

CHAIRMAN'S MESSAGE

Dear Members and Friends,

On the special occasion of our 25th Anniversary, which we will celebrate on 3rd December, it would be splendid to have with us members and friends who seldom attend – so this is an open invitation to join us at this time of rejoicing, reflection and hope. Bring with you your ideas on where we head next – they could be the basis for discussion at our January meeting.

Our petition to ensure that the Northwood & Pinner Community Hospital site continues to benefit local people is underway. We hope to complete it by 14th December, but later signatures can be accepted by prior arrangement. We expect to present the petition early in 2016. The petition's success will depend on everyone pulling together to maximise its impact, so please do all you can to rope in support. A copy of the petition form is attached to this news-sheet.

The festive season lies ahead. I wish all members and friends a happy time with a good New Year in 2016. We have no mailing in December, so our next news-sheet will arrive mid-January.

Our meeting on Thursday 7th January will have no guest-speaker, but will allow us to air our views informally on topical issues and to discuss options for work ahead.

With the season's greetings and very best wishes to you all,

Joan Davis, Chairman

1. GENERAL INFORMATION:

Sources of information in our news-sheet: Most items come from our representatives' reports, all of which can be obtained on request to the Secretary or Chairman, contact details page 4. Where items come from elsewhere, the source is noted.

2. UPDATE ON SOME OF OUR CAMPAIGNS

a. Northwood & Pinner Community Hospital petition: Please return completed forms as soon as possible, to the address on the bottom of the form. This will assist our counting arrangements.

b. Hillingdon's funding for mental health: No reply yet from the Chairman of the Hillingdon Clinical Commissioning Group, despite us sending a reminder.

c. National funding to Clinical Commissioning Groups: Simon Stevens, Chief Executive NHS England, acknowledged receipt via Boris Johnson MP of Mervyn Stone's letter on this important issue, but his reply was evasive.

d. Payments by some CCGs to GPs to reduce the number of patients referred to hospitals: We were aghast at this news, reported in The Times and The Telegraph on 2nd October. We wrote immediately to Simon Stevens, CEO NHS England, which is responsible for GP services, but to date only an acknowledgement has been received. A response is awaited.

3. NATIONAL NEWS

a. NHS Finances: In the three months to end of June 2015 the total NHS overspend was £930m, on course for an annual deficit of at least £2bn, due largely to a growing demand for patient care and higher than expected staff costs. Of acute medium sized trusts, 97% were in deficit.

b. Nursing temporarily on list of shortage occupations: Following pressure from NHS providers, nursing is now listed as a shortage occupation. Non-EU nurses are no longer at risk of having visas rejected and those earning less than £35,000 per year will not have to leave UK after six years.

c. Capping Agency Staff Pay Rates: From 1st April 2016 the cap will be 55% above the relevant national pay rates. The 55% is to cover national insurance, holiday pay, pension contributions, plus a small administration fee. This cap will be introduced in stages from November 2015.

d. Care Quality Commission Report “State of Care”: Three quarters of the 79 hospitals visited under the new CQC inspection regime had safety problems. So did over 40% of care and nursing homes and one in three GP services. Lack of staff, in term of skills and numbers, was identified as a major issue. Other issues included medicine management and the ability to learn from mistakes.

e. Registered Nurse and Midwife Revalidation: Revalidation at three year intervals will require evidence of a range of factors to show that the individual is keeping up to date and getting current practice. The new requirements come into force in April 2016.

f. Simon Stevens speech to Kings Fund: The new focus is on transforming care. NHS England will top slice the total NHS budget for 2016/7 to provide funding for integration projects. Neighbouring organisations must work together and bid for funding above base allocations to finance their projects.

4. LONDON NEWS

a. Central & North West London FT:

- **“Like Minded”, a NW London Mental Health and Wellbeing Strategy:** This strategy has been agreed across eight boroughs which allows provision of services needing a large population e.g. the new community eating disorder service for young people, which needs a population of 500,000+.

b. Shaping a Healthier Future Strategy:

- The eight CCGs of NW London have agreed cost sharing arrangements for this programme, which is being developed and updated to provide better care for two million people.

c. Royal Brompton & Harefield Hospital FT:

- **Finance:** The Trust is under severe financial pressure and has a Monitor agreement for a year-end deficit. With no way to mitigate its deficit, the Trust is exploring opportunities in Kuwait and is opening a private clinic in Wigmore Street, London.

5. HARROW NEWS

a. Harrow Clinical Commissioning Group:

- **Health and Wellbeing Board’s new strategy:** This looks towards health and wellbeing across the life course with a focus on four areas - start well, work well, live well and age well.

- **Background to Harrow’s health challenges:** Harrow borders four London Boroughs. It is 10 miles from central London and home to 243,500 people, with 7% under five years old and 7% aged over 75 years. It is one of the most ethnically diverse boroughs in the country – in 2011, 42% were of white ethnic background, 43% were Asian / Asian British and 8% were Black / African / Caribbean / Black British background. For deprivation Harrow is ranked 203rd out of 354 Districts in England (where 1st is the most deprived). There is an increasing trend towards longer healthier lives with men expected to live on average 65.3 of their 82.4 years in health and for women on average 68.1 of their 85.9 years will be lived in health. Cancers are the biggest cause of death in Harrow accounting for almost 2 out of every 5 deaths. A quarter of all deaths are due to heart disease and stroke.

b. North West Healthcare NHS Trust:

- **CQC Inspection:** This started on 20th October with over 60 inspectors covering all the Trust’s sites.

- **Liver disease diagnosis:** By using Acoustic Radiation Force Impulse technology with an ultrasound system Central Middlesex Hospital is providing rapid liver disease diagnosis and has reduced the number of liver biopsies that it carries out. Liver biopsies require three visits, are highly invasive and need a local anaesthetic for a section of the liver to be removed for assessment. The new technology takes less than five minutes and allows a full assessment in a single visit.

- **Combating Group B Streptococci (GBS), a baby killer bacteria:** A screening pilot at Northwick Park Hospital has led to an 80% reduction in cases of new-borns being infected with GBS. The results of the pilot, which screened more than 5,300 mothers, were presented at a Royal College of Obstetrics and Gynaecology conference on 3rd November. The bacteria is carried by up to 30% of pregnant women in their birth passage, typically causing no harm or symptoms but the bacteria can be passed on to the baby. The reduced infection level is expected to save £250,000 per year.

6. HILLINGDON NEWS

a. Hillingdon Clinical Commissioning Group:

- **“Hillingdon4All”:** This is a one year service pilot to simplify access to services for older people, particularly those with frailty factors including social isolation. It is a whole systems model of care for 4,800 people, aiming to provide a single point of access to extensive preventive services from third sector organisations, social services and primary healthcare. It builds on similar national projects.

- **Self harm, crisis and intensive support service:** A case is being developed with Central & North West London FT to implement the NICE pathway for young people who self harm. In Hillingdon between April 2013 and December 2014 there were 223 hospital admissions of this kind.
- b. The Hillingdon Hospitals NHS FT:**
- **The Trust's Licence from Monitor:** The Trust is at risk of not complying with three Monitor requirements – financial performance, CQC standards, and A&E targets. For finance, a Continuity of Service Risk Rating of 3 is required but its rating is currently only 2; the CQC action plan following inspection still has one item outstanding, about infection control; and the Trust has not met the A&E standard in Quarter 2, due to staffing problems and higher than expected activity levels.
 - **Finance:** To end of September, end of Quarter 2, the Trust had a year to date deficit of £1,111k (£1,562k behind plan and it would have been more but for £250k unplanned income received for lease rental for prior years). Key deficit drivers were additional beds, high agency expenditure and shortfall on Quality, Innovation, Productivity and Prevention delivery (QIPP). Efficiency savings of £3,228k, were £857k behind target. The revenue forecast remains a deficit of £2.7m.
- In keeping with other FTs currently off-plan, Monitor requires a financial recovery plan from the Trust. The Trust is asking Hillingdon CCG whether additional in-year financial support is available.
- **Staffing:** Thirty midwives are in the process of transferring to the Trust, which will assist in managing the additional demands from Ealing patients.
- In September average staffing rates for both Registered Nurses and Health Care Assistants improved and staffing for night shifts was compliant at both Hillingdon and Mount Vernon hospitals.
- There is a recruitment drive to fill consultant and medical junior doctor posts with permanent appointments to reduce locums and agency doctors. Medicine now has only two vacant consultant posts.
- **Car parking at Hillingdon Hospital:** If the current proposals are implemented there will be 15% more spaces than in the Deck option and the additional spaces should be open by March 2016. Expansion of Maternity and Paediatrics will add to pressures on car parking.
 - **Phlebotomy at Mount Vernon Hospital:** Facilities have improved with an average waiting time of 15 minutes in a recent audit. The waiting area is being extended.
 - **Length of Stay Schemes:** A discharge lounge operating from Lister Ward from November will increase the number of patients discharged earlier in the day. New ambulatory pathways for Surgery and Paediatrics will start in November. An additional 10 step down beds at Harlington Hospice have been commissioned by Hillingdon CCG.
- b. Central & North West London FT:**
- **Hillingdon's 75,000 children:** 59.4% come from minority ethnic groups, with health and wellbeing which is mixed in comparison with the England average. Infant and child mortality is similar to the England average but for those living in poverty, 20.1%, mortality is worse than average as is the rate for family homelessness. Obesity is average but a lower than average proportion are judged to have achieved a good level of development at the end of the foundation stage.
- CNWL provides public health services for these children. The services are universal and are offered to every child living or at school in the Borough, providing a service of prevention and targeted early intervention as well as specialist support to vulnerable children. Commissioning for health visiting, for children 0 to 5 years, moved to local authority public health on 1st October 2015. School nursing moved two years ago. The CQC inspection of February 2015 rated CNWL's community children's services as "Good".
- **Hillingdon staff issues:** The combination of staff sickness and high turnover is possibly a factor in non-achievement of Monitor and CQC targets by the Hillingdon mental health team, but delayed transfer of patients ready for discharge was due to shortage of available placements. However community services in Hillingdon are doing well with staff satisfaction rates the highest in CNWL.
 - **Riverside mental health lounge:** Patients in the Emergency Department of Hillingdon Hospital needing a calm environment for lengthy mental health assessment can be transferred to this lounge on CNWL's Riverside site, which has benefitted both patients and Hillingdon's A&E Department.

7. SOUTH WEST HERTFORDSHIRE NEWS

- a. Herts. Valleys Clinical Commissioning Group:**
- **Better care for adults and children with learning disabilities and / or autism:** The county has been chosen as one of six pilot sites for the national drive called Transforming Care. This aims to

develop community based services providing specialist support to enable its target patients to lead more independent lives. NHS organisations will work with social care partners, services users and their families to design seamless services across health and social care, from childhood to old age.

- **Get involved:** This CCG welcomes patient involvement – there is no need to be ill or a regular user of health services. GP Patient Groups provide one form of involvement. So do locality patient groups, which are part of the Patient and Public Involvement Committee, a subcommittee of the CCG Board. Patients with an interest in a particular service might join the People Bank, to be called on when a service is being reviewed. Simply to receive information from health and social care partners, sign up for the bi-monthly bulletin Herts Valleys Voices. *(The Chairman can provide details)*

b. West Herts. Hospitals NHS Trust:

- **New Chairman:** After two and a half years as Chair and seven years as a Non-Executive Director Mahdi Hasan retired on 9th November 2015. He is replaced by Professor Steve Barnett.
- **Fewer pressure ulcers!** The Trust’s campaign to reduce pressure ulcers has been an enormous success. Called Best Shot, this started at the end of 2014 with a number of initiatives including buying new pressure reducing cushions and providing easier access to pressure reducing mattresses, as well as introducing the role of Skin Champions on the wards. There have been no grade 4 ulcers (the most severe) for over two years, but more recently the number of grade 3 ulcers is down by 75%, with none at all in September 2015, and grade 2 ulcers have reduced by 40%.
- **Hip fracture care:** The Royal College of Physicians has recognised the Trust’s outstanding improvement in hip fracture care. Following a revolutionary change in treatment there has been a 50% reduction in the mortality rate of hip fracture patients since 2013.
- **Children’s services:** The Care Quality Commission’s recent inspection rated this service as “good” with a rating of “outstanding” in the area of caring.
- **Dementia Services:** The CQC inspection also praised the delirium recovery programme which aims to reduce length of stay, readmissions, antipsychotic prescribing and promotes cognitive and physical functioning and patients’ health and wellbeing. The use of the Alzheimer’s Society “This is Me” document helps to highlight the care preferences and special needs of each patient.

8. GENERAL HEALTH NEWS

Overweight 11-year-olds *(The Week 7 November 2015)*

In some parts of England, the majority of children are overweight by the time they leave primary school, official figures have shown. Public Health England examined body mass readings taken annually from children in two age groups – four to five, and ten to eleven years – in various areas of the country. In the three years from 2011, nationally an average of one in three children in the older group was found to be overweight or obese. But when the researchers broke the figures down to council ward levels, they were able to identify nine areas where the rates were far higher, headed by a ward in Dover where 56.4% of 11-year-olds were either overweight or obese. Other areas had a rate of 50% or more, including Hackney Wick in East London. In one part of Redcar, North Yorkshire, more than a quarter of children were obese when they started school.

Air pollution “stunts lung growth” *(The Week 7 November 2015)*

High levels of air pollution in urban areas can stunt the growth of children’s lungs, new research suggests. Over a six-year period, a team analysed the lung function of 2,400 eight and nine-year-old children at schools in a range of locations across East London. They also tested their urine for levels of heavy metals – produced by car exhausts. The researchers found a direct correlation between exposure to high levels of particulates and nitrogen oxide and reduced lung growth, reports The Sunday Times. Children living in the areas with the highest pollution levels had 5-10% less lung capacity than usual – which they may never get back. This could put them at increased risk of a range of diseases including asthma and bronchitis. Some of the children were from an area close to the Blackwall Tunnel and the A12, where pollution levels are 25 times the national average.

(Members should contact the Chairman if they wish any item to be discussed at our next Council Meeting)

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