

HPHS is a settings based approach, aligned to Realistic Medicine, and has four key outcomes set by the Chief Medical Officer. It is a framework rooted in prevention and health improvement aimed at acute and community hospital settings. The overall aim is to help reduce health inequalities by looking at the wider determinants of health that are often underpinning ill-health. There is a focus on a holistic, person-centred and shared decision making approach.

Embedding Leadership

Each HPHS Health Improvement Senior (HIS) worked with their hospital site senior management teams to understand the areas requiring support for patients around their social determinants of health that hinder effective discharge home. Each HIS is embedded within the core site management meetings, Discharge without Delay and Realistic Medicine Core Group, helping to embed understanding of the social determinants of health and the benefits of using a holistic needs assessment approach. Each HIS liaises with the relevant discharge support teams as well as their voluntary sector partners. The HPHS team delivered a presentation at the Realistic Medicine conference in December 2022 and received positive feedback.

Outcome 1

105 Patient HNAs completed

Outcome 2

Patient Pathways; needs assessments and referral; building capacity

A Holistic Needs Assessment, 'Help for You' form was created to understand the social determinants of health and what matters most to the individual in terms of their wellbeing, helping facilitate safe and effective discharge home. The patient discusses their needs and the HPHS handbook is consulted to ascertain the appropriate services required. Through signposting or referring the individual, they can access to the support they need to live better at home.

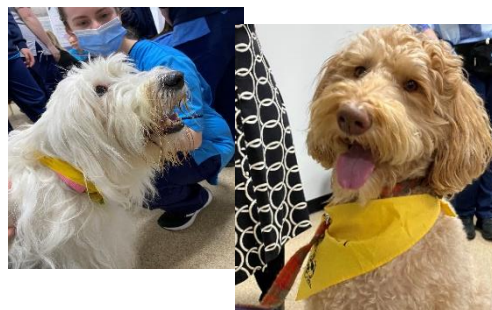
Outcome 3

Staff Health and Wellbeing (SHWB)

42 SHNAs completed

- 34 staff engagement sessions have been delivered with 94 staff attending.
- 3 staff health and wellbeing days have taken place with great success. The focus has been on the cost of living.
- 3 separate information sessions on Home Energy Scotland.
- Staff HNAs (SHNA) created and put into place across the 3 sites.

We also arranged some pet therapy sessions for staff with our partners Canine Concerns. Meet Tia and Ruby!

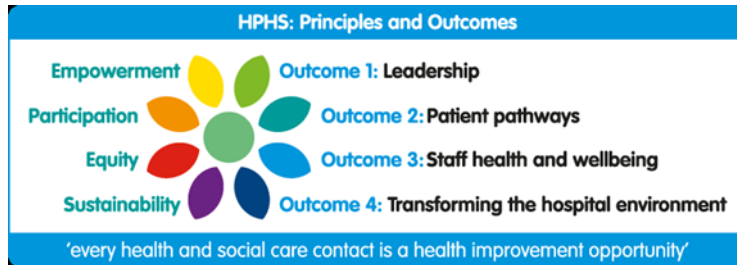


Information sessions on using the HNA have been delivered to Occupational Therapists, Physiotherapists, trainee Pharmacists and Radiologists. Informal sessions for nursing staff and nursing students occur in the ward setting.

Outcome 4

Transforming the Hospital Environment

- **New courtyard gardens in place at University Hospital Hairmyres (UHH) with a staff gardening group being set up.**
- **Supporting the promotion of the Therapeutic Gardening Project at University Hospital Wishaw (UHW).**
- **Establishing outside area for staff at University Hospital Monklands (UHM).**
- **Bids submitted to transform hospital gardens for the benefit of staff and patients.**
- **Purchasing furniture to furnish staff health and wellbeing room and outside area at UHM.**
- **Period Poverty – In partnership with North and South Lanarkshire Councils, vending machines for the acute hospitals have been purchased to provide free access to period products. These are available at A&E in Hairmyres, and soon to be available at Outpatients at Monklands and Wishaw.**



Partnership Working

- Working in partnership with our voluntary partners Voluntary Action North Lanarkshire (VANL) via the Community Liaison Service (CLS) Hospital Discharge Support Team in UHM and UHW. Patients who are close to discharge are referred to CLS for support prior to going home and once back in the community.
- Working with Voluntary Action South Lanarkshire (VASLAN) to help shape their new service, 'Home from Hospital', to support self-care and help reduce readmission.
- Working with the NHS Volunteer Co-ordinator to write a job description and recruit volunteers to support HPHS on the wards at UHH.
- A test of change has commenced with the Pathways Hub at Scottish Ambulance Service and the CLS. This formed part of the referral process for Operation FLOW on the acute sites. Patients conveyed to hospital are referred to HPHS with an HNA undertaken.
- We work with our colleagues in Psychological Services Staff Support Team by delivering joint support sessions for team wellbeing and by referring individuals to the service.
- We work with our partners in North Lanarkshire Leisure and South Lanarkshire Leisure to refer patients and staff to access the Active Health and Physical Activity Prescription, to help support an active lifestyle.
- The HPHS Team completed the NES (NHS Education for Scotland) MAP (Motivation, Actions, Prompts) Behaviour training, with the HPHS Training Senior as one of the core facilitators.



Next Steps: Due to staff movement, some work has been put on hold. Following recruitment, work to progress the HPHS Outcomes will continue with time to evaluate the progress made so far. Over the next year, the team will be working to embed Holistic Needs Assessments further across NHS Lanarkshire Acute sites and into holistic care planning.

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