

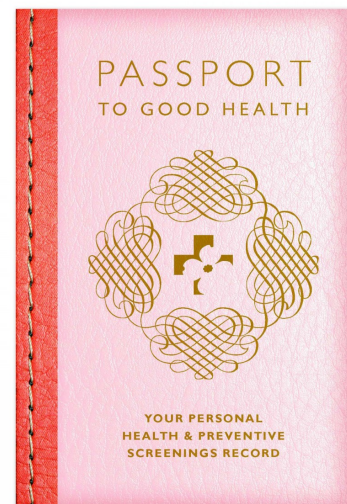
HEALTH PASSPORT SUMMARY OCTOBER 2020



Thank you to everyone who joined the first Virtual Healthy Weight Meeting on Friday 2nd October 11-12. It was great to see the enthusiasm for the Health Passport balanced with the realities of a tough year living with Covid. We enjoyed comparing notes on passports and their implementation and hearing what activities people had been up to keep motivated and stay well physically and mentally over the lockdown period!

Thanks as always to everyone for your contributions!

	<u>Welcome</u> — Introductions to all and Microsoft Teams
	Noor from Cheswold 'Health Improvement Passport'
	<u>Round Robin</u> What are we all up to?
	Brett from Cygnet Health Passport
	LYPFT OLYMPICS Presentation by Anthony & Sam
	<u>Next Steps-</u> How often should me meet? Wellbeing focus?



**Next
meeting:
27th Nov**

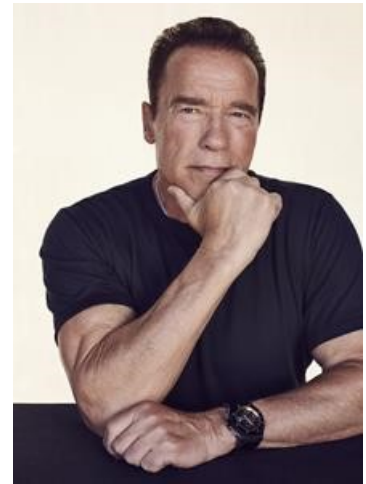


Teams

Cheswold



‘Health Improvement Passport’
 SALT version so accessible to all
 Led by Dietician and Sports and Exercise Team
 Weekly actions set in a 1:1 meeting
 Fact sheets– Sleep Hygiene, fluid, snacks
 Motivational quotes and people
 Using recovery college to promote the passport
 and fun activities alongside
 It is holistic
 Need to get away from the word ‘weight’
 Using proven Health Improvement Strategies
 Service user ownership & Fun!
 Shop is now 90% sugar free and
 person portion size with free fruit
 Posters for healthier choices and snack swaps put up in shop



snack swap
 How to stay healthy
 without giving up all snacks

for more info
 search online for
Change4Life

**change
 4 life**
 Eat well. Move more. Live longer.

**Move more
 with
 Change4Life**

Skip, cycle or swim? Find fun
 ways to get going on our website.
 Search **Change4Life**

**change
 4 life**

Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

Cygnnet

With 350 patients spread across the country and Covid restrictions has been a logistical nightmare in trying to co-produce the passport, During Q1 we held an organizational leadership group including full MDT and Expert by Experiences, we have not been able to visit all services as we would usually due to lockdown so the focus and engagement has been on a couple of sites only and then passports sent out for consultation to others– various versions but final one will be rolled out during October.

Brett has kindly offered to share this version with the Yorkshire and Humber group and can be contacted via the Network too.

The Passport includes:

‘My nutrition tool’

Physical activity checker

SMART Goals and steps to success

Personal identified challenges and how to overcome them



Staff and service users will be supported to complete the passports by the CQUIN Team via zoom calls

S M A R T



Specific



Measureable



Attainable



Realistic



Timely

Humber

- ◆ Primary Care Team who lead on Health
- ◆ Already have a document named 'passport' that contains meds information that stays with a patient, so there was some initial confusion
- ◆ Covid barriers have meant groups and mixing of wards cannot happen so feedback was gathered from individual sessions and ward patient meetings
- ◆ Tried a 'weight management' group –people “lost sheets” and were not interested
- ◆ New idea= A3 laminated sheet that can be wiped and is Interactive called 'my health'
- ◆ 'My health' will be discussed as part of CPA



Moorlands View

- ⇒ **Taken Healthy Weight CQUIN as an opportunity to innovate**
- ⇒ **Looking at the impact of self catering on weight loss**
- ⇒ **Had good results from cooking on ward (as opposed to getting set meals from the Trust) in terms of weight loss and people enjoying the activity.**



Amber Lodge

- ◇ During lockdown all leaves were postponed including shopping
- ◇ We set up a walking challenge to keep people active
- ◇ Jon O'Groats to Lands End was the first challenge
- ◇ 30 laps of compound was a mile completed
- ◇ The reward for completing was a rambling walk when lockdown eased
- ◇ New challenge is Route 66
- ◇ We have a visual map so everyone can see how they are doing
- ◇ Weekly lifestyle group looks at the passport and goal setting
- ◇ Also introduced bike rides
- ◇ 'Arts and crafts instead of snacks'
- ◇ Monthly fake away



SWYFT BDU

- Successful weight losses over lockdown
- Averaging a stone per person
- Creeping up again as leave is re-instated and trips to McDonalds are planned, as well as shopping for goodies.
- Feels like the wrong time to challenge as people have coped so well through lockdown and lost weight
- No more complicated forms!! Simple and fun.

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Waterloo Manor

- * Passport has been developed using guidance from NHSE and the Network events we attended and through ward consultation
- * We have created a version for staff too
- * There is a step by step guide on how to complete the passport
- * And a power-point to train staff and explain to service users why we are implementing them
- * Our focus is not just weight loss but any health goal
- * Passport has blank cover to personalise, interactive goal setting, smart goal check in, photo and stats page, CPA prompt page for monitoring progress along with electronic printouts every CPA of health tracking
- * We felt there was a gap between setting goals in the passport and CPA so have created Journal pages to help people keep to their goals In-between; these include things like positive quotes, recipe saver, activity prompts....
- * This will be piloted with one RC and 15 service users and discussed monthly at ward round
- * Main implementation planned in January following feedback from the pilot with momentum (hopefully) of new year resolutions!



Charlotte will share the passport and be available via the network for conversations around the passport.



National and Yorkshire and Humber CQUIN Statement:

For the remainder of 2020-21 there is no mandated requirement to undertake CQUIN, however many providers are continuing to deliver CQUIN for the benefits and positive outcomes for patients. The normal reporting under CQUIN is not expected instead the national CQUIN team have requested the submission of the brief quarterly updates to be submitted, which are included in the aforementioned email. All providers have submitted the Q1 return, which is very much appreciated.

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- 20 activities over 4 weeks
- 16 wards across LYPFT took part
- Gold, Silver and Bronze awarded for 1st, 2nd and 3rd
- Activities included sporting, quiz based and artistic projects – inclusive for all capabilities
- Leeds United Captain gave us encouragement via video link
- Good strong competitive spirit between many wards, bringing people together at a really difficult time
- Both staff and patients brought together

It was a bit of fun, but of course we want to know who won...

GOLD: WESTERDALE

SILVER: BLUEBELL

BRONZE: WARD 6 NEWSAM

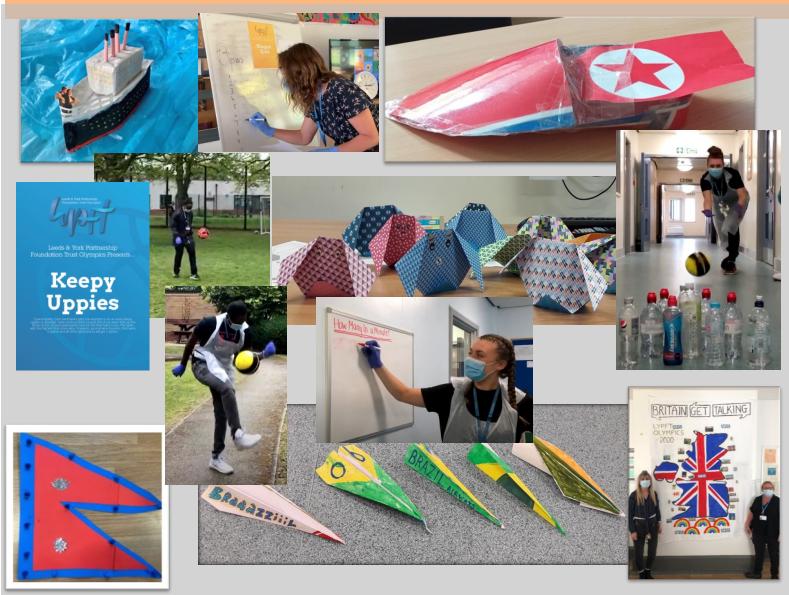


A massive thank you to both Sophie Pitten and Vicky Search for creating, developing and organising the LYPFT Olympic Games 2020.

Without you this never would have been possible.



<https://www.youtube.com/watch?v=4psXKiaagdE>



THANK YOU!



Thank you to Anthony and Sam for Presenting

Clifton House

- Passport was on hold due to Covid, all quality improvements were stepped down for frontline care
- Learning to be done from Covid research that has taken place
- Lack of self catering due to health and safety
- Bikes for shopping
- Community walks
- Local swimming
- Healthy living advisors
- Olympics!

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Join us on Microsoft Teams at our next CQUIN workshop



**Friday
27th November
@ 10.30**



**Topic;
Health
& Wellbeing**



Contact Jo Holly or Charlotte for more information

<https://www.yorkshireandhumberinvolvementnetwork.nhs.uk/>

Contributions welcome!