

Meeting of
Lanarkshire NHS Board
25 June 2008

Lanarkshire NHS Board
14 Beckford Street
Hamilton ML3 0TA
Telephone 01698 281313
Fax 01698 423134
www.nhslanarkshire.co.uk



SUBJECT: HEALTH PROMOTING HOSPITALS

1. PURPOSE

This paper has been prepared to:

- brief Lanarkshire NHS Board on the World Health Organisation's (WHO) Health Promoting Hospital (HPH) concept;
- summarise progress made in relation to HPH within the Acute Services Division during 2007/08; and
- highlight activities planned for 2008/09.

2. BACKGROUND

The World Health Organisation (WHO) Health Promoting Hospitals (HPH) concept promotes a holistic approach to the development of health promotion activity for patients, staff and visitors within the hospital setting.

The five core WHO HPH standards (management policy; patient assessment; patient information and intervention; promoting a healthy workplace; and continuity and cooperation) are designed to facilitate the assessment and integration of health promotion activities in all hospitals. They are mainly generic with the focus on patients, staff and organisational management; and address predominantly generic quality goals relating to all patient pathways regardless of diagnosis. All activities, except for the Promoting a Healthy Workplace standard, are aimed at patients, staff and visitors.

The HPH framework has clear links with other initiatives such as Healthy Working Lives and with Board policies on Healthy Eating, Smoking and Nutrition. HPH activity is not intended to duplicate or supersede other activities. Indeed, much of the supporting evidence comes from other programmes.

In late 2006 the Acute Services Division established a small HPH Steering Group to co-ordinate the gathering of evidence to support the Division in meeting the core HPH standards, highlight potential gaps and identify ways of addressing these. A Senior Health Promotion Officer was appointed on a part-time basis to drive this initiative forward.

3. PROGRESS ACHIEVED IN 2007/08

The HPH Steering Group identified six priority health promotion issues as a platform for health promotion activities:

- alcohol
- environmental issues
- mental health and well-being
- nutrition
- physical activity; and
- tobacco control.

Activities in these areas are tied back to evidencing achievements against the WHO HPH standards.

The HPH initiative was formally launched on each of the three acute hospital sites in October 2007, targeting staff, patients and visitors, and was based on a "healthy day" with health information available on the various topics. Staff questionnaires were completed which gathered baseline data for the HPH standards and staff opinions on health promotion and healthy vending. Additionally, patients and visitors were asked for their views on health promoting activities. The main conclusions were:

- An overwhelming desire from staff, patients and visitors to have access to health promotion material to assist lifestyle / behaviour change.
- An overwhelming need / request from staff for input from the Braveheart Nurses on a regular basis.
- Further promotion of the staff discount for local leisure providers is required.
- Self-defence tasters were not well attended and therefore will not be pursued unless there is a future demand.
- There is a need to improve the standard of health promotion information given out to patients.
- Staff requested further information on food and fitness, walking routes, weight management classes and physical activity.
- 100% of staff surveyed agreed that vending machines should contain healthy options; and 68% agreed that vending machines should be completely removed if providing healthy options could not be achieved.
- 90% of patients / visitors surveyed thought that waiting area TV screens with health promotion messages and hospital information would be useful.

An outline programme of work for the remainder of 2007/08 and into 2008/09 was developed, taking account of this feedback. Achievements during 2007/08 are set out in Appendix I. Attention is drawn in particular to the achievement of the Healthy Living Award in the three hospital dining areas and of the Bronze and Silver Healthy Working Lives Award at Monklands Hospital.

4. FORWARD PLAN 2008/09

CEL 14 (2008), Health Promoting Health Service: Action in Acute Care Settings, was issued in March 2008. The CEL asks Boards to implement specific health promoting actions on smoking, alcohol problems, breastfeeding, food and health and health at

work, and to give an annual progress report in each of the next three years. Each of these areas is being addressed by through the implementation of a Board policy or through the Healthy Working Lives initiative.

Consequently, the HPH Steering Group produced a revised workplan for 2008/09, drawing together at a high level the various actions being undertaken that would address the performance assessment measures set out in the CEL. The workplan (AppendixII)was approved by the Acute Services Division Management Team in May 2008.

5. CONCLUSION

The progress and future plans illustrate that the Acute Services Division is committed to promoting and improving health. NHS Lanarkshire is at the forefront of HPH activity in Scotland and is in an excellent position to fulfil the HPH criteria and the guidance from the Scottish Government on Health Promoting Health Service: Action in Acute Care Settings. HPH activities will also support the fulfilment of the revised HEAT targets from April 2008.

6. FURTHER INFORMATION

For further information about any aspect of this paper, please contact Shona Welton, Head of Patient Affairs Telephone: 01698 245197 or Gabe Docherty, Health Promotion Manager Telephone: 01698 245151.

Rosemary Lyness
Director of Acute Services

June 2008

**Health Promoting Hospitals
Main Activities 2007/08**

Health Promotion Topic: Smoking (CEL 10.1)		
Project: Smoke Free Hospitals	Timescale	Status
<ul style="list-style-type: none"> • Provide staff, patients and visitors with information on smoking cessation at HPH launch • Provision of staff stop smoking clinics • Consult on the extension of NHS Lanarkshire's No Smoking Policy 	October 07 January 08 & ongoing March 08	Complete Complete Complete

Health Promotion Topic: Breastfeeding (CEL 10.3)		
Project: UNICEF Baby Friendly Award Scheme	Timescale	Status
<ul style="list-style-type: none"> • Joint Hospital and Community Breastfeeding Policy Launched (CEL Action 10.3) 	November 07	Complete

Health Promotion Topic: Diet and Nutrition (CEL 10.4)		
Project: Fruits & Roots	Timescale	Status
<ul style="list-style-type: none"> • Extend Fruits & Roots to Hairmyres and Wishaw (CEL Action 10.4) • Monitor sales on 3 sites through questionnaire • Distribute free samples and healthy recipes at HPH launch • Present successes at Scottish Food Alliance conference as good practice for providing accessible food to local communities • Seasonal promotions to raise awareness of stall and produce on sale 	September 07 October 07 October 07 February 08 February 07	Complete Complete Complete Complete Complete

Health Promotion Topic: Diet and Nutrition (CEL 10.5)		
Project: Healthy Vending Machines	Timescale	Status
<ul style="list-style-type: none"> • Provide staff, patients and visitors with free bottled water and healthy eating and weight management information at HPH launch • Review current vending machine availability and contents to obtain baseline; contribute to the development of the Healthy Eating Policy (CEL Action 10.5) • HPH Group represented on Healthy Eating Policy Implementation Group 	October 07	Complete
	December 07	Complete
	February 08	Complete

Health Promotion Topic: Diet and Nutrition		
Project: Healthy Canteens	Timescale	Status
<ul style="list-style-type: none"> • Support the hospital dining areas to achieve Healthy Living Award (CEL Action 10.4 & 10.5) • Source and provide Healthy Living material (healthy recipes and advice) and display racks in each dining area (CEL Action 10.4 & 10.5) 	December 07	Complete
	February 08	Complete

Health Promotion Topic: Diet and Nutrition		
Project: Organise Weight Management Classes for Staff	Timescale	Status
<ul style="list-style-type: none"> • Advertise (via emails, posters and staff briefing) and pilot weight management classes at Monklands • Obtain and distribute free workplace pedometer packs from Paths to Health • Order and distribute Healthy Living packs • Collect and distribute lifestyle leaflets (alcohol, mental health, physical activity) • Arrange for psychologist to give motivational talk • Organise relaxation taster 	Feb – April 08	Complete
	Jan 08	Complete
	Jan 08	Complete
	Jan 08	Complete
	March 08	Complete
	March 08	Complete

Health Promotion Topic: Physical Activity		
Project: Hospital Walking Routes	Timescale	Status
<ul style="list-style-type: none"> • Provide outpatients and visitors with one month free trial leisure passes and easy exercise information packs at HPH launch • Provide staff, patients and visitors with community walking routes information at HPH launch • Provide staff with pedometers and easy exercise information packs at HPH launch • Obtain maps of hospital grounds and local green spaces 	October 07 October 07 October 07 December 07	Complete Complete Complete Complete

Health Promotion Topic: Physical Activity		
Project: Health Promotion within Theatres	Timescale	Status
<ul style="list-style-type: none"> • Obtain lifestyle and self-help information for staff with the aim of improving general health and well-being and assisting in the reduction of staff absence • Undertake pilot (CEL Action 10.6) 	January 08 March – May 08	Complete On target

Health Promotion Topic: Environmental Issues		
Project: Hospital Recycling	Timescale	Status
<ul style="list-style-type: none"> • Introduce the pilot recycling programme in Monklands Hospital 	January 08	Complete

Health Promotion Topic: HPH Standards		
Project: Management Policy	Timescale	Status
<ul style="list-style-type: none"> • Launch the HPH initiative: <ul style="list-style-type: none"> ○ Distribute introductory booklets to staff ○ Gather baseline data from staff, patient and visitor questionnaires • Undertake a programme of press releases and Pulse articles to promote HPH • Produce a health promotion calendar to support regular and consistent health promotion events on the three acute sites. • Produce an end of year report 	October 07	Complete
	January 08	Complete
	February 08	Complete
	March 08	Complete

Health Promotion Topic: HPH Standards		
Project: Promoting a Healthy Workplace (CEL 10.6)	Timescale	Status
<ul style="list-style-type: none"> • Closely link HPH and Healthy Working Lives activities to ensure no overlap • Support the process of conversion from SHAW to Healthy Working Lives (CEL Action 10.6) <ul style="list-style-type: none"> ○ Monklands to attain Silver HWL 	December 07 & Ongoing	On target
	February 08	Complete

Action points in **bold** contribute to the CEL (2008) 14 Health Promoting Health Service: Action in Acute Care Settings

**Health Promoting Hospitals
Work Plan 2008/09**

Health Promotion Topic: Provide brief interventions to support smoking cessation for both outpatients and inpatients in maternity units and all acute care settings (CEL 10.1)			
	Lead	Timescale	Status
<ul style="list-style-type: none"> The number of patients in maternity and acute sector units (% of overall patient episodes) who have smoking status recorded and who are given information on smoking cessation services 	J James	In place	Recorded on admission & at pre-assessment and at maternity booking visit; information in core booklets
<ul style="list-style-type: none"> The number and proportion of active patient referrals from specified services to smoking cessation service 	G Docherty / E Russell	In place	Recorded by the Stop Smoking Service
<ul style="list-style-type: none"> Rate of uptake of pharmacotherapies by patients 	G Docherty/ E Russell	In place	Recorded by the Stop Smoking Service
<ul style="list-style-type: none"> Evidence of brief intervention training to support staff 	G Docherty	September 08	Posts advertised
<ul style="list-style-type: none"> Statement of smoking policy at strategic management level 	L Armitage	August 08	Policy revised
<ul style="list-style-type: none"> Provision of patient information that accounts for diverse literacy and cultural needs 	G Docherty / S Welton	August 08	Being addressed by the Stop Smoking Service

Health Promotion Topic: Screen opportunistically patients attending A&E departments with certain clinical presentations (Annex 2 of SIGN 74). For patients identified with harmful or hazardous drinking, offer and deliver a brief intervention in accordance with SIGN 74. for patients identified as dependent drinkers, and those with harmful or hazardous drinking patterns who request further help, direct to an appropriate support service (CEL 10.2)

	Lead	Timescale	Status
<ul style="list-style-type: none"> Number of patient screened for alcohol problems in A&E Departments (as % of overall patient episodes in A&E Departments) and number to whom a brief intervention is delivered 	J James/ L Kane, ADAT	TBC	Plans are being developed under leadership of ADAT to deliver training in accordance with SIGN 74
<ul style="list-style-type: none"> Evidence of brief intervention training to support staff 	G Docherty	September 08	Posts advertised
<ul style="list-style-type: none"> Statement of alcohol policy at strategic management level 	HR	---	In place
<ul style="list-style-type: none"> Provision of patient information that accounts for diverse literacy and cultural needs 	G Docherty/ S Welton	August 08	Being addressed in conjunction with MCNs
<ul style="list-style-type: none"> Number of referrals to support services 	J James/ L Kane, ADAT	TBC	Plans are being developed under leadership of ADAT

Health Promotion Topic: Implementation of UNICEF Baby Friendly Initiative in all maternity areas (CEL 10.3)			
	Lead	Timescale	Status
<ul style="list-style-type: none"> Review current practice, assess and establish plan for implementation in all maternity units not already involved as described in the Baby Friendly Initiative 	J Hope/ E Frame	---	Action plan in place
<ul style="list-style-type: none"> Statement of breastfeeding policy at strategic management level 	A Armstrong	---	In place
<ul style="list-style-type: none"> Implementation and maintenance of UNICEF Baby Friendly Initiative in all maternity areas 	J Hope/ E Frame		Level 1 achieved; working towards Level 2 out of 3.

Health Promotion Topic: Food and Health: Increase access to competitively priced fruit and vegetables through retail outlets in acute settings (CEL 10.4)			
	Lead	Timescale	Status
<ul style="list-style-type: none"> Number of contracts for fruit and vegetable retailers in place expressed as a proportion of total acute sector delivery units 	D Browning	---	In place – 100%
<ul style="list-style-type: none"> Number of retailers with fruit and vegetables available expressed as a proportion of total acute sector delivery units 	D Browning	---	100%
<ul style="list-style-type: none"> Number of staff canteens with Healthy Living Award expressed as a proportion of total acute sector delivery units 	D Browning	---	100%

OTHER • Continue to support and promote Fruits and Roots in the three acute hospitals	G Docherty/ D Browning	Ongoing	On target
OTHER • Seasonal promotions to raise awareness of stalls and produce on sale	G Docherty	Ongoing	On target
OTHER • Introduce re-usable environmental friendly Fruits & Roots bags	G Docherty	March 08	Complete

Health Promotion Topic: Food and Health: Remove all soft drinks with a sugar content greater than 0.5g per 100ml from vending machines in hospitals (CEL 10.5)			
		Timescale	Status
• Number of sites with only healthy vending machines in place expressed as a proportion of total acute sector delivery units	D Browning	---	Under review in line with Healthy Eating Policy compliance
• Number of sites with healthy vending machines alongside regular vending machine provision expressed as a proportion of total acute sector delivery units	D Browning	---	Under review in line with Healthy Eating Policy compliance
• Number of staff canteens with Healthy Living Award expressed as a proportion of total acute sector delivery units	D Browning	---	100%

OTHER • Monitor staff opinions	A Thomson	April and July 08	On target
OTHER • Monitor retail trend of vending machine content	D Browning	April – Sept 08	Under review in line with Healthy Eating Policy compliance
OTHER • Initiate contact with WRVS as part of national HPH initiative	A Thomson	May 08	On target

Health Promotion Topic: Attainment of a Healthy Working Lives (HWL) Award (CEL 10.6)			
	Lead	Timescale	Status
• Review position of all acute sector units and establish plan for attaining a HWL Award	R Lyness	---	Complete
• Written commitment to HWL at strategic management level	R Lyness	---	In place
• Attainment of HWL Award: <ul style="list-style-type: none"> ○ Monklands Bronze and Silver ○ Hairmyres SHAW Bronze to HWL Bronze ○ Wishaw SHAW Bronze to HWL Bronze 	A Dalby D Hume J Hope	February 08 October 08 October 08	Complete Under review Under review
• Development and implementation of a plan to attain the highest level HWL award <ul style="list-style-type: none"> ○ Monklands Gold 	A Dalby	December 08	On target

<p>OTHER</p> <ul style="list-style-type: none"> • Collate evidence to ensure that the WHO Promoting a Healthy Workplace Standard is met. (This Standard is linked to Healthy Working Lives.) <ul style="list-style-type: none"> ○ The organisation ensures the development and implementation of a healthy and safe workplace ○ The organisation ensures the development and implementation of a comprehensive Human Resources Strategy that includes training and development of health promotion skills of staff ○ The organisation ensures availability of procedures to develop and maintain staff awareness of health issues 	<p>G Docherty/ H Sweeney</p> <p>G Docherty/ H Sweeney</p> <p>G Docherty/ H Sweeney</p>	<p>September 08</p> <p>June 08</p> <p>September 08</p>	<p>On target</p> <p>On target</p> <p>On target</p>
<p>OTHER</p> <ul style="list-style-type: none"> • Evaluate and forward plan the sustainability of weight management classes. If positive evaluation, extend to twice-yearly roll-out to all three acute sites 	<p>A Thomson</p>	<p>June 08</p>	<p>On target</p>
<p>OTHER</p> <ul style="list-style-type: none"> • Hospital walking routes <ul style="list-style-type: none"> ○ Identify funding to sign post walking routes ○ Design walking route cards with route, distance, calories and step count ○ Assuming funding identified, launch initiative by advertising to staff 	<p>A Thomson</p> <p>A Thomson</p> <p>A Thomson</p>	<p>April 08</p> <p>May 08</p> <p>May 08</p>	<p>Delayed – June 08</p> <p>Delayed – June 08</p> <p>Delayed pending funding</p>
<p>OTHER</p> <ul style="list-style-type: none"> • Health promotion within Theatres <ul style="list-style-type: none"> ○ Continue with pilot ○ Evaluate pilot 	<p>S Friel/ A Thomson</p> <p>S Friel/ A Thomson</p>	<p>May 08</p> <p>July</p>	<p>Continuing</p> <p>On target</p>
<p>OTHER</p> <ul style="list-style-type: none"> • Environmental issues <ul style="list-style-type: none"> ○ Potential for roll-out of recycling programme considered 	<p>D Browning</p>	<p>April 08</p>	<p>Under review as part of programmed roll out across sites</p>

Health Promotion Topic: HPH Standards			
Project: Management Policy	Lead	Timescale	Status
<ul style="list-style-type: none"> • Collate evidence to ensure that the Management Policy Standard is met: <ul style="list-style-type: none"> ○ The organisation identifies responsibilities for health promotion ○ The organisation allocates resources for the implementation of health promotion (budget, notice boards and health information points) ○ The organisation ensures the availability of the procedures for the collection and evaluation of data in order to monitor the quality of health promotion activities 	S Welton/ A Thomson	August 08	On target
	R Lyness	April 08	Complete
	G Docherty	Ongoing	On target
	G Docherty/ S Welton	Ongoing	On target
<ul style="list-style-type: none"> • Continue programme of press releases and Pulse articles 	A Thomson	Ongoing	On target
<ul style="list-style-type: none"> • Continue to support regular and consistent health events on the three acute sites. This will include events based around the National Health Service's 60th Anniversary in June 2008 	A Thomson	Ongoing	On target