

Keep Well is a Nurse led service with a pan Lanarkshire remit. The focus of KW is to engage and support the most vulnerable populations who do not readily access mainstream services.

Launched

### New Learn Pro Module

Keep Well assisted Organisational Development with a new Learn Pro Module to raise awareness of Gypsy Traveller Communities. This NHS Lanarkshire module has now been launched and is available via Learn Pro platform. We would like to take this opportunity to encourage our NHS colleagues to complete this module.

### Gypsy Traveller Event

Over 2 days in August 2022, KW team attended an event in partnership with MECOPP Community Health Workers. The team delivered 23 health checks to community members. This resulted in half of those patients seen requiring a referral to GP practice for review of abnormal clinical findings. The team were able to support an individual who lived out with the Lanarkshire area obtain vital repeat medication.

### 7 Priority Groups



### Keep Well Priority Groups

- Black, Asian and Minority Ethnic Groups (BAME)
- Gypsy Traveller community
- those affected by Homelessness
- those within community justice system
- those with problematic substance use
- those from the Deaf Community
- Carers

Priority was given to the groups and communities the team were still to re-engage with, following the Covid-19 Pandemic. By March 2023, the team have made significant progress and have started to begin work with the last priority group.

Working closely with partner services, the team provide an outreach service with most of the clinics delivered in community settings such as Restorative Justice premises, Places of Worship, Temporary Homeless Accommodation Units, Recovery Community premises for example. 72% clinics held during 2022 -23 were in non NHS premises. As with last year, 90% of referrals to Keep Well are from Addiction Support Services. The referrals from these partner services have increased by 71% compared with Pre Pandemic levels (April 22 – March 23).

128 Clinics in  
community settings

KW Team  
2 Nurses  
1 HSW

## Activity 2022/23

- Delivered 177 clinics
- Engaged with 438 patients
- 69% of patients seen were case managed
- 42% of attendees were found to have clinical risk that required further investigation by their GP practice. Some examples include elevated blood pressure, elevated blood cholesterol level, elevated blood glucose level, irregular pulse rate, raised assign score, poor mental health
- There were 686 referrals made to other services to support health behaviour change. Some examples include NL Leisure, SL Leisure and Culture, Addiction Support Services, Quit Your Way, Harm Reduction Team, Health and Homeless Team, Lanarkshire Weight Management Team, Financial Inclusion Services.
- 32 Referrals made to Homeless, Sexual Health and Cancer Screening Project
- 303 patients were case managed in this period
- 105 people accepted testing for Blood Borne Virus detection
- 139 Individual referrals were received from partner services



12  
Months  
plan

## Development for 23/24

Priority will be given to the recovery of the last remaining Priority Group and clinic dates have been secured for some of the partners within this group. Keep Well have agreed to support North ADP with locality events planned during 2023-24. This will involve partnership working with commissioned services along with other 3rd sector and voluntary services.

Support will also be provided by the team to assist NHS Lanarkshire to meet the 'Hepatitis C elimination' targets set by Scottish Government.

The team look forward to welcoming back one of our nurses from maternity leave returning our capacity to 3 Registered Nurses and 1 Health Care Support Worker.

## Patient feedback

*"Thank you very much  
for taking the time to enquire about my health"*

*"I'm so grateful and thankful you seen me. My GP sent me  
straight to hospital, as my blood pressure remained dangerously  
high, you saved my life"*