

# Building Healthier Communities

## Newsletter - Issue 2 - August 2019

Welcome to the second newsletter of the Newham Building Healthier Communities (BHC) Programme. We are excited to share the latest updates on how we are transforming health and social care.

### Meeting today's healthcare challenges

The NHS currently faces some of its greatest challenges - increasing diversity and complexity of care, a growing population that is living longer - this places huge strain on services and budgets. To respond to this the BHC Programme is developing community-based models of care designed to transform local healthcare so that Newham residents can live longer, healthier lives. The responsibility for these changes is shared across health and social care organisations, along with the people who use them.

### Key workstreams

Our workstreams are how we are addressing these challenges and summarise the different aspects of work taking place.

#### Adult Continence

Health and social care services work together to ensure that people with continence problems are identified,

assessed and get the treatment they need, but the existing systems could be improved. This group is working to provide people with more timely, effective and efficient support, reducing waste and offering earlier intervention.

#### Assistive Technology

Assistive Technology refers to equipment that helps people to remain safe, secure and independent at home. This group will look at a range of measures to raise awareness, develop skills, increase uptake and expand the ways in which assistive technology can help patients. Examples include:

- Alarms linked to a monitoring centre
- Sensors that can support individuals to ensure they are well and doing the things that will keep them well, e.g. blood pressure monitors or epilepsy sensors.
- Apps for individuals and/or carers, to help manage their care and support.

#### Care Coordination

This group has a number of different sub-groups looking at how we can better integrate working between services and put people at the centre of their care. This includes looking at how health specialists interact with primary care, and also at who is coordinating care and

who is best placed to manage cases, in order to meet complex needs most effectively.

#### End of Life

Good care at the end of someone's life needs to be timely and personalised, with a focus on the quality of life remaining. The work this group is doing aims to make people's last months, weeks and days of life better, through improved training, better communication between organisations, and by embedding choice for patients and their families.

#### Frailty

Frailty is a state of health related to the ageing process, where bodily systems gradually lose their in-built reserves. Half of people over 85 are classed as frail, however younger people can also be described in this way. This group looks at improving how people classed as frail are identified and engaged with, at spreading awareness, reducing avoidable unplanned care and reviewing how technology can assist patients with frailty issues.

#### Rehabilitation, Integrated Therapies and Enablement

Rehabilitation aims to ensure people return to the community from hospital in a timely manner, with the correct support in place. It supports

people who are at risk of hospital admission or who have been in hospital following an acute illness or fall, or following a surgical procedure. This group aims to optimise the use of bedded care in Newham, ensuring people are treated locally and out of hospital whenever possible.

### **Cardiac and Pulmonary Rehabilitation**

Cardiac and pulmonary rehabilitation are supervised exercise, health education and lifestyle programmes designed to improve the health of people who have experienced a heart attack, heart failure, angioplasty or heart surgery, or who have certain lung/respiratory conditions such as COPD. Amongst other things this group will develop a model of neighbourhood-based partnership working where care is delivered as close to people's homes as possible.

### **Wound and Lymphoedema Management**

This workstream will develop an integrated approach to wound and lymphoedema care, introduce programmes of prevention and supported self-management, and work on delivering more care locally.

## **Sandra Rennie, My Self Care Life**

I have osteoarthritis of the spine with multiple complications including pain, and like most people with a long-term health condition, this means I use a significant amount of healthcare resources.

Statistics show that people with long-term health conditions use up to 70% of GP services, which is a huge amount.

The levels of pain and joint stiffness I experience fluctuate throughout the day and can significantly reduce my quality of my life. My children who experience severe asthma and other allergies also require a wide range of healthcare support.

However, there are wide ranging non-medical activities which we can cultivate and incorporate into our daily lives to help us better manage our health and improve our sense of wellbeing, as well as our quality of life.

For me that includes following a medication regime, understanding the impact of my health condition on myself, and being able to communicate effectively with healthcare professionals on the best treatment options available to me.



Just as important to me are the range of self-care activities I utilise to enhance my sense of wellbeing. This includes regular yoga practice (not daily as yet), eating a balanced diet, mindfulness meditation, being out in the sunshine, my table-top garden and singing in choirs, just to name a few.

As a former nurse and health promotions officer I've long appreciated the key role that each of us has in managing the symptoms of the long-term conditions we live with.

For me the essential components of a holistic approach to self-care enable me to maintain my physical, emotional, mental, social and spiritual wellbeing.

Using my lived experience I'll be writing a regular paragraph for the newsletter to share some of what I've found effective in helping me live my best life.

Namaste,  
Sandra  
'Self-care is self-love.'

## **Get involved with our work**

It's vital that we shape services based on patients' and service users' experiences. If you think that you could help to make them better then we would love to hear from you. For more information about the BHC Programme, or to get involved with one of our working groups, please contact [lina.christopoulou@nhs.net](mailto:lina.christopoulou@nhs.net).