



Leicester, Leicestershire
and Rutland

Staying Well in Rutland – How can the NHS Help?

March 2024

NHS Leicester, Leicestershire and Rutland is the operating name of
Leicester, Leicestershire and Rutland Integrated Care Board

A proud partner in the:



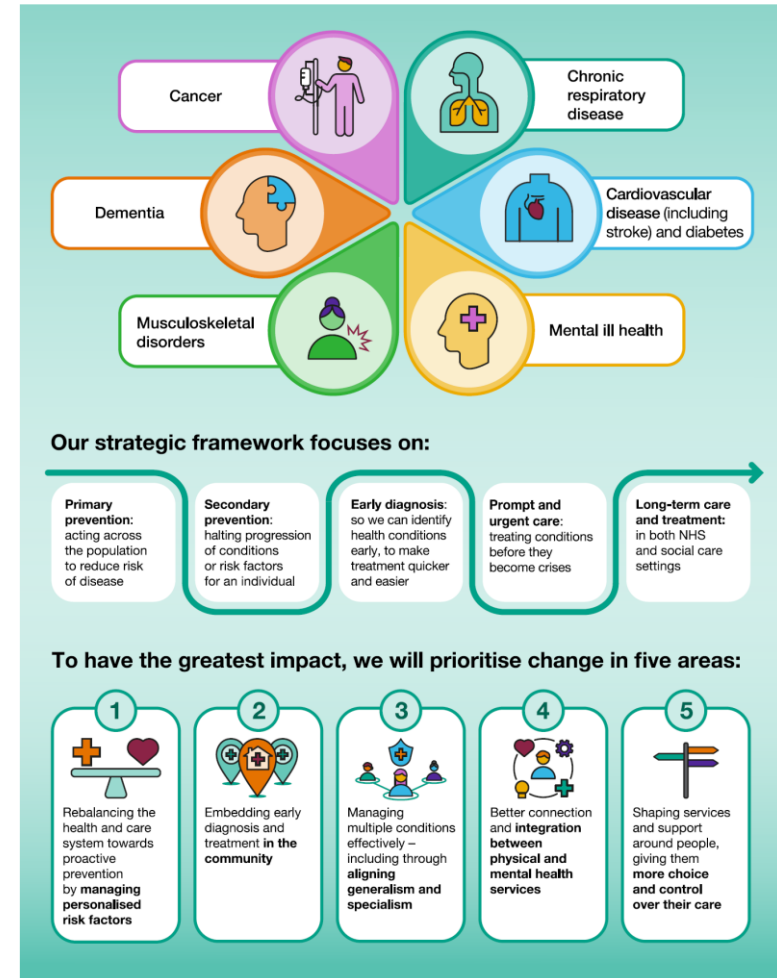
Leicester, Leicestershire
and Rutland
Health and Wellbeing Partnership

The Long-Term Plan & Major Conditions Strategy

The NHS Long Term Plan sets out how we will invest the funding commitment from government



- 1 Do things **differently**, through a new service model
- 2 Take more action on **prevention** and **health inequalities**
- 3 Improve **care quality and outcomes** for major conditions
- 4 Ensure that **NHS staff** get the backing that they need
- 5 Make better use of **data** and **digital technology**
- 6 Ensure we get the most out of **taxpayers' investment** in the NHS



What we do -



Hospital
Treatment



Rehabilitation
Services



Urgent and
Emergency
Services



Community
Health
Services



Personalised
Services



Primary
Medical Care
Services



Mental
Health
Services



Learning
Disability
Services

We plan and commission these services

Community Pharmacy

NHS Community Pharmacy Blood Pressure Checks

- 5 of the 6 Pharmacies in Rutland provide this service
- As of August 2023, 2627, BP checks have been completed*.

*Source: [SHAPE Place • Blood pressure check service \(BPCS\) \(shapeatlas.net\)](https://shapeatlas.net)

Pharmacy First Service

- Management of seven common conditions:
- Acute Otitis Media
- Impetigo
- Infected insect bites
- Shingles
- Sinusitis
- Sore Throat
- Uncomplicated UTI

Community Pharmacist Consultation Service (CPCS)

- Support for people to get a same day appointment for minor illnesses.
- Can help when people need an urgent supply of a regular medicine.

Primary Care – Rutland Health PCN

Management of Long-Term Conditions and Frailty

- Annual reviews for long-term conditions, such as asthma, COPD, diabetes and hypertension.
- Care planning for more complex, multi-morbid patients
- Medication reviews and optimisation
- Falls assessments and completion of the Comprehensive Geriatric Assessment (CGA) for patients with frailty.

Holistic care and Support via PCN Additional Roles scheme

- Social Prescribing Link Workers
- Care Coordinators
- Health and Wellbeing Coaches
- Clinical pharmacist
- Physiotherapist

Vaccinations & Immunisations

- Covid-19 vaccinations
- Flu
- HPV
- Shingles
- MMR



Supporting Public Health Initiatives -

- NHS Health Checks – 40 – 74yr olds.
- Public communications and engagement events around ageing well
- Public Health prevention schemes
- Diet and exercise
- Education re. recreational substances use inc. alcohol
- Smoking cessation
- Case finding – Hypertension and Atrial Fibrillation

Best value for money

Supports the prevention agenda

Broad brush approach

Population Health Management (PHM) & Risk Stratification

The plan committed that we will have systems that support PHM in every ICS

The NHS
Long-
Term
Plan

Build a holistic view of people's needs by bringing together a broad range of insight and data.

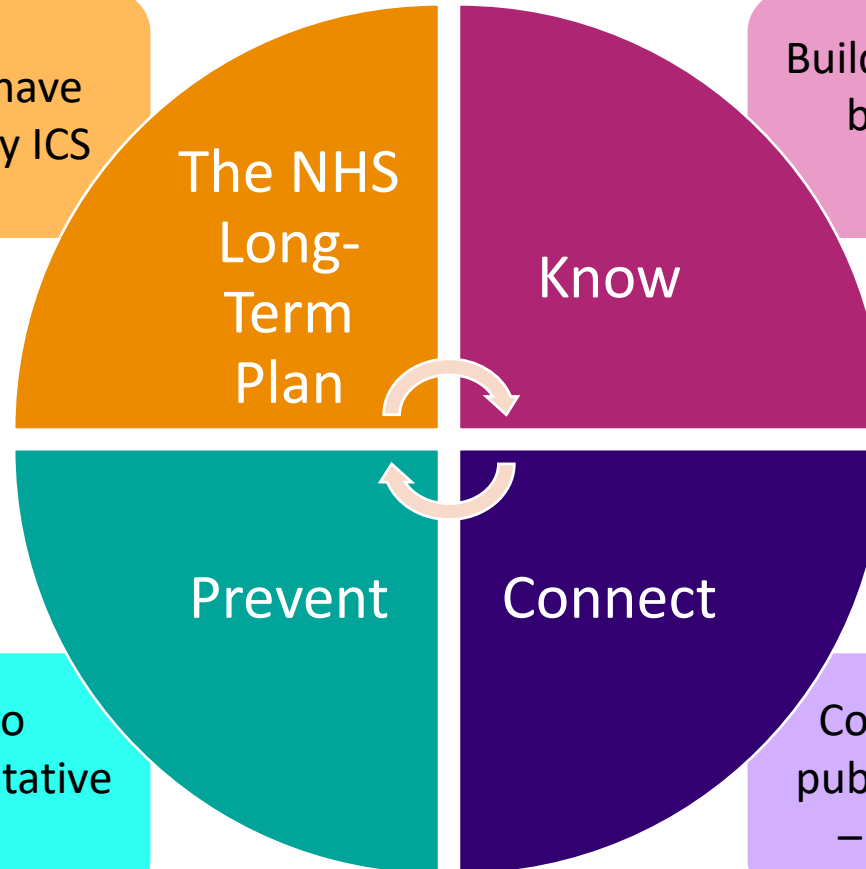
Know

Prevent

Connect

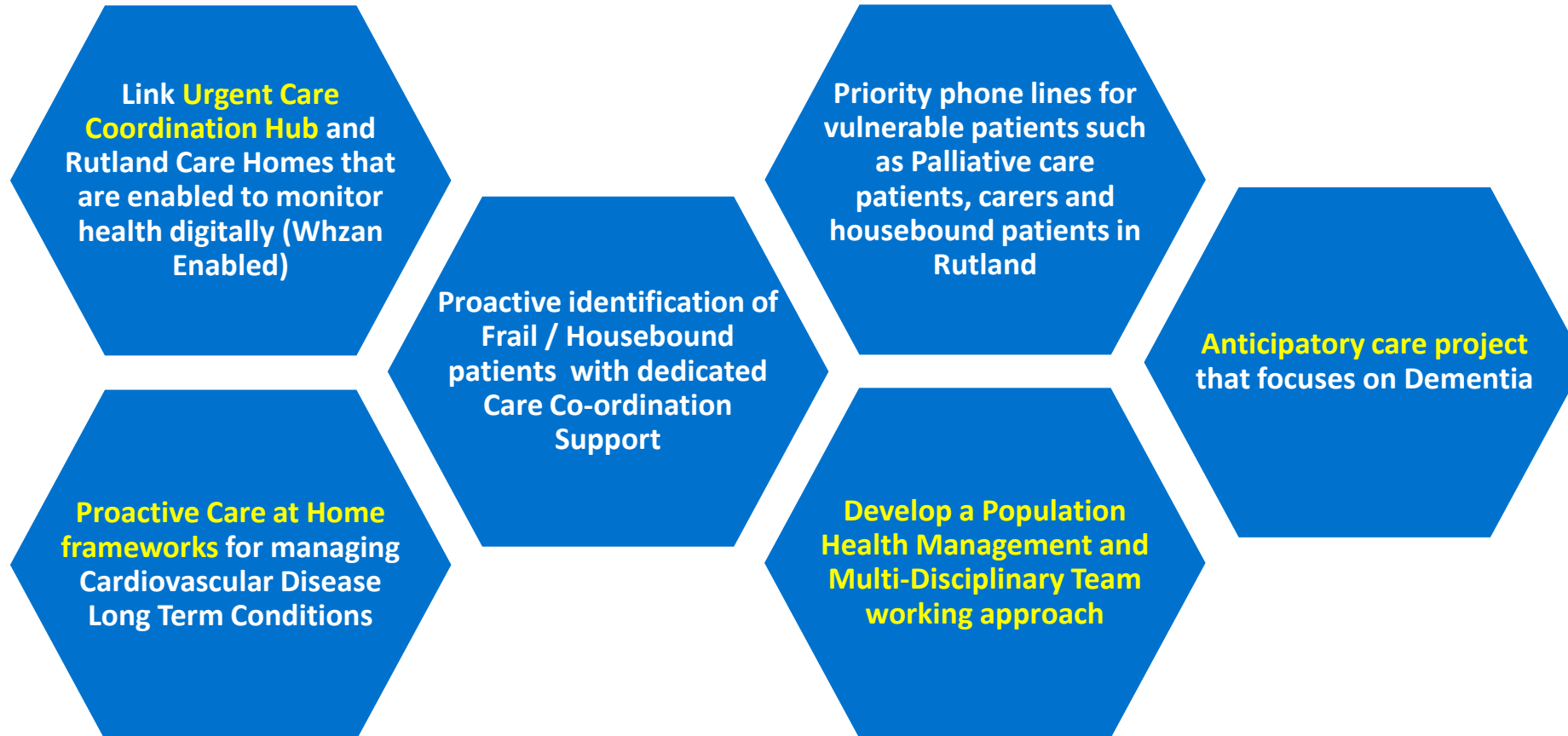
Changing focus from reactive to proactive, personalised and preventative care

Connecting across health, social care, public services and the voluntary sector – Right care, right time, right place!



Rutland 5 Year Health Plan Priorities

1. Older People's Health



Rutland 5 Year Health Plan Priorities

2. Access to Health Services

Assess feasibility for a **Women's Health Hub** that covers Rutland

Specify requirements for a local **Health and Wellbeing Hub**

Develop the clinical **model for local same day access** at Rutland Memorial Hospital

Expand local Elective Care / Diagnostics Provision

Primary Care Capacity and Access Plans

Help local people build connections through Rural Coffee Connect mobile provision delivered at local community sites

Rutland 5 Year Health Plan Priorities

3. Armed Forces Community – Circa 20% (approx. 1 out of 5)

Promote NHS Armed Forces support services (OPTIMAL Model) and referrals locally Inc. through Joy platform and local GP accredited practices

LLR Armed Forces OpCOMMUNITY (SPOC) pilot for Armed Forces Families and Veterans

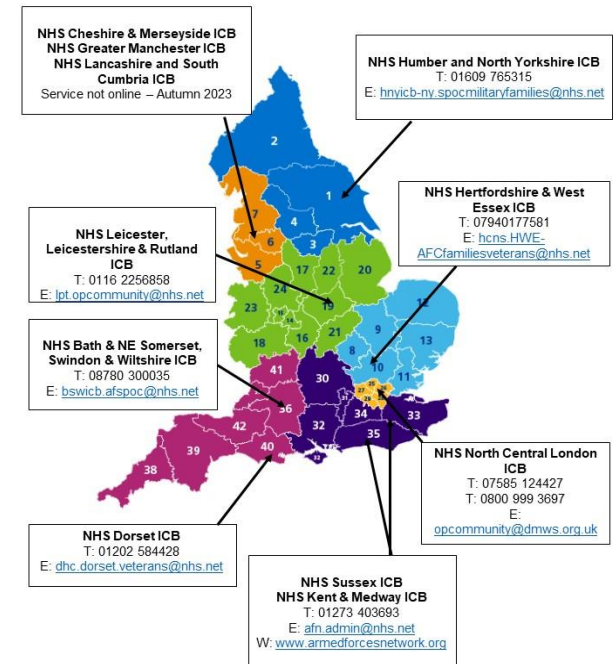
Engagement with Kendrew Barracks to raise awareness of LLR OpCOMMUNITY

Develop Population Health Management and Risk Stratification capability around Veterans

Strengthen joint working across borders to enable specialist health needs for 'service children' and those who access a general practice outside of Rutland to be assessed and met

OpCOMMUNITY

NHS
Armed Forces
Community Support



Rutland Levelling Up Fund – Health Plans

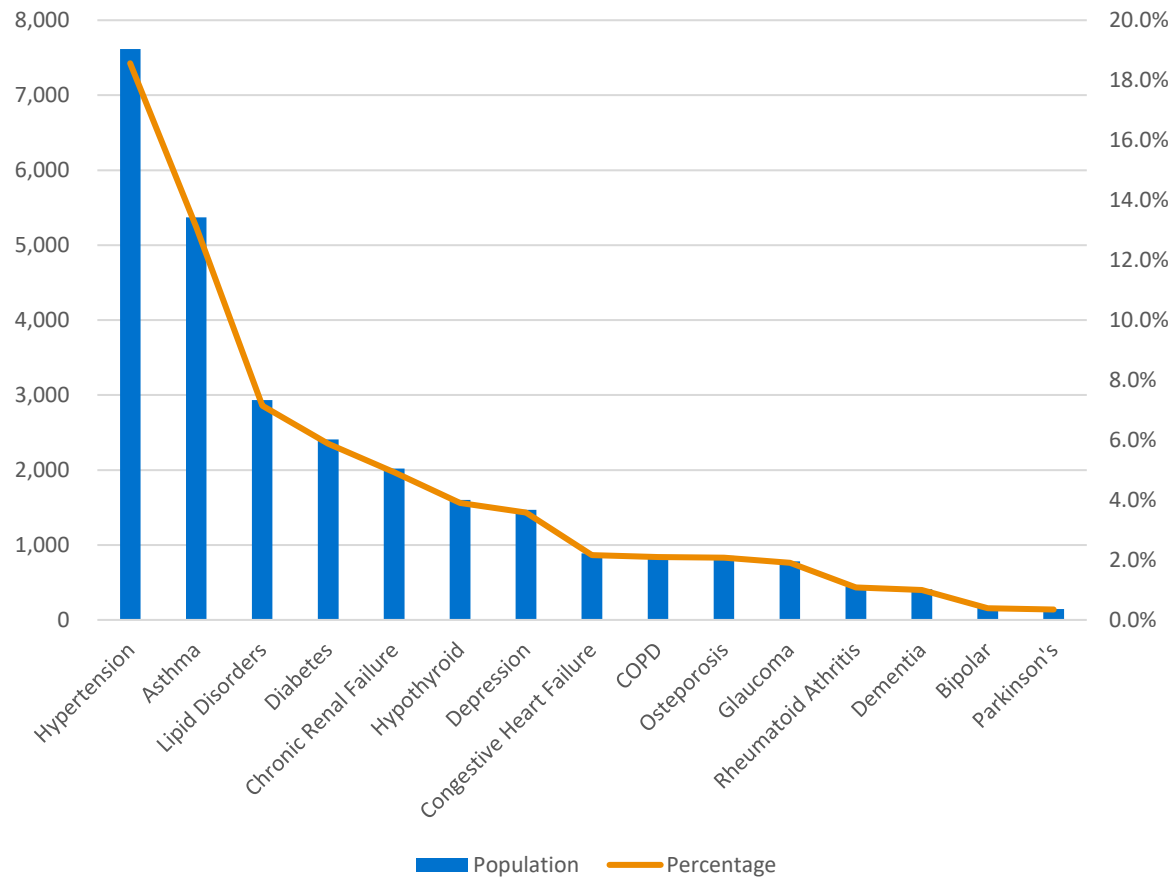
- 1 Development of Rutland Memorial Hospital (RMH)
- 2 Community Health hub at RMH
- 3 Implementation of a Mobi-Hub, supported by a Demand Responsive Transport system.

Rutland PCN Capacity & Access Improvement Plan (CAIP)

- 1 Planned additional workforce during September 23 – March 24
- 2 Improved website design – Forms completed on the website are automatically coded in the patient's record.
- 3 Plans for patient engagement surveys looking at patient experience of diagnostics and enhanced access.

What can Rutland Residents do to Keep Healthy?

Long Term Conditions



What can we do together?

