Moving Forward

In this issue we are highlighting the range and variety of the work we do to care and support our service users. Everyone has an important role to play as we aim to keep improving our performance and deliver high quality services.

Our Integration Joint Board meets every two months to scrutinise the work of the Partnership.

At February’s meeting we discussed the budget for 2017/18. We still don’t know exactly what it will be but we do know there are challenges ahead. New ways of working will help us make considerable savings and we are working closely with NHS Fife colleagues to create a plan to transform the way we run and deliver our services. So these are also exciting times with many opportunities ahead to make things even better.

I hope you’ll support the ‘Walk A Mile’ event on 29 March at Silverburn and Stratheden if you can.

The idea is to walk a mile in someone else’s shoes by being paired with a mental health practitioner to learn a bit about mental health issues. It’s open to the general public as well as people with lived experience of mental health issues and it’s a great way to combat stigma.

Michael Kellet, Director, Health & Social Care Partnership
Integration Joint Board (IJB) Update

The latest meeting of the Integration Joint Board (IJB) was held on 8th February. Along with discussion on the budget and performance, the Board noted progress in a number of areas.

Key points:

- A piece of work to scope current service demand is almost complete – this will be helpful in addressing budget challenges and for the Strategic Plan moving forward.
- A new Joint Strategic Steering Group is to be set up between the Partnership and NHS Fife. The group will have responsibility for delivering on joint aims set out in both the Strategic Plan and Clinical Strategy and will look at a wide range of issues from Unscheduled Care to Mental Health.
- Work around locality planning is well underway with a range of engagement activities planned over the next year. This will begin with senior staff engagement workshops this month before progressing to roadshow events within the localities.
- Progress against the Strategic Plan was noted in the priority areas, namely Prevention and Early Intervention, Integrated and Co-ordinated Care, Mental Health & Wellbeing and Tackling Inequalities.
- It is intended to introduce a ‘People Stories’ at the start of each IJB to hear the experience, positive or negative, of a patient or service user. This will provide a further focus for the Board.

The next meeting of the IJB will take place on 23rd March.

Stay connected and get involved:

- Check out the IJB board papers: Health and Social Care Integration Joint Board.
- Check out the joint intranet or www.fifehealthandsocialcare.org

Local Partnership Co-Chairs

Simon Fevre, NHS staff side, and Eleanor Haggett, Fife Council staff side, Co-Chair the Local Partnership Forum along with Michael Kellet, Director of the Health & Social Care Partnership. The LPF is the regular Health and Social Care Partnership meeting between Trade Unions and management.

There will be a regular contribution from the LPF in this Newsletter.

Simon can be contacted on simon.fevre@nhs.net and Eleanor on Eleanor.Haggett@fife.gcsx.gov.uk for any queries.
NHSScotland Event 2017 – Submit A Poster Abstract

This year’s NHSScotland Event will be held on 20 and 21 June in Glasgow.

A key feature of the Event is the poster exhibition showcasing best practice and innovation and we’re looking to hear about all the latest projects and initiatives taking place.

The theme of this year’s event is: Working Differently Across Boundaries: Transforming Health and Social Care.

This is a great opportunity to raise awareness of your project, gain recognition, share best practice and make new contacts.

You can submit a poster abstract now. Information on how to submit an abstract and poster categories is available on the NHS staff intranet at posterabstracts2017 or alternatively visit the NHSScotland Event website at www.nhsscotlandevent.com/posters/submitting

The posters will be judged at the Event and there will be a winner in each category as well as a winner of the People’s Choice Poster Award to be voted for by delegates.

Please submit your Poster Abstract to your local Poster Co-ordinator by 27th February 2017.

Electroconvulsive Therapy (ECT) Accreditation

Our ECT team at Hillview Day Hospital was accredited with excellence at their last audit. They also recently won the SEAN (Scottish ECT Accreditation Network) quality improvement award and received a trophy for their efforts.

ECT is used to treat moderate to severe depression in patients who have not responded to antidepressant therapy. It can be life saving for patients who have stopped eating or drinking and may need to be carried out urgently.

Caroline Cooper, ECT Co-ordinator, said: “We are really proud of the team and Fife’s ECT clinic. We provide treatment for inpatients from psychiatric wards throughout Fife and also on an out-patient basis.

“The clinic runs every Monday and Thursday morning from the dental suite at Hillview. It requires an anaesthetist, ODP, recovery nurse, Consultant Psychiatrist, junior doctor, myself (ECT Co-ordinator) and an ECT nurse.

“An episode of ECT usually consists of up to 12 treatments which are delivered on a twice weekly basis. Having said that we also provide maintenance ECT for patients who require treatment less frequently eg every four weeks which is enough to keep them well.”
A Great START

The Short Term Assessment & Review Team (START) have, in less than a year, reduced the number of delayed discharges for those waiting for home care packages.

The initial pilot saw a small group of front-line home carers bringing people, resident in Kirkcaldy, home quickly from the Victoria Hospital.

Cindy Graham, Service Manager, Home Care said: “The team works on an enablement ethos and tailors packages of care to the individual needs of those being discharged. Our work focuses on getting people independent as quickly as they are able to.

“The project started with a focus on those living in Kirkcaldy. It quickly became apparent that we needed to expand Fife-wide. We have increased the number of home carers supporting this project to 20 home carers and have entered into partnership with Avenue and Carewatch who provide a further 20 carers. We have four homecare co-ordinators in place and four assessment and review practitioners.

“This team has made a real difference. Not only are they getting people home quickly but they are getting the right support for people in place, adjusting care packages to suit individual needs as they move through the enablement period. We’ve found that 90% of people coming out of hospital needed less care than expected within 4-6 weeks of discharge. We’ve been able to move them to a suitable on-going care service, saving time and money.

“The future is bright and we expect to expand the team further and will be looking at how we can support people in the community to prevent admission in the first place.”

Locality Planning Update

A series of senior staff workshops are running during February, providing latest information on locality planning work.

Locality planning will define and respond to the health and social care needs of local communities.

Fife has created seven localities – North East Fife, Kirkcaldy, Levenmouth, Dunfermline, South West Fife, Cowdenbeath and Glenrothes. Each of these localities has a number of GP practices grouped into ‘GP clusters’ who will work in Partnership with each locality to identify key issues and develop plans to address these issues.

As we continue to establish Locality & Cluster Planning, wider community roadshows are also set to take place to kick-start locality planning at a local level.

We’ll bring you further updates in future editions of the newsletter.
Red Cross Hospital Discharge Service

A support service is helping vulnerable adults without family or friends nearby, return and settle back safely at home when they are ready for discharge from hospital.

The British Red Cross Assisted Hospital Discharge Service is funded by the Fife Health and Social Care Partnership Local Management Groups, a forum that was set up to facilitate collaboration between community health, social care independent and voluntary sector services.

The service supports Fife patients and their carers during the first 48 hours after discharge. The aim of the service is to provide support and encouragement with practical tasks such as shopping, bill payment and some domestic tasks.

The service operates as part of a planned discharge process, ensuring the transition from hospital to a person’s home is as smooth as possible, relieving stress and worry.

Patients are most often referred to the Assisted Discharge Co-ordinator by Health and Social Care professionals. However, patients can refer themselves or arrange for a family member or friend to contact the Assisted Discharge Co-ordinator direct.

The Assisted Discharge Co-ordinator will visit a patient during their hospital stay to discuss what support they would like on the day they are discharged from hospital and the following day.

Launched in Fife in December 2014, the service has helped to support over 80 people.

Be SWIFT

As many of you will be aware we have been notified by Northgate (the providers of our SWIFT System) that they are withdrawing from all Health & Social Care Systems moving forward.

As we understand it, at this stage, Northgate will continue to support us until April 2020 and we are currently exploring what options may be available to us for the future replacement of SWIFT.

We are aware there is a lot of work on-going at the moment around system housekeeping, improving SWIFT associated processes and ensuring data within SWIFT is up-to-date and accurate. We would like to emphasise that this should continue. It is vitally important that whichever direction we take in the future we move forward with accurate data and all efforts in this regard are appreciated.

We will continue to provide updates as this progresses.
Top honours

Agnes Whyte, Chair of the Kirkcaldy and Dunfermline BreatheEasy Support Group, was awarded an MBE for her commitment to supporting people with lung conditions. She was nominated by Margaret Stevenson, Respiratory Charge Nurse, NHS Fife, and James Cant (previous Director of the British Lung Foundation, Scotland & Ireland), for her commitment to raising awareness and supporting people living with lung conditions. She has raised substantial sums for NHS Fife and the British Lung Foundation and successfully campaigned to get smoking in cars containing children banned as it had been in the rest of the UK.

A Spoonful of Sugar...

Pharmacy colleagues have been hard at work implementing the roll out of NHS Fife’s new formulary – the ‘bible’ for all staff who have a prescribing role. The list of medicines approved for use has been updated and streamlined to make sure Fifers are offered the most effective, up to date medicines and that they also offer the best value for money.

It’s been a mammoth task and the support of GP’s, nurse prescribers and AHPs across Fife has been crucial to its success. It means many people on repeat prescriptions are having their medicines changed.

A patient helpline, publicity campaign and one-to-one support have all been part of the mix to make sure people get the reassurance they need about the changes to their medicine. And all this seems to be helping the medicine go down - £2.5million in savings have already been recorded since mid-December.

Community cancer care

TCAT – LACS - The Integrated Community Cancer Care (ICCC) project is now well underway with over 80 referrals received in less than 6 months. Sharon and Mary, the Local Area Co-ordinators (LACs), have visited many patients at home across Fife and initial impressions are that being involved with the TCAT project enhances quality of life and access to information and services.

The Local Area Co-ordination approach empowers people to take control of their lives and promotes inclusion into local communities. Sharon and Mary can take the time to work with people to build confidence and accompany them to make the connections with local groups and organisations.

Save the date!

Support Mental Health & Wellbeing and join our anti-stigma ‘Walk a Mile’ event on Wednesday 29 March at 3.30pm.

The event is for all, service providers, people with experience of mental ill-health (including carers) and members of the public. This will take place at Silverburn and Stratheden. All welcome.

Thank you to everyone in Rothesay House who wore their Christmas Jumper to work, for Save the Children. We raised £242.43.