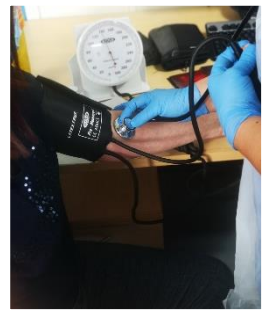


Keep Well is a Nurse led service with a pan Lanarkshire remit. The focus of KW is to engage and support the most vulnerable populations who do not readily access mainstream services.

80 patients supported

Covid-19 Support



Utilising the ongoing relationships that Keep Well have with priority groups, support has been given to the asymptomatic testing team and the Covid-19 vaccination service to engage patients and give any extra support needed.

7 Priority Groups

Keep Well Priority Groups

- Black 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



Keep Well deliver outreach clinics and take referrals from partnership agencies.

Individual referrals to the team continue to increase compared to pre-Covid, particularly from Addiction Support Services which account for 90% of individual referrals to the service.

Referrals from these partner services have increased by 87% (April 21- March 22) compared with pre-pandemic rates.

Lanarkshire Weight Management Service

- People engaged with Keep Well and who have a Tier 3 (clinical) Weight Management Service referral will have shared care with the two services to support their opt-in and attendance.
- Targeted community groups identified by Keep Well staff are being supported to build asset-based resources for Tier 1&2 Weight Management and Physical Activity programmes.

Examples are:
-a pilot project to embed Weigh to Go instructors in recovery services with scope to extend this model to other groups
-- scoping to build a <https://www.bootsandbeards.co.uk/> endorsed outdoor health model for our local Islamic communities

480 Patients engaged

Activity 21/22

- KW delivered 182 clinics
- KW has worked with 355 patients
- 37% 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 438 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, sexual health and cancer screening project, health and homeless team
- 246 patients were case managed in this period
- 99 people accepted testing for Blood Borne Virus detection
- 114 Individual referrals were received from services supporting those with problematic substance use
- 7 Health Workshops were carried out and attended by 49

Patient feedback

'Thankful for the health check as he would not have attended his GP for this'

'Realises that I now must start to make changes to my lifestyle'



Health & Social Care
North Lanarkshire



Working together to improve health and wellbeing
in the community – with the community



18 months

Quit Your Way Development for 22/23

A development role for a Registered Nurse has been recruited within Keep Well. This role has dual purpose of supporting Keep Well Nurses with service delivery along with exploring and developing good practice and pathways for smoking cessation with the priority groups that Keep Well engage with. A project plan will be developed for this collaboration and it is expected that this will take place over an 18 month period.

QUIT YOUR WAY
with our support

THE KEEP WELL TEAM HAS CONTINUED TO RECOVER KEY PRIORITY GROUPS AS PART OF COVID-19 RECOVERY PLANS. FOCUS FOR 22/23 WILL BE TO FULLY RECOVER ALL PRIORITY GROUPS AND LOOK AT RESOURCE AND CAPACITY WITHIN THE TEAM TO MEET GROWING DEMANDS.

FOR MORE INFORMATION PLEASE CONTACT ALANA MCGLYNN, HEALTH IMPROVEMENT PROGRAMME MANAGER ALANA.MCGLYNN@LANARKSHIRE.SCOT.NHS.UK OR KEEP WELL TEAM ON 01698 754260 keepwell.lanarkshire@nhs.scot