

Health Promoting Health Service (HPHS)

Flash Report 2021/2022



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.

HPHS priorities

The pandemic saw the national work of HPHS move to concentrate on **Outcome 3 - Staff Health and Wellbeing (SHWB)**.

The Programme Manager (PM) focussed on building relationships with staff in the Partnerships and on the acute hospital sites whilst supporting the SHWB groups in North and South Localities; University Hospitals Monklands and Wishaw. The Locality Health Improvement Senior for East Kilbride, supported UH Hairmyres. The PM is a member of the SHWB Strategy Group and the Bronze Wellbeing Group.

The PM also provided support to the Health Protection Team; BBV and Sexual Health Team and National Procurement during this period.

Leadership: Embedding HPHS in core business

Building relationships with our partners has been key. We are working closely with the Senior Managers, key personnel and staff groups in acute hospitals, to help develop HPHS on-site to best deliver for their needs.

We are closely aligned with **Realistic Medicine** and are working with them to deliver on our shared principles, concentrating on **person centred care and shared decision making**. Find out more about **Realistic Medicine** here: <http://firstport2/staff-support/realistic-medicine/default.aspx>.

Our three Health Improvement Seniors are members of the following groups:

- Realistic Medicine Core Group
- Heart Failure Forum
- Vascular Regional Group

We are also linked closely with our third sector partners, the Community Liaison Hospital Discharge Support Team, Find out more here:

www.facebook.com/communityliaisonofficer

Partnership



Meet the Team

HPHS and the New Recruits!

HPHS have been recruiting to our Acute Team!

We welcomed Health Improvement Senior, Angela Donaldson to our team in January followed by fellow HI Seniors, Claire McCririck and Sarah Brothers in March.

Angie, Claire and Sarah join Jacqueline Martin, Programme Manager; Fiona Douglas, Training Senior; Mags Murray, Higher Clerical Officer, Jenny Genelli and Mark Kay, Health Improvement Seniors from South and North Localities respectively.

Following their induction periods, Angie will be based within University Hospital Hairmyres, Claire in University Hospital Wishaw and Sarah in University Hospital Monklands.



Welcome to Angie, Claire and Sarah

Social determinants of health

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.



Outcome 2

Patient Pathways; needs assessments and referral; building capacity

The HPHS team, to embed a holistic needs approach into patient settings, have developed a **Holistic Needs Assessment**. This involves undertaking conversations with patients, and where appropriate, their family, carers or significant others, to understand where they need support for their wider determinants of health.

Where applicable, signposting to services that can support their wellbeing and direct referral to services are made. This helps support the individual with looking after their own wellbeing and supports staff with the information to understand and address their own needs and those of their patients and families.

Underpinning the **Holistic Needs Assessment** is a **Handbook**, which details the supporting services and advice available. An example of the **Handbook**, is the **Health and Wellbeing Tool (HWB Tool)** which makes up the HPHS webpages found here:

<https://www.nhslanarkshire.scot.nhs.uk/services/health-improvement/health-promoting-health-service/>

The HWB Tool is also found on the **Clinical Guidelines App** under **Guidelines-Wellbeing** and contains information supporting staff health and wellbeing along with wider support information.

355 views of HPHS webpages April '21 to Feb '22

Outcome 4

Transforming the Hospital Environment

Support for the **Healthy Eating Policy for Staff and Visitors** continues and plans for staff training have been made to support the policy. Safe spaces for staff through staff rest and wellbeing areas and safe outdoor areas, are supported through the SHWB groups. Further work is planned in the coming year.

Health & Wellbeing Support Tool – Clinical

Topic	Page
 Staff Care and Wellbeing	2
 Money Worries	6
 Physical Activity/Healthy Eating	8
 Stop Smoking Service	9
 Mental Health	10
 Housing/Social/Community Support	12
 Alcohol and Drugs	14
 Sexual Health	16
 Gender Based Violence	18

For further information on the Health Promoting Health Service, please contact: Jacqueline.martin@lanarkshire.scot.nhs.uk



Outcome 3
Staff Health and Wellbeing



Staff Engagement Sessions begin in the acute hospital sites

The Staff Health and Wellbeing Survey for all NHSL staff; **Your Health Matters – Your Opinion Counts**, opened on Monday 14 March. Staff were also given the option of inviting the HPHS team to facilitate team sessions to allow staff a chance to talk about their experiences and what they would like to see in the strategy and action plan to support staff health and wellbeing. These sessions will continue to support staff. If you would like the HPHS team to come along and talk with your team, please contact us at: HPHS@lanarkshire.scot.nhs.uk