

NHS Board
28 November 2018

Lanarkshire NHS Board
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SUBJECT: “Think activity”

1. PURPOSE

This paper is coming to the Board:

| | | | | | |
|--------------|--------------------------|-----------------|--------------------------|---------|-------------------------------------|
| For approval | <input type="checkbox"/> | For endorsement | <input type="checkbox"/> | To note | <input checked="" type="checkbox"/> |
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This film outlines the “Think Activity” improvement journey which originated in Kello Community Hospital, Biggar, to improve physical and mental wellbeing outcomes for patients. The initial project was a collaboration between NHS Lanarkshire, Healthcare Improvement Scotland and Glasgow Caledonian University (see Appendix 1 for summary). Improvements encouraged an active ethos on the ward, incorporating a self-management approach to goal setting and increasing activity levels that put patients at the centre of the process, giving them control over goals set and how they were achieved.

The project has involved patients, families, staff and the wider community in the improvement approach including local spiritual support, volunteers, Biggar primary and secondary schools. Lady Home Hospital has also been participating in group activities and interactions, which include regular visits from Douglas Primary School pupils, these visits are also proving beneficial to the children’s development. They plan to roll out the Think Activity improvements and spread the approach.

There has been national and international interest in the use of the Activity Passport at scale both in hospital and community to support people to ‘Think Activity’.

2. ROUTE TO THE BOARD

This paper has been:

| | | | | | |
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| Prepared | <input type="checkbox"/> | Reviewed | <input type="checkbox"/> | Endorsed | <input type="checkbox"/> |
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By the following Committee:

3. SUMMARY OF KEY ISSUES

Implementing a ward activity programme based on patient involvement and choice; enabling increased function, achievement of individual goals and self-management techniques through activities that matter to each person.

An Activity Passport was developed with patients. Patients clearly stated they wanted to have the opportunity to be involved in activities that mattered to them, enhance their

function, put them at the centre of the planning process and to give them more control over the decisions that were made around their health and wellbeing.

Patient feedback was sought throughout the development phase to ensure it is a truly person-centred tool.

(Activity Passport attached).

4. STRATEGIC CONTEXT

This paper links to the following:

| | | | | | |
|--------------------------|-------------------------------------|-----------------------|--------------------------|-------------------|--------------------------|
| Corporate Objectives | <input checked="" type="checkbox"/> | LDP | <input type="checkbox"/> | Government Policy | <input type="checkbox"/> |
| Government Directive | <input type="checkbox"/> | Statutory Requirement | <input type="checkbox"/> | AHF/Local Policy | <input type="checkbox"/> |
| Urgent Operational Issue | <input type="checkbox"/> | Other | <input type="checkbox"/> | | |

5. CONTRIBUTION TO QUALITY

This paper aligns to the following elements of safety and quality improvement:

Three Quality Ambitions:

| | | | | | |
|------|-------------------------------------|-----------|-------------------------------------|----------------|-------------------------------------|
| Safe | <input checked="" type="checkbox"/> | Effective | <input checked="" type="checkbox"/> | Person Centred | <input checked="" type="checkbox"/> |
|------|-------------------------------------|-----------|-------------------------------------|----------------|-------------------------------------|

Six Quality Outcomes:

| | |
|---|-------------------------------------|
| Everyone has the best start in life and is able to live longer healthier lives; (Effective) | <input checked="" type="checkbox"/> |
| People are able to live well at home or in the community; (Person Centred) | <input checked="" type="checkbox"/> |
| Everyone has a positive experience of healthcare; (Person Centred) | <input checked="" type="checkbox"/> |
| Staff feel supported and engaged; (Effective) | <input checked="" type="checkbox"/> |
| Healthcare is safe for every person, every time; (Safe) | <input checked="" type="checkbox"/> |
| Best use is made of available resources. (Effective) | <input checked="" type="checkbox"/> |

6. MEASURES FOR IMPROVEMENT

Project progress was monitored using the “Activepal¹” (activity monitor) to measure patient activity. At the start of the process, baseline sitting averaged 22 hours daily and 668 steps.

Patients reported that they felt the whole project was beneficial often attributing many of the benefits to the passport, one stating:

“I enjoy the activity passport. It’s encouraging me to do more on the ward. I’m doing my exercises regularly. I’ve not been well and was keen to get back to using my passport. I can see my progress over time”.

Additionally, it was found that this carried forward into the community setting where this lady continued to work on and develop her goals once back at home.

¹ Activepal is a small, lightweight device that is worn on the person’s thigh and measures sedentary, upright and ambulatory activities.

7. FINANCIAL IMPLICATIONS

There were minimal financial implications associated with this approach; namely printing costs. Further economic evaluation of the cost/benefits of longer term impact for patients is recommended taking into consideration reduced falls and reduction in delayed discharge.

An activity coordinator post is being explored for across Lady Home and Biggar hospitals to enhance the approach.

8. RISK ASSESSMENT/MANAGEMENT IMPLICATIONS

The ethos of the project has been expanded to other sites within Lanarkshire and is also being used elsewhere in the UK.

Any associated issues will be managed, recorded and reported in line with NHS Lanarkshire Policies and Guidelines.

9. FIT WITH BEST VALUE CRITERIA

This paper aligns to the following best value criteria:

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|-----------------------|-------------------------------------|------------------------|-------------------------------------|-------------------------------|-------------------------------------|
| Vision and leadership | <input checked="" type="checkbox"/> | Effective partnerships | <input checked="" type="checkbox"/> | Governance and accountability | <input checked="" type="checkbox"/> |
| Use of resources | <input checked="" type="checkbox"/> | Performance management | <input checked="" type="checkbox"/> | Equality | <input checked="" type="checkbox"/> |
| Sustainability | <input checked="" type="checkbox"/> | | | | |

10. EQUALITY AND DIVERSITY IMPACT ASSESSMENT

Yes
No

11. CONSULTATION AND ENGAGEMENT

NHS Lanarkshire staff and patients have been engaged throughout the project and continue to be so. Learning has also been shared at NHS Scotland events and NHS England & Wales events.

12. ACTIONS FOR THE BOARD

The Board are asked to:

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| Approval | <input type="checkbox"/> | Endorsement | <input type="checkbox"/> | Identify further actions | <input type="checkbox"/> |
| Note | <input checked="" type="checkbox"/> | Accept the risk identified | <input type="checkbox"/> | | |

13. FURTHER INFORMATION

The project team won Top Team in the Scottish Health Awards 2018.



Increased engagement and liaison with third sector and multi-agency organisations was achieved through them being part of the activities that took place and onward referrals to them as a part of the activity process. Inter-generational engagement was also achieved via partnership with local schools and community organisations.

The ethos achieved is now normal practice within the hospital with the passport being utilised on a multi professional basis, benefitting patients during their stay in hospital and beyond. It is also benefitting other areas and being rolled out within Lanarkshire. The passport is beginning to be used within other areas locally, elsewhere in the UK and even to the extent of potentially multinational impact as there has recently been a request to look at utilising the passport in Germany.

Appendix 1 – Think Activity Poster Attached

Appendix 2 – What happened to my legs when I broke my arm infographic