriate lifestyle advice, referral and clinical follow-up.’

Service Specification for NHS Health Check CVD Risk assessment

What the NHS Health check includes

Lifestyle Assessment includes:

- Diet
- Exercise
- Smoking
- Alcohol

Core Clinical Assessment includes:

- Age
- Gender
- Ethnicity
- Family History (CVD in first degree relative < 60 years)

Extended Clinical Assessment includes:

- Waist circumference
- Blood Sugar
- Serum creatinine

What the NHS Health check includes (continued)

Risk calculation:

- From the clinical and lifestyle assessment calculate the person's ten year risk of developing CVD by using the Framingham risk score or QRISK methods.

Recording of clinical information & patient explanation:

- Results of the individual components of the lifestyle and clinical assessment will be recorded onto the patient's electronic record.
- The patients overall risk status and explanation will be coded using specific read code (CVD risk less than 20%, CVD risk more than 20%)

National Policy

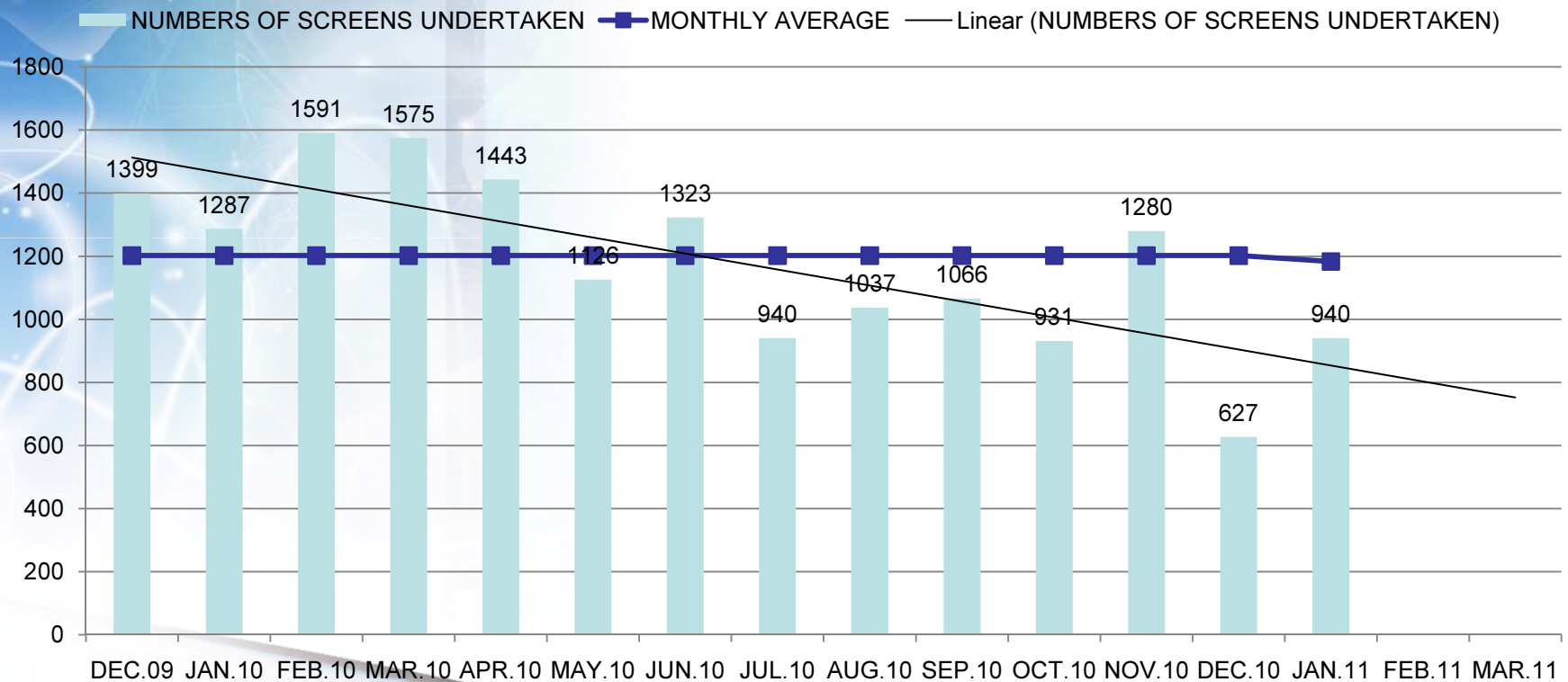
- NHS Health Check appears in the Public Health white paper '*Healthy Lives, Healthy People*' (November 2011) and the NHS Operating Framework.
- PCTs are expected to carry out NHS Health Checks on 18% of their eligible population each year.
- Uptake of NHS Health Check is a KPI (Key Performance Indicator) that PCTs are being measured on.

In Rotherham:

- The eligible population aged 40 -74 **not** already on a CVD disease register - **78,051**
- **23,636** screens plus an explanation of risk recorded have been carried out (27.72% of the eligible population)
- Practices receive a payment of £10 for every patient with a risk score and explanation of risk recorded, rising to £24.20 for every patient above 45% of the eligible practice population:
- 9 Rotherham practices have exceeded the 45% threshold for NHS Health Check

Monthly progress of NHS Health Check from all Rotherham practices

NHS ROTHERHAM CVD SCREENS



High performing practices

- Thrybergh
- York Road
- Morthen Road
- Clifton
- Chantry Bridge
- Wickersley
- Dalton
- Blyth Road
- Broom Valley Road

Regional comparison

- **Rotherham** and Barnsley have provided a high number of Health Checks compared to most other districts in Yorkshire and the Humber.
- Some districts have identified a small eligible population for the Checks (eg Leeds, Wakefield)
- Some districts have only funded NHS Health Checks through outreach or targeted services.(North Lincolnshire, Bradford)
- Some districts have chosen not to offer NHS Health Checks at all (eg Sheffield)

What the NHS Health Check is telling us

- Based on a Rotherham wide rate of 27.7% of eligible patients with risk score and explanation carried out **(23,636 people)** **16%** of screened patients have a CVD risk of >20%.
- QUEST data reveals that of the patients with a >20% risk
 - 71%** are overweight or obese
 - 31%** are current smokers
- **47%** of patients with a >20% risk of CVD have been prescribed statins.

Risk management through lifestyle change

- Referral to all specialist lifestyle services following NHS Health Check has been low.
- **97%** of >20% risk smokers are given advice to stop smoking but only **17%** are referred to a smoking cessation advisor (source: QUEST).
- Rate of referral to exercise has been low, (200+ passes issued to date) **BUT** success rates for those patients referred has been high.

What the Patients say.....

“I completed the Kinetica journey and enjoyed it so much I joined the gym and am still going approx 3 times a week. I think it is very good value as it includes so much. I found the pass very useful and it has had a positive effect on my weight and well-being. I have now lost a stone and a half in total. The only downside is that I’ve dropped a dress size and have had to buy lots of lovely new clothes!”

*Mrs Irene Pepper
Health Trainer Service client*

“My partner and I decided to go together. We use the gym at least once a week and I enjoy the Aquafit classes. I feel much fitter and have lost 10cm and my doctor has told me my blood pressure has come down. We have since both joined the Rotherham Leisure Complex.”

Kinetica journey client

Issues for the future

- Quality Assurance
- NHS Health Check organised as a screening programme
- 5 year call and recall
- Commissioning
 - Local Authorities?
 - NHS Commissioning Board?
 - Public Health England?
- Making Every Contact Count – staff competence
- Any qualified provider

Any Questions?

