

HEALTHY WEIGHT CQUIN WORKSHOP SUMMARY



Welcome to the summary newsletter following our CQUIN drop in on the 27th April 2021. It was great to see so many familiar faces gathered on our virtual Teams call– for those who couldn't join us this summary will have all the highlights and hopefully give you some food for thought!

Thanks to everyone for the Great Discussion!

Agenda



- Welcome and introductions
- Review of the Healthy Weight CQUIN
- Where are you up to with the CQUIN?
- What's working and what could be better?
- Discussion about motivation for ongoing engagement with the passports and widening to include whole health and wellbeing
- Ideas of what the rest of 2021/22 can look like

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Review of CQUIN – 2020/21

Q1

- Use of the guidance on 'what a good Passport looks like' to aid in your planning for the CQUIN?
- Development of a Physical Health Passport which has been co-designed with service users?

Q2

- What processes you set up for the co-completion and review of the passports
- Evaluation of activity relating to the use of physical health passports including the impact on service user outcomes
- Details on planning the review of the passports

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Q3

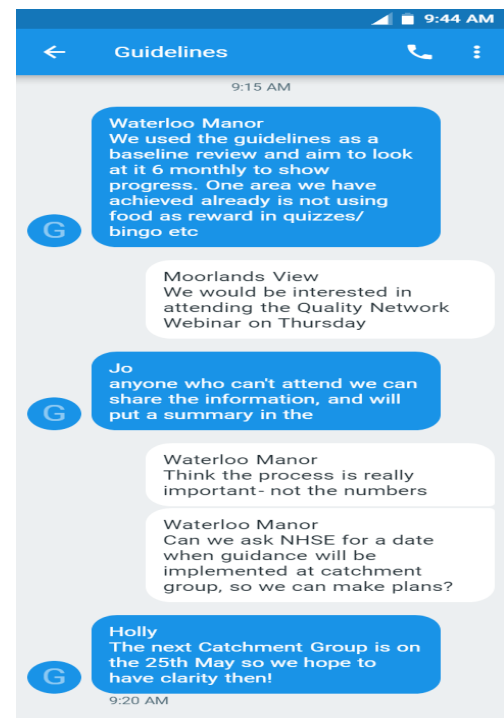
- Numbers of service users with a PHP that has been updated 6 monthly
- The number of new admissions with a PHP at 3 months
- The number of service users who a PHP is unsuitable
- The total number of service users with a PHP, including all the above

Q4

- Same as Q3
- To provide an annual report to support monitoring and evaluation of the CQUIN
- This should cover what went well, what will need to be adjusted in 2021/22 to improve performance, and an assessment against key outcome measures

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The CQUIN indicators and where we are now



Moorlands View – hard to maintain energy from exercise into the passports! Generating new ideas for diet, physical health – more holistic approach would work better – whole health and wellbeing!

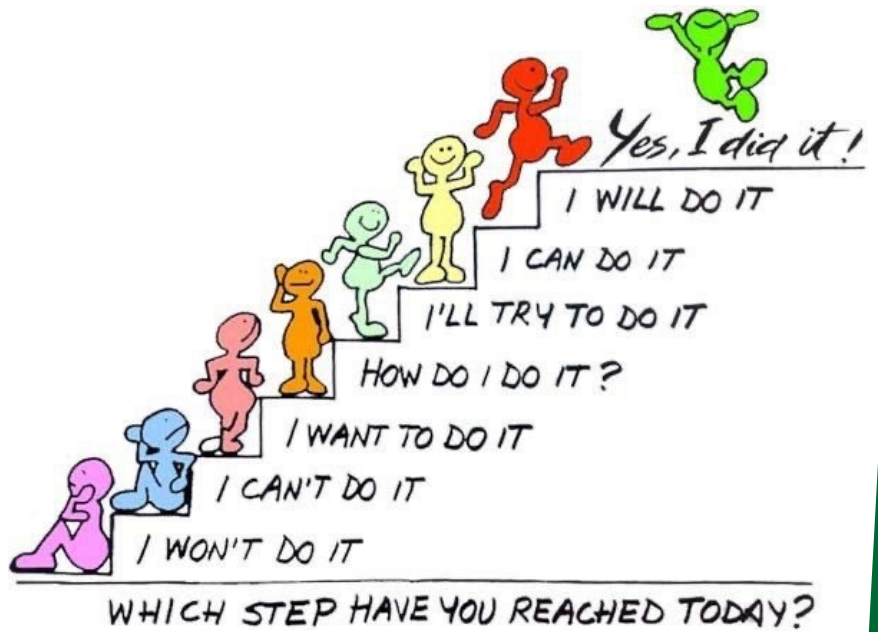
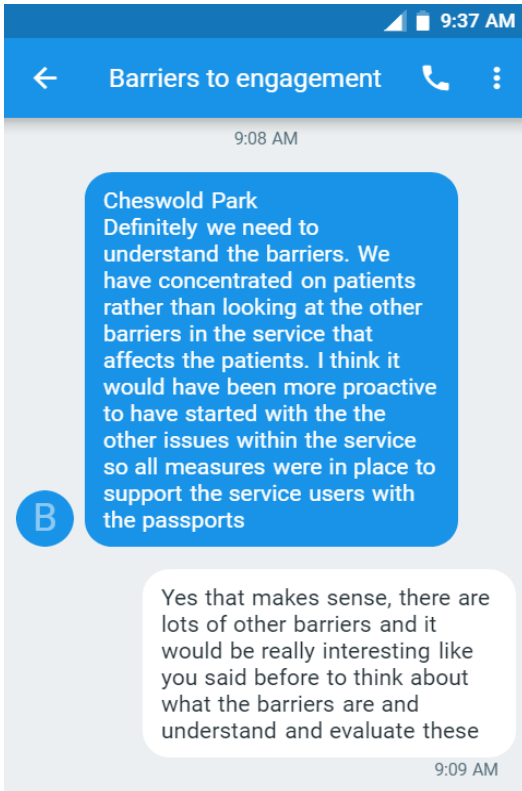
Waterloo Manor – passports done – don't want to keep revisiting. Bad timing too – triggering for people. Wellbeing 1st port of call. We put it on hold awaiting further guidance.

Humber Centre – giving information now – they might not utilise it right now but maybe further down the line, so still worthwhile! HIP feel like they help as they are reviewed every 6 months. This is keeping us going – that it will be useful for people in the future, so worth keeping on with it.

Amber Lodge – we are trying to keep it going – healthy lifestyles group – keep discussions live

Cheswold Park – lots of energy at the beginning, now poor uptake – hit a wall. Has anyone looked at the barriers to engagement and evaluated these? It would be interesting to know.

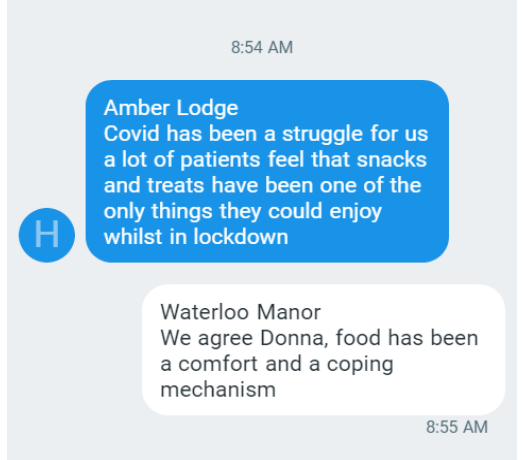
Humber Centre – leaves on a tree – coping strategies. Write down all your coping strategies and then look at what Covid has taken away – what are we left with? Food and smoking often left for S/U's – not good things! Need to fill the tree with more positive coping strategies that are sustainable



Where are you up to with the physical health passports?

What's working well?
What could be better?

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5 Principles of the Passport

- Include a narrative that describes the patient's journey in relation to managing a healthy weight
- Be individualised so people can take ownership of their passport
- Be interactive and accessible with fun approaches to encourage engagement
- Be motivational and informative
- Include ways to chart progress and identify 'sticking points' early

Discussion

- Motivation for engagement with the passports – **how can we improve ongoing engagement with use of it?**
- Would you like to see a widening the remit of the passports?
 - **to include whole health and wellbeing**
- **What would wellbeing look like?**
- Anything else.....

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We discussed how motivated people are with the physical health passports. It was agreed there was a lot of energy when the passports were being developed and the initial phase of completing them. But as time has gone on, and especially living through COVID on the wards, engagement has dwindled.

We talked about some of the reasons for this, and thought it would be a good piece of work to look at what the barriers are to embedding and keeping energy and motivation going from a service perspective. It was thought that the guidance which was published could have been better incorporated on a service level before the passports were developed and used with service users. This may have helped with some of the opportunities and structures which services could have supported the passports with.

It was felt that the guidance is important and we could use this and wellbeing aspects to develop a more holistic approach to health and wellbeing which may improve uptake.

For feedback from all services, including those not present at the drop in , here is some other feedback we have received:

From a service user and floor staff perspective, there needs to be a re emphasis on the elements considered when we had the whole dining experience CQUIN – these would then bring the ownership of quality and improvement to those making the changes. For example discussions around access and quality of food provided, portion sizes considering individual need, alternatives provided if needed, importance of a proper breakfast to give people more purpose to be up and want a breakfast to start the day.

Some of the changes need to be made at a higher systems level in order to be successful – eg. Supporting more staff to be gym trained for use longer hours, experienced dieticians to help with menus and supporting people to make the right choices, the right money to be spent on food choices for individual needs, having a culture where food can be a positive experience which would then allow people to engage more willingly, staff and service users eating together to promote this, with policies in place to support this through contractual agreements and monitoring.

Perhaps to kick off there could be an audit where services could be peer reviewed by each other, asking service users and staff about the food they like—as in the whole dining experience audit, to promote something different.

Some women in services are finding this particularly stressful – as they are sensitive to their weight, and historically and presently this is their only sense of control, and by taking this away can cause a dip in their recovery as it re-traumatises them, and it's not helpful in those cases.

During COVID the need to be part of a community has been even bigger, so people don't feel isolated and alone. Perhaps this can be used to bring service users and staff together – either through improving a whole dining experience in services, or through peer review.

The whole idea around both staff and service user wellbeing is discussed in every service. It would be useful if time could be supported to improve everyone's experiences and relationships can be built upon by this—what unites everyone.

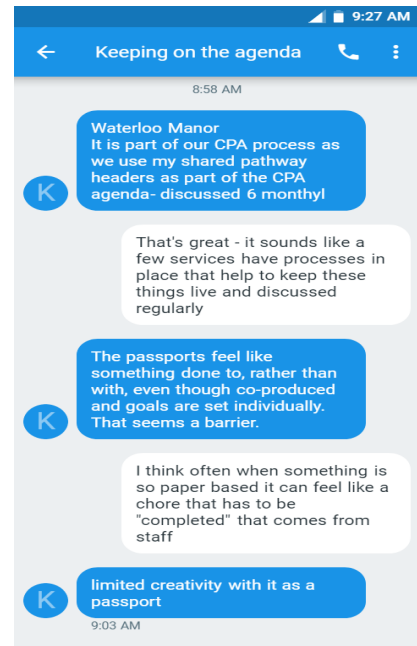
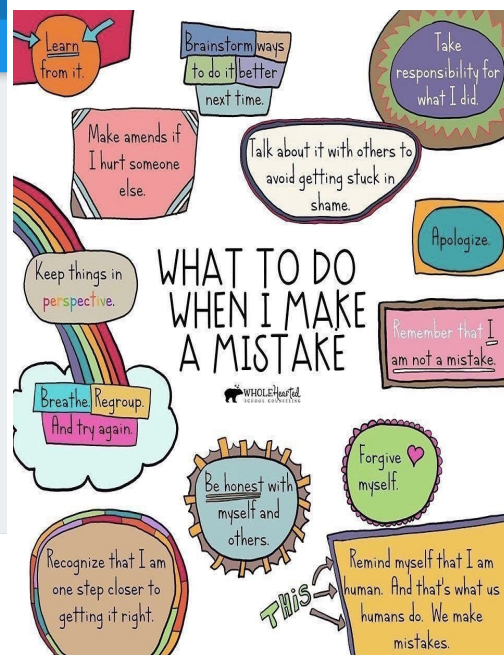
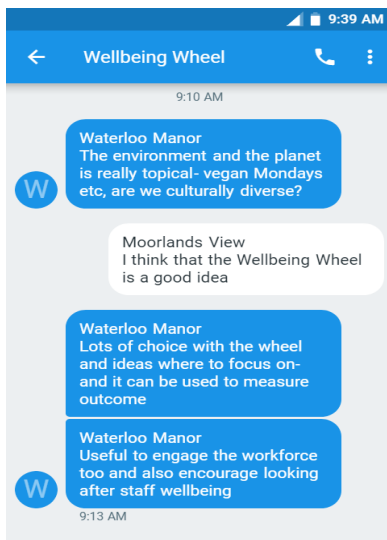
Feedback from the frontline is to energise ongoing engagement with the physical health passports. It was agreed that the Network will propose to include wellbeing in the implementation of the passports to inspire a wider conversation which will promote whole health, and ongoing use of them.

Ten keys to happier living



- | | | | |
|-------------------|--------------------------|-------------------|---------------------------------|
| GIVING | Do things for others | DIRECTION | Have goals to look forward to |
| RELATING | Connect with people | RESILIENCE | Find ways to bounce back |
| EXERCISING | Take care of your body | EMOTIONS | Look for what's good |
| AWARENESS | Live life mindfully | ACCEPTANCE | Be comfortable with who you are |
| TRYING OUT | Keep learning new things | MEANING | Be part of something bigger |

ACTION FOR HAPPINESS



NEXT STEPS:

During 2021/22 the Healthy Weight passport is rolling over Year 2 to Year 3. In Yorkshire and Humber we have been doing the work throughout 2020/21 and so further ahead than some other areas. The first 6 months of this year (Q1 and Q2) NHS England have announced that the full reporting is suspended until Q3.

Because of this the Network have approached our Specialist Commissioning Team to do something more meaningful and updated, to include where we are and what we have learnt so far. Therefore at the drop in session we discussed what we would like to propose and include to feed back on—to showcase the great work that is happening and the efforts and opportunities people are offered.

This will essentially be :

1. To be involved in developing a Wellbeing Wheel for use in secure services which we can use to open up conversations and re-energise, motivate and engage people to reach their goals on an ongoing basis.
2. To look at using the physical health passports to include wellbeing. By widening the passports to include whole health and wellbeing, we can have more holistic conversations to fully understand how we can support healthier people. The wellbeing wheel can help measure outcomes as well as making the process more individualised and meaningful.
3. To describe in a narrative the stories and learning—including the efforts staff and service users make—to improve their health and wellbeing. This will be as well as the current statistics required in Q3 and Q4, and by including wellbeing we expect the uptake and ongoing use of the passports will be improved. It will also provide most of the detail needed for the Q4 report required as the detail and next steps will be apparent from the learning and outcomes achieved.

This proposal will be shared with members of the Forensic Catchment Group, and if agreed there then will be adopted as the CQUIN process and requirements for Yorkshire and Humber.

QNFMHS webinar: Managing a Healthy Weight

Guidance Explained



Implementing the guidance through the CQUIN

Yorkshire & Humber Involvement Network

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

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Where we began



- Some difficult conversations
- Review of how things were – access to activities, food and staff support
- Lots of ideas and plans – sharing ideas through CQUIN workshops and masterclasses
- Development of the passports
- Knowing we needed to be creative to keep everyone on board

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Our Learning



- Dedicated time/staff to support engagement with the passports with good communication
- Having a full MDT approach – commitment
- Family involvement
- Interaction and learning together
- Making physical health discussions the norm
- Getting through COVID – Ongoing engagement and motivation, limited access to community resources, no leave, less choice – need for even more creativity

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Engagement, Energy and Motivational Ideas



- Motivational song lists
- Bootcamps
- Sharing recipes and exercise programmes
- Mindful eating
- Links with community activities
- Shared goals and competitions
- Self catering and themed fake-away nights
- Meaningful and making a difference!!

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What's next



- Widening context of passports to include 'whole health and wellbeing'
- Engagement, energy and motivation
- Incorporating equality & diversity in food choices
- Thinking about environmental factors
- Continuing with a full MDT approach
- Review and link with the Whole Dining Experience – standards in our SeQuIn benchmarking tool
- Celebrating successes and fulfilment – fun!

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Webinar recording: Managing a healthy weight – guidance explained

The recording for the QNFMHS webinar: Managing a Healthy Weight – guidance explained is now available to [watch on our Knowledgehub.](#)

food
for
thought



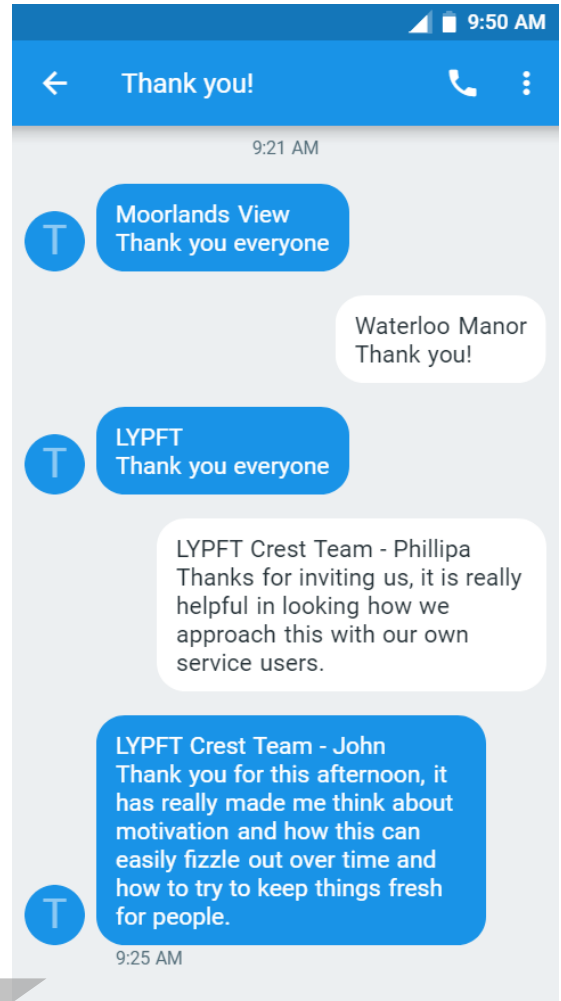
AGENDA FOR NEXT MEETING:

Be Prepared!

We will be sending out a further email to you for ACTION completing the tree for coping strategies

We will use this to develop a wellbeing wheel for the Network to use to bring some inspiration and motivation in talking to people about their whole health and wellbeing.

See you there!!!



Dates of future meetings

19th July 2-3pm

12th October 2-3pm

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We are Holly, Jo and Charlotte and we work as Involvement Leads across all the secure services in Yorkshire and Humber and we like to produce a newsletter after we have met virtually so everyone can share in ideas and conversations– it is especially important to us to stay in contact in this way whilst we follow Government Covid-19 guidance and cannot visit or meet up at Sandal.

This newsletter is a great way to find out what is happening in other hospitals around the healthy weight CQUIN–If you want to tell us anything about all the good things you and your service are doing please get in touch!!



Contact Jo, Holly or Charlotte for more information:

Hnf-tr.involvement.network@nhs.net www.yorkshireandhumberinvolvementnetwork.nhs.uk

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