

# Agenda

- **Health promotion & prevention**
  - Children & young people
  - Exercise
  - Smoking
  - Staff health & wellbeing
- **Financial challenge**
- **Partnership with SFH**
- **Questions**

# (1) Children & young people

- **Injury Minimisation Programme for Schools**
  - Teaching life-saving skills to primary children (ED)
  - Over 40,000 children since 2001
  
- **Youth Team (national award-winning service)**
  - Advice & support re: living with chronic health conditions
  - Counselling service
  - 'Taking responsibility' advice
  - Transitional support for moving into adult services

# (1) Children & Young People

- **Specialist nurses**
  - Work with children and parents re: 'taking responsibility' (eg diabetes)
- **Play leaders in Nottingham Children's Hospital**
  - Education covering: immunisations, dental health, reflective clothing, first aid and burns prevention

## (2) Exercise

- Education programme for healthcare professionals
- Review of existing exercise referral service provision
- Exercise medicine services
- Workplace wellness
- National Centre Sport & Exercise medicine (PHE) as information repository

NHS

East Midlands Clinical Senate



East Midlands  
Clinical Senate Report

**Physical activity and  
exercise medicine**

## **(2) Exercise: East Midlands initiative**

- Lie less, sit less. Do more, more often
- EM network exercise rehabilitation services
- Making every contact count
- Signposting/messaging
- Education & training
- Return on Investment: research
- Healthcare professionals asks patients about their physical activity level

## (3) Smoke-free

- Smokers can use e-cigarettes in hospital grounds to help them give up tobacco
- Ward-based New Leaf advisors at QMC and City (facilitating nurse referrals to cessation services)
- Pharmacy support (incl Nicotine Replacement)
- On-the-spot fines for littering (circa 20 per week)

# (4) Staff health & wellbeing

- Staff who feel good about their health and wellbeing are likely to
  - perform better as individuals and as teams
  - have less sickness absence (less bank/agency spend)
  - stay in their jobs for longer
  - provide a better patient experience
  - be a positive role model for patients
  - have greater job satisfaction

## (4) Staff health & wellbeing

- Physical activities: incl on-site fitness classes, running, netball, gym, pedometer challenges
- Promoting cycling with secure cycle parking, changing rooms, showers, Dr Bike services & Cycle2Work scheme
- Access to support services such as our Staff Physiotherapist, Nottingham Back & Pain Team, Occupational Health, staff counsellor and 24 hour confidential staff helpline
- “Know your Numbers” health check programme and the NHS Health Check for staff aged 40-74
- Online support for better sleep
- Support with smoking cessation



## (4) Staff health & wellbeing

- A dedicated Health & Wellbeing dietitian offering in-house weight management groups, drop-in services and information
- “Leading a Healthy Workforce” training courses for managers to develop supportive management skills
- Coping with Stress and Building Resilience courses, Mindfulness programmes and free Headspace subscriptions
- Workshops/events on things such as IBS and menopause
- On-line health and wellbeing course aimed at shift workers
- Support for healthy food choices

## **(4) Staff health & wellbeing**

- NUH is part of a national leadership group to share our good practice to other NHS organisations (NHS England funding)
- Sickness absence at NUH is one of the lowest in the UK for Acute Trusts
- Feedback from the NHS annual staff survey shows NUH as an employer who cares about the wellbeing of staff

# Financial challenge

- National context
- 16/17: £22m 'control total'
- Requires NUH to make £43m savings
- Dependent on receipt of £24m national monies (Sustainability & Transformation Fund), which is conditional on achievement of financial and operational standards
- After month 8 (November), broadly on track to meet agreed financial plan, though much to do in Quarter 4

# Partnership with SFH

- November '16: confirmation that a formal merger of NUH/SFH no longer being pursued due to the requirement for both trusts to focus on operational priorities (4 hour performance for NUH)
- Partnership agreement (Memorandum of Understanding)
- Partnership Board
- Working groups (clinical and non-clinical)
- Alignment to Nottinghamshire's Sustainability and Transformation Plan

# Questions