



Please share this newsletter with all staff in your practice who are involved with NHS Health Checks. If you are reading this and have had it passed on to you but would like to receive future issues directly, please contact: nhshealth.checks@nottscc.gov.uk

The Nottinghamshire County Council NHS Health Checks **Service Specification**, including local Best Practice Guidance for 2019-2020, is now available. Please ask your Practice Manager or request a copy from nhshealth.checks@nottscc.gov.uk

All performance and compliance reports are available on eHealthscope.

TRAINING

Free online training on good practice in delivering NHS Health Checks is available at:
<https://www.healthcheck.nhs.uk/commissioners-and-providers/training/training-videos/>
and
<https://www.e-lfh.org.uk/programmes/nhs-health-check/>

Also free on-site training in Motivational Interviewing/Behaviour Change is available from Everyone Health:



Make Every Contact Count Training

Everyone Health is providing Countywide training opportunities for 'frontline' health and social care staff to support in raising the issue of a variety of health related issues (e.g. weight management, alcohol, smoking, physical activity).

What is Make Every Contact Count (MECC) training?

MECCs a technique that involves motivational conversation to make the most of an opportunity to raise awareness, share knowledge and get a person thinking about making positive decisions to change and improve their health and behaviours. The training intends to arm frontline staff with an understanding of how to perform a Brief Intervention alongside the knowledge and information to talk competently around a subject to guide, advise and signpost others appropriately.

All employees receive certification/attendance for CPD

For any queries or information or to book free 1 hour training courses for your organisation please contact your district Community Engagement Coordinator



Blackburnia:
07889305327 graceblackbu@everyonehealth.co.uk



IMPORTANT – PATIENT SAFETY

Please check that you are using the most recent copy (live version) of the Nottinghamshire County Council standardised NHS Health Check protocol /template as this will ensure that the correct READ codes are being used. **This is essential to ensure that national safety guidelines are adhered to.**

SystemOne practices: For all **Greater Notts** practices, this protocol/template can be found in the F12 Data Entry template and the protocol/template is entitled NHS Health Check 2019.

Bassetlaw and Mid-Notts practices can either add to the toolbar or use the F12 launcher in SystemOne and search for the health check protocol/template 
(the protocol/template is indicated by the blue  symbol).

EMIS practices: the template is now being shared and updated via the Resource Publisher. Instructions for updating the template have been sent to all EMIS practices. If you have NOT activated Resource Publisher, please contact the [F12 team](#) (email: ruccg.f12.pathways@nhs.net) as soon as possible to get setup

DEMENTIA

Everyone who has an NHS Health Check should be made aware that the risk factors for cardiovascular disease are the same as those for dementia. This can be as simple as letting individuals know that “**what is good for the heart is good for the brain**”.

E-learning and other materials providing support on talking about dementia are available at:
<https://www.healthcheck.nhs.uk/commissioners-and-providers/training/dementia-training/>

In addition to letting people know that the risk factors are the same, **everyone aged 65-74** who has an NHS Health Check should be made aware of the signs and symptoms of dementia and be signposted to memory services if appropriate.

Please ensure that you tick the box for Dementia Awareness in the NHS Health Check protocol/template to indicate that this has been done.

E-CIGARETTES

PHE advice on recording e-cigarettes use is:

Scenario	Risk option
Vaper only(no history of smoking)	Non-smoker
Vaper and ex-smoker	Ex-smoker
Vaper and still smoking	Record based on number of cigarettes smoked



SUPPORT

Please do not hesitate to contact the Public Health NHS Health Check Team, if you would like support with any aspects of NHS Health Checks – improving uptake, performance, compliance, launching and using the F12 protocol/template, or any other queries:

nhshealth.checks@nottscc.gov.uk

For support with eHealthscope, please contact ruccg.ehealthscope@nhs.net

INELIGIBLE NHS HEALTH CHECKS

The NHS Health Check protocol/template should NOT be used for any other patient checks (eg CVD annual reviews, Health MOTs, Well Man/Woman checks, new patient checks, etc).

If the patient is not aged 40-74 years and/or already has any CVD-related conditions, or has had an NHS Health Check within the last 5 years, then these checks will be classed as “Ineligible” and will not be paid for.

Opportunistic NHS Health Checks: please ensure that a patient is eligible before proceeding.

An alert will appear on launching the NHS Health Check protocol/template if the patient is not eligible and the NHS Health Check protocol/template should not be used for these patients.

WEBSITES

Further information on NHS Health Checks, including Top Tips and national updates, is available on the Nottinghamshire County Council website at:

<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/health-checks/updates-for-practitioners>

The national NHS Health Check website, including training videos, Best Practice Guidance and interesting case studies, can be found at:

https://www.healthcheck.nhs.uk/commissioners_and_providers/



RESOURCES



Locally-branded NHS Health Check leaflets (including Dementia leaflets) and posters are available free-of-charge from:

Library and Knowledge Service, Kings Mill Hospital
Tel: 01623 622515 ext. 4009
Email: library.sfht@nhs.net