

NEWS-SHEET—January 2017

Chairman Mrs Joan Davis Email. joandavis@onetel.com Tel. 01895 636095
Hon. Treasurer Mr Jon Spain Email. jonesse@ntlworld.com Tel. 020 8537 2835
Website. www.communityvoicehealth.org.uk.

GENERAL INFORMATION and STOP PRESS

- 1. Emergency Departments and Urgent Care Centres are extremely busy at all our local hospitals.** The public is asked to help by visiting them only for serious / life-threatening conditions such as loss of consciousness, severe breathing difficulty, heavy bleeding, severe chest pain, suspected broken bones, deep wounds (e.g. stab wounds), swallowing something harmful or poisonous or a drug overdose. If it is not an emergency, please visit a pharmacist, call NHS 111, attend a walk-in centre or see a GP.
- 2. Consultation on proposal for a new Skin Centre at Mount Vernon:** The proposal includes skin cancer and maxillofacial surgery. Write to The Hillingdon Hospitals NHS FT, Skin Centre Consultation, Estates and Facilities Department, Hillingdon Hospital, Pield Heath Rd, Uxbridge UB8 3NN or email comments to Claire.stenton@nhs.net

DATES FOR YOUR DIARY

- 1. Friday 10th February: Art Exhibition and auction to celebrate 40th anniversary Michael Sobell Hospice and 30th anniversary St Luke's Hospice:** 10am – 7pm the Orangery, Moor Park Golf Club – paintings, pottery, prints, ceramics. Entry is free.
- 2. Friday 24th February: Quiz Night with Shaun Wallace from ITV's The Chase to celebrate Michael Sobell Hospice's 40th anniversary:** 7.30pm Michael Sobell Hospice Lecture Theatre, Mount Vernon Hospital. Tickets £25 include fish and chip supper (or veggie instead), tables of 8 people. Book on website or Tel: 020 3826 2362.
- 3. Friday 16th June, Michael Sobell Hospice, Ladies in the Night Walk:** Sign in 8pm Walk 10pm. 40th anniversary of Michael Sobell Hospice celebration and disco party. Book now – early bird offer £15, www.michaelsobellhospice.co.uk until 31st January.

NATIONAL NEWS.

- 1. NHS medicines:** In 2015 the NHS dispensed one billion medicines, a 50% increase from 2005. 22% of the population were on 5 medicines or more with total expenditure of £13bn per year, increasing by 5% per year. It is estimated that £300m of medicines were wasted nationally each year and up to 50% of medicines are not taken as intended.
- 2. NHS England's proposal to decommission Royal Brompton's congenital heart services:** The three charities of the Royal Brompton & Harefield NHS FT - The Brompton Fountain, Friends of the Royal Brompton, and The Royal Brompton and Harefield Hospitals Charity – launched a December campaign calling on NHS England to change its plans. A giant Christmas card signed by hundreds of supporters was delivered to Secretary of State for Health, Jeremy Hunt MP, asking him to overturn the plans. The campaign launch was filmed and broadcast to over 800,000 people on BBC1. The charities are asking people to write to MPs about their concerns and to call on Mr Hunt to overrule the plans. A march and demonstration outside parliament is expected. Support can be shown on Facebook and Twitter with hashtag #BromptonPatientsMatter.
- 3. The Trust has a new Chairman, Sally Morgan, Baroness Morgan of Huyton.**

NORTH WEST LONDON NEWS

1. **Shaping a Healthier Future:** This huge project aims to prevent illness and to provide more out of hospital care, but for NHS hospital experts to be available at any time when needed. The business case for primary, community and acute estates in NW London requires approval by all eight NW London CCGs, then by NHS England and then by central government. Over the next ten years this major document seeks over £500m from the government to improve NHS buildings and facilities, including outer NW London hospitals. The investment would see about £69m for GP practices, £140m for out of hospital community hubs, and just over £300m for local hospital buildings and facilities.

Across NW London this investment is expected to:

- Save around 334 lives per year by treating people earlier
- To keep people well and prevent around 20,000 stays in hospital by 2024
- To save travel time by services closer to home or by using technology.

A second business case within Shaping a Healthier Future is to be developed in 2017 to cover improvements to hospitals within the inner NW London boroughs.

2. **Harrow and Hillingdon Mental Health Services:** The November meeting of Central & North West London FT was told that its services in these London Boroughs remain chronically less successful than other areas that it serves. Under-achievements against targets over at least the previous four months were attributed to factors including patients not engaging with the service, staff sickness, staff shortages and data quality issues.

HARROW NEWS

London North-West Healthcare NHS Trust

1. **Stroke services top in the country!:** In a national audit by the Royal College of Physicians released late November, the Northwick Park Comprehensive Stroke Unit came joint top with Barts Hospital, achieving the highest possible rating of 10 out of 10!
2. **& Development Excellence Awards** Dr Philip Hendy, a Clinical Research Fellow at St. Marks Hospital, took first place in this year's Awards, which are now in their sixth year. They were established to provide a platform for staff to showcase their research. This year saw a high number of entries, whittled down to five shortlisted studies. Each was presented to an audience of hospital staff and members of the public, before a winner was chosen. The judging panel admired how Dr Hendy had addressed the administration of Vitamin D as an effective approach to treating Crohn's disease.
3. **Patient Forum:** The Trust is committed to providing excellent clinical care in the right setting by being compassionate, responsive and innovative. In recent months it has talked to its staff to find out what they feel is important to them as employees working at the Trust and as potential users of its services. Similarly, to hear the views of patients, it set up the Patient's Forum on Thursday 19th January at Northwick Park Hospital.

Harrow Clinical Commissioning Group

1. **New Tuberculosis service:** A new screening service is now available to patients visiting GP surgeries in Harrow. Harrow has the fifth highest number of people with TB in London, reflecting a large migrant community from countries with a high risk of TB.
2. **Winter ills:** Harrow CCG's website notes that colds and flu can often be managed without a trip to a GP, although a visit to a local pharmacy may provide advice on which over-the-counter medicines to buy. Always read the directions on medicine packets and never take more than the stated dose.

Key medicines to stock include painkillers, decongestants, oral rehydration salts to combat loss of water from fever, vomiting or diarrhoea, as well as anti-diarrhoea tablets.

Always keep medicines out of sight and reach of children. A high, lockable cupboard in a cool, dry place is ideal.

HILLINGDON NEWS

The Hillingdon Hospitals NHS FT

- 1. Activity:** To December 2016 there was a 7.6% increase in A&E attendances, with a 17% increase in attendances by patients under 16 years and a 13% increase in patients over 80 years. There was sufficient capacity in elective services to meet demand, but this was compromised by increasing bed pressures and outpatient referrals which were 7-10% higher than expected, particularly orthopaedics, pain management, urology and endoscopy. The Trust was examining whether elective activity could be increased on the Mount Vernon site and it was working with Hillingdon CCG and other healthcare partners to divert activity, improve patient flow and extend operating capacity.
- 2. The Apprenticeship Levy:** The Government's Apprenticeship Reform Programme commits the Government to achieving 3 million apprenticeships by 2020. The Apprenticeship Levy comes into effect in April 2017. Employers, both public and private sectors, with pay bills over £3m per year will pay 0.5% of each month's pay bill to the Government, which will add 10%, the total then going into an account from which the employer can fund training costs from registered providers. This Trust has already started 40 apprenticeships and is planning more – health care assistant support workers, a chef, and business and administration workers.
- 3. Car Parking:** 48 parking spaces are being added at Hillingdon Hospital, but tariffs are going up by 10p. It was agreed in 2015 that there would be no increase in the price of public parking for 2016 but that there would be a reasonable increase from January 2017. Parking tariffs were not changed for two years, but have now been raised by 10p.
- 4. Demand and capacity for winter planning:** The proposal for Social Services to be commissioned to run a discharge service similar to a nursing home in community beds in Edmunds Ward has been sent to Social Services and Hillingdon CCG.

Hillingdon Clinical Commissioning Group

- 1. Health Visiting Service:** This promotes the health and wellbeing of families with children under the age of five years, from before birth until the child is five. It offers a Saturday morning service at two sites in the Borough for parents who are at work during the week.
- 2. Identification of patients with atrial fibrillation:** The Board's application for funding for a pharmacist to identify these patients in GP lists has been successful - so that these patients can be described improved medication to reduce their risk of suffering a stroke. The project is expected to come into operation early in 2017.

SOUTH WEST HERTFORDSHIRE

West Herts Hospitals NHS Trust

- 1. Stroke service improvement:** The Trust's stroke service has been rated in the top 18% across England, Wales and Northern Ireland in the Sentinel Stroke National Audit Programme, one of only 42 trusts from 228 to achieve an "A", its top rating, a huge improvement from the "E" rating received two years ago.
- 2. Donation for Watford diabetes service:** £12,000 from The Michael Green Diabetes Foundation will be used for a dietitian and diabetes foot problems. This charity was set up by the family of local man, Michael Green, who died from a heart attack in December 2012 aged just 53, a complication of type 2 diabetes. They wanted to make people more aware of the dangers of diabetes and they have raised altogether £76,000, almost half of which has been donated to diabetes services at Watford Hospital.

"When Michael died, he'd had type two diabetes for 28 years," said his wife, "But he didn't take it seriously or pay heed to changing his diet and lifestyle. Type 2 diabetes can, with the right diet and exercise regime, be managed. If we can raise awareness of this then perhaps we can save lives and prevent others from suffering the pain and loss that we experienced."

- 3. Perinatal Mental Health:** Consultant obstetrician and gynaecologist Dr Raja Gangopadhyay supported by local MP Richard Harrington, hosted an event at the House of Commons in December to raise awareness of mental health conditions during and after pregnancy. He hopes to reduce the stigma around these conditions. He said that more perinatal psychiatric support is urgently needed to provide better care for mothers.

Herts Valleys Clinical Commissioning Group

In Hertfordshire and West Essex, about £3.1 billion a year is spent on health and social care. Faced with increasing demands for services, a funding gap of more than £550 million a year is expected by 2021 unless action is taken now to improve personal health and the way that health and care services work together. *A Healthier Future* highlights the key challenges:

- a 37% predicted increase in the population of over-75s in the next 10 years. More older people and people living with long-term conditions means higher care costs
- obesity, smoking, alcohol and not enough exercise are all causing health problems
- recruiting enough doctors, nurses and care staff is difficult
- some patients in hospital do not need to be there
- health and care systems and technology don't always work together effectively
- some buildings are not fit for purpose.

A Healthier Future sets out the four main ways in which NHS health and care organisations in Hertfordshire and West Essex plan to improve health and care in the area:

- helping people to live healthier lives, avoiding preventable illnesses
- improving the health and care services offered at home or in local communities
- using hospital care for specialist and emergency treatments only
- improving the efficiency of health and care services.

In West Hertfordshire, the new plan builds on the changes being developed through the *Your Care, Your Future* programme which aims to offer better co-ordinated care, closer to home with better prevention. Modernisation of Watford and St Albans hospitals will go hand in hand with increased tests, treatments and support in communities so that people receive less complex care locally and will only go to hospital for emergency and very specialist care.

Hertfordshire Partnership University NHS Foundation Trust,

A special team to support new mothers and pregnant women with serious mental health difficulties is being set up in Hertfordshire. Figures suggest that at least 400 women in Hertfordshire have severe mental health needs in the weeks before and after birth, with another 1,375 having mild to moderate needs. The county's two NHS clinical commissioning groups have been given national NHS funds to develop a specialist service offering pre-pregnancy counselling and support for new mums with conditions like severe postnatal depression. The new community mental health service will be delivered over the next three years by this Trust, the local mental health services provider.

GENERAL HEALTH NEWS

Avoiding Peanut Allergy: BBC News reports "According to new US guidance, babies should be given peanut early – in order to reduce the risk of allergy". The new US guidelines, which are informed by expert discussions and a new UK study, suggest that if an infant has severe eczema or an egg allergy, peanuts may be introduced at around four to six months and that waiting may increase the risk of an allergy later, but they suggest checking with a health professional first for these babies. For babies with no signs of allergies or with mild to moderate eczema the new US guidelines recommend that peanuts can be introduced without seeking medical advice. With no history of food or other allergies in the family, UK guidelines say babies can have peanuts from the age of six months, as long as they're crushed into peanut butter. Whole nuts, including peanuts, shouldn't be given to children under five as they can choke on them. Research found that this pattern reduced development of peanut allergy by 81%.

Heart research: A recent study has shown that around one per cent of the population carry a faulty gene which could predispose otherwise healthy people to heart failure, especially if the heart is put under stress. (From Royal Brompton Hospital website)