



NHS Long Term Plan

Population Health Management

BACCH-BACAPH
Improving Services Series
(B-BISS)

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Recap: the NHS Long Term Plan

Mentions

- *child 130 times*
- *pathways 30 times*
- *networks 50 times*
- *integrated 40 times*
- *population 60 times*

- **Cooperation and collaboration**, not competition and contestability.
- Be **led by clinicians** - accountable for care quality and efficient use of public money.
- Embeds systematic **Quality Improvement** into every aspect of the NHS.
- Redesign care based on **pathways and networks**.
- **Integrate** - break down barriers between organisations, teams and funding streams.
- Role of the NHS includes secondary/tertiary **prevention** to improve quality of life.
- **Integrate community and primary care.**
- **Population Health Management.**

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Why is this important?

- Provide better care for individuals.
- Improve equity of outcomes.
- Better value.
- Prevention should reduce need/demand

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Learning points

- Key messages from the NHS Long Term Plan.
- Understand meaning of “population health management”
- New ways of thinking – building on current knowledge
- Practical steps forward.

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What is population health management?

- What does it mean to you right now?
- Why should it interest you?

- Groups of 3
- 3 minutes



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Population

- Patient groups.
- Organisational groups.
- Community groups.
- Geographical populations.
- Others....

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Segmentation and stratification

- **Social stratification** is a kind of social differentiation whereby society groups people into socioeconomic strata, based upon their occupation and income, wealth and social status, or derived power (social and political). *Generally a continuous variable.*
- **Social segmentation** is a form of social differentiation based on individual characteristics ranging from ethnicity, sexual orientation, disability, condition or even geographical location. *Generally a categorical variable.*

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Population Health

- the distribution of health-related **determinants** (positive and negative)
- the **exposure** to health-related **determinants**
- the **quality of life for disease/conditions**  that arise within the population
- Service/intervention **outcomes** within and across populations in the population under consideration.

*Population health is defined as **the health outcomes of a group of individuals, including the **distribution** of such outcomes within the group.** (Kindig 2003)*

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Population Health Management

*“population health management focuses on interrelated conditions and factors that influence the health of populations **over the life course**,
(measurement)*

*identifies **systematic variations** in their patterns of occurrence,
(analysis)*

*applies the resulting knowledge to **develop and implement policies and actions** to improve the health and well being of those populations.”
(action)*

Health system = health service + action on health determinants

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Population Health Management has many definitions

- An approach aimed at improving the health of an entire population. It is about **improving the physical and mental health outcomes** and wellbeing of people within and across a defined local, regional or national population, while **reducing health inequalities**.
- It includes action to reduce the occurrence of ill health, action to deliver appropriate health and care services and **action on the wider determinants** of health.
- It requires working with communities and partner agencies/organisations – **the integration agenda**.

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Management of the Health System (WHO).

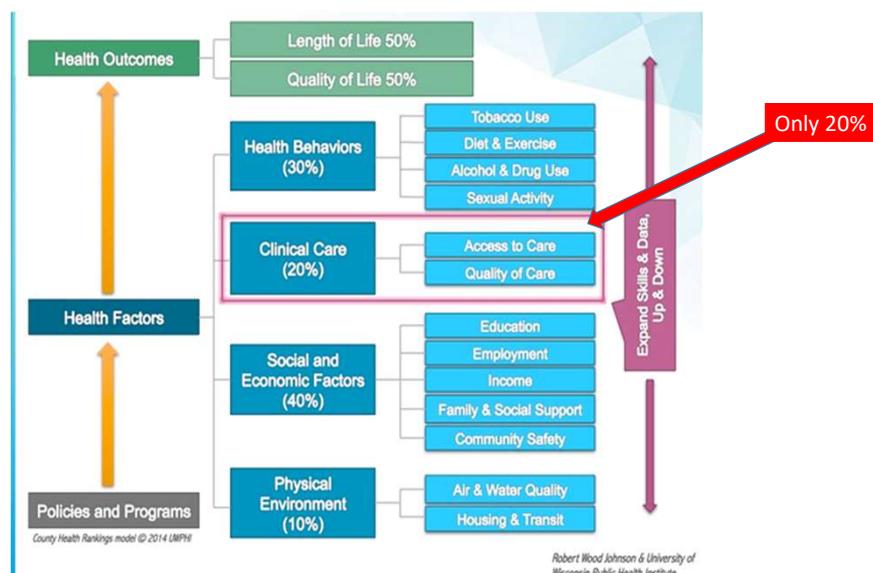
- A health **system** consists of **all** organizations, people and actions whose primary intent is to **promote, restore or maintain** health.
- This includes efforts to **influence determinants of health** as well as more direct health-improving activities.



Population health management

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Population health management



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Intentions for Population Health Management

- death reduction and prolonging life
- **improving the health and the quality-of-life of a population**
- improving the quality, safety and effectiveness of services
- **improving equity of both service and life course pathways outcomes**
- achieving optimal capita cost of care (i.e. value)

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NHS interpretation of population health management

- “every Integrated Health System will have systems to support population health management, meaning the ability to **understand population-based health need** in order to match NHS services to meet expectations”
- “Interventions that NHS providers can contribute to both improve the health of the whole population, with a **special emphasis on the patient groups whom they are treating**”.
- “In the new world of accountable health systems the expectation is that the **NHS will contribute to tackling the social determinants of health** at a local community level in partnership with public, private and voluntary sector organisations”.

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Health determinants (WHO)

“the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life”.

“these forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems.”

‘Why treat people and send them back to the conditions that made them sick?’

Sir Michael Marmot

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Determinant exposure-effect	Biology and social status	Interventions
Differential baseline		
Exposure (1)	Exposure (1)	Primary prevention
Differential effect	Resilience-vulnerability	
Exposure (2)	Exposure (2)	Secondary prevention
Differential outcomes	Health problems/wellbeing	
Exposure (3)	Exposure (3)	Tertiary prevention
Differential consequences	Consequences/impact	

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Vitamin D

Primary, secondary and tertiary prevention

Determinant exposure-effect	Rickets	Interventions
Differential distribution	Sunlight	
Exposure (1)	Exposure (1)	<i>Primary prevention</i>
		Sun exposure
Differential effect	Vulnerability	Supplements
	Skin colour	
Exposure (2)	Exposure (2)	<i>Secondary prevention</i>
	Rickets	Screening
Differential outcomes	Health problems	Vit. D supplements
Exposure (3)	Exposure (3)	<i>Tertiary prevention</i>
	Soft teeth/bones	Treatment
Differential consequences	Consequences/impact	Rehabilitation

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Health determinants in your clinical practice

- Groups of 3
- 3 minutes
- 3 determinants each



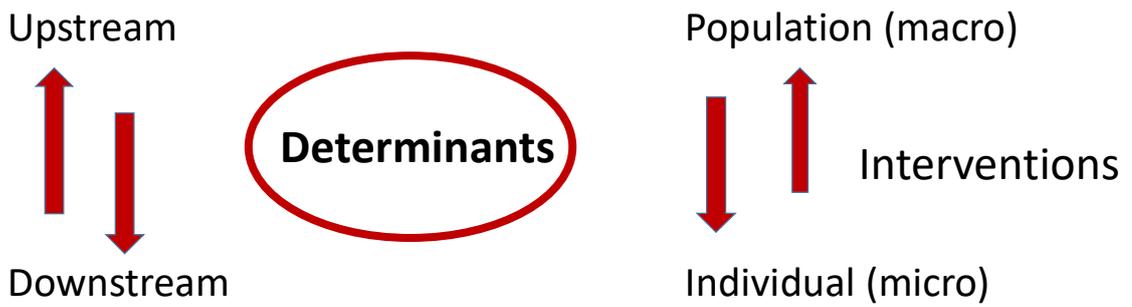
What are the 3 most important health determinants in your clinical practice?

'Why treat people and send them back to the conditions that made them sick?'

Sir Michael Marmot

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Health determinants structure?



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Jargon buster!

	Determinants			
Upstream	Midstream	Downstream	←	
Structural		Intermediary		
Macro	Meso	Micro		
Population		Personal		
Structural		Behavioural		
National		Local		
Societal		Familial/individual		
Physical		Cultural		
	Determinants			←
Positive	Neutral	Negative		
Asset		Hazard		
Promoting		Protecting		
Resilience		Vulnerability		
Salutogenic		Pathogenic		
Protective		Adverse		
Healthy		Harmful		
Regard		Insult		
Enhancing		Hindering		
Advantage		Disadvantage		

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Upstream and downstream interventions

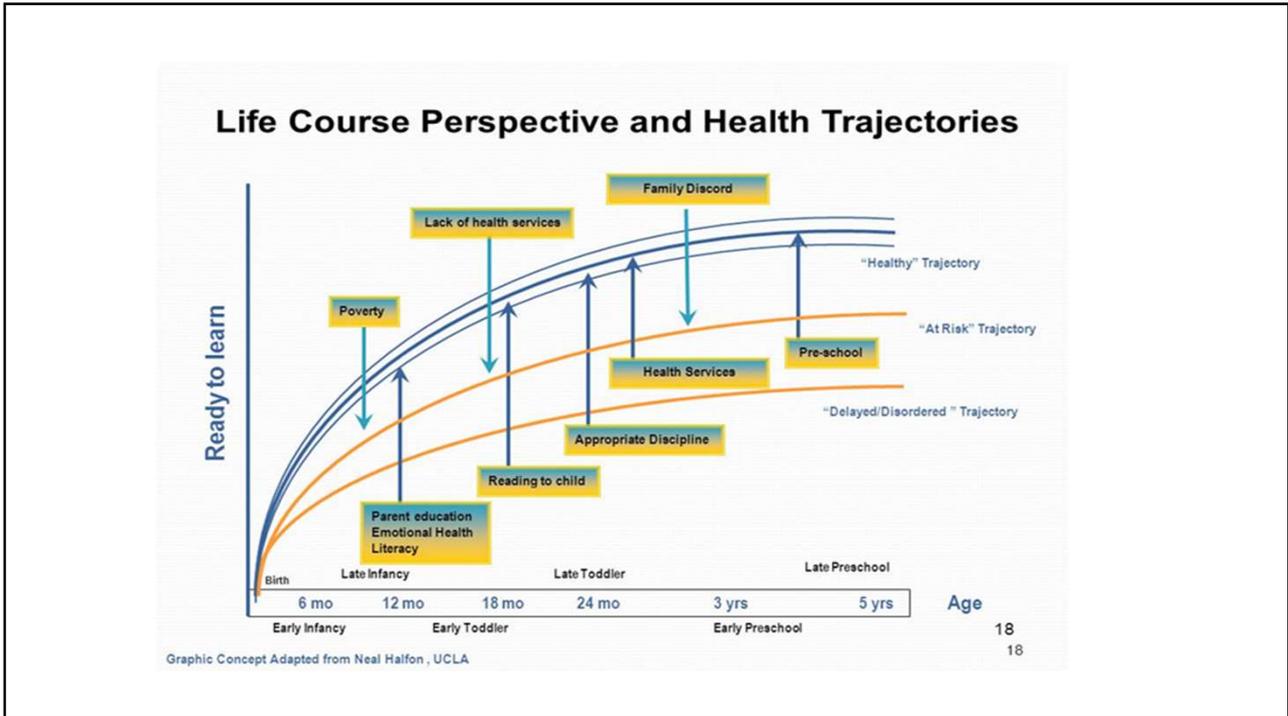
General determinants		
"Upstream"	Condition	"Downstream"
Population approach		Individual approach
Living wage	Poverty	Food banks
Raising tax threshold		Credit unions/debt counselling
New housing	Poor housing	Housing grants/social housing
Sustainable housing		Minimum rental standards
Food subsidies	Poor nutrition	Breastfeeding
Food advertising		Food education/choice
Food labelling		Food access (five a day)
Childcare policies	School readiness	Daily Reading
Preschool education		Quality preschool provision
Affordable childcare		Play at home

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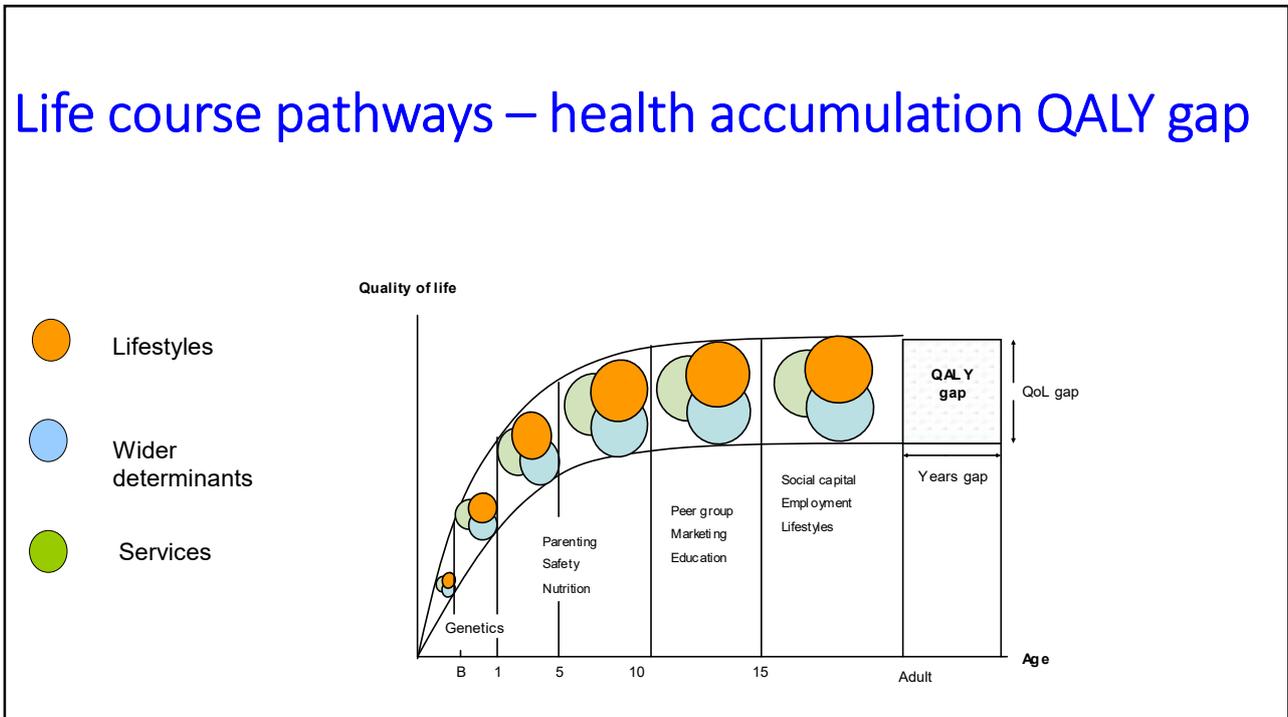
Specific upstream and downstream interventions

Clinical condition determinants		
"Upstream"	Condition	"Downstream"
Population approach	Child	Individual approach
Tobacco taxation	Low birthweight	Good antenatal care. Smoke stop
Vaccination programmes	Infectious disease	Vaccination uptake
Air-pollution reduction	Asthma	Self-care. Indoor air pollution
Sugar fat and salt regulation	Obesity/tooth decay	Nutritional choice/affordability Dental health promotion
Early years provision	Poor language/school readiness	Family communication
Toy/book library		Story reading every day
Safe play space	Injuries	Home safety programs
Safe routes to school		Green cross code
Provision for all abilities	School attendance	Absence/exclusions policy
Mental health resourcing	Mental health	School counselling
Campaigns	Chlamydia diagnoses (16-25)	Contraception access
Sex education in schools	Under 19 conceptions	Contraception access

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Roles of the NHS - downstream

- In terms of **downstream interventions = patient care + advocacy** to tackle individual health determinants.
- All part of a personalised, proactive and preventative care and **best condition management** which also contributes to reducing inequities of health outcomes.
- Achieving **equitable outcomes for more vulnerable subgroups** in the population they serve.
- Contributing NHS data to population needs assessment.

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Roles of the NHS - upstream

- **Partnership** with public, private and voluntary sector organisations **to tackle health determinants** .
- Compiling and analysing data from multiple sources to map health determinants and their effects.
- Planning, implementing and evaluating impact of interventions.
- The NHS as an **“anchor organisation”**.

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The NHS as an anchor organisation

- 1. Leader** – e.g. commissioning services, providing governance and management, setting the national agenda, role modelling.
- 2. Partner** – e.g. providing services, hosting services, working in collaboration to deliver services with local authority, statutory, or other voluntary sector groups.
- 3. Employer** – e.g. initiatives aimed at improving NHS staff health and wellbeing; NHS as a community employer and 'anchor institution'.
- 4. Advocate** – e.g. lobbying governments on public health agenda, lobbying for prevention within individual institutions and the behalf of individuals.
- 5. Researcher** – e.g. funder, academic provider and driver of research.

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What can you do in/after clinic?

- Groups of 3
- 3 minutes.
- 3 best ideas.



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Paediatricians

- Understand the influence of health determinants
- Ask about social determinants relevant to the individual family or the condition of the child.
- Learn about local resources that can address these determinants.
- Work in partnership with families to create a realistic care plan to improve both the health of the child and family functioning.
- Advocate on behalf of individual families with local planners and service providers.
- Work with other agencies to improve the lives of local families, using a life course pathway approach on a population basis.

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Paediatric and child health departments

- contribute to population needs assessment
- integrate prevention within all pathways of care
- identify health determinants that have a significant impact on the care of specific patient groups
- work with community partners to address the wider health-related issues identified

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Poverty in PAU

Hannah Zhu

AIMS
0%-80% of paediatricians in the paediatric assessment unit (PAU) to ask about child poverty and offer local resources when appropriate.

MEASURES

- ◆ Percentage of paediatricians who asked about child poverty
- ◆ Percentage of paediatricians who were aware of local poverty resources
- ◆ Resources given and patient feedback

CHANGE IDEAS
1-2-3 approach to child poverty - MDT resource leaflets, display in waiting and parents' rooms, triage, emails, microteaching, guidelines

AIM What do I want to achieve?

MEASURES How will I know if I've achieved it?

CHANGE IDEAS What ideas have I got to help me achieve my aim?

How will I test my ideas?

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www.billhelp.uk/

1-2-3 Approach

An army of local resources to help your family with money, provide essentials and participate more in local activities ©

1 Increase income:

care4me your community directory
www.care4me.org.uk/

citizens advice
For benefits/ universal credit advice: Kingston Citizens Advice, Neville House 55 Eden Street, Kingston, KT1 1BW
www.citizensadvice/kingston.org.uk
Tel: 020 3166 0953

Glasspool Charity Trust
Small grants making a big difference
www.glasspool.org.uk

PFNI UK Bill Help
www.billhelp.uk

chancesFOR CHILDREN surtle.uk
For education grants: www.buttuk.org

2 Provide essentials:

Momentum, 139 Kings Road, Kingston, KT2 5JE
info@momentum.org.uk
Tel: 020 8974 9934

Home Start
Support and Friendship for Families
Baby essentials, parenting: Homestart Richmond, Kingston, Hounslow
info@homestarts-uk.org.uk
Tel: 020 8487 8500

KINGSTON FOODBANK
Main Location: Suite No. 1, 444 Ewell Road, Tolworth, Surrey, KT6 7EL
Phone: 020 8393 1100
website: http://kingston.foodbank.org.uk

the trussell TRUSTE Stop UK Hunger
Advice, support, legal services for people struggling with bad housing or homelessness
www.EnglandShelter.org.uk

3 Improve participation:

YMCA
Youth clubs and other free activities: YMCA Surbiton, 49 Victoria Road, KT6 4NG | Tel: 020 8330 0348 | www.ymcasurbiton.org

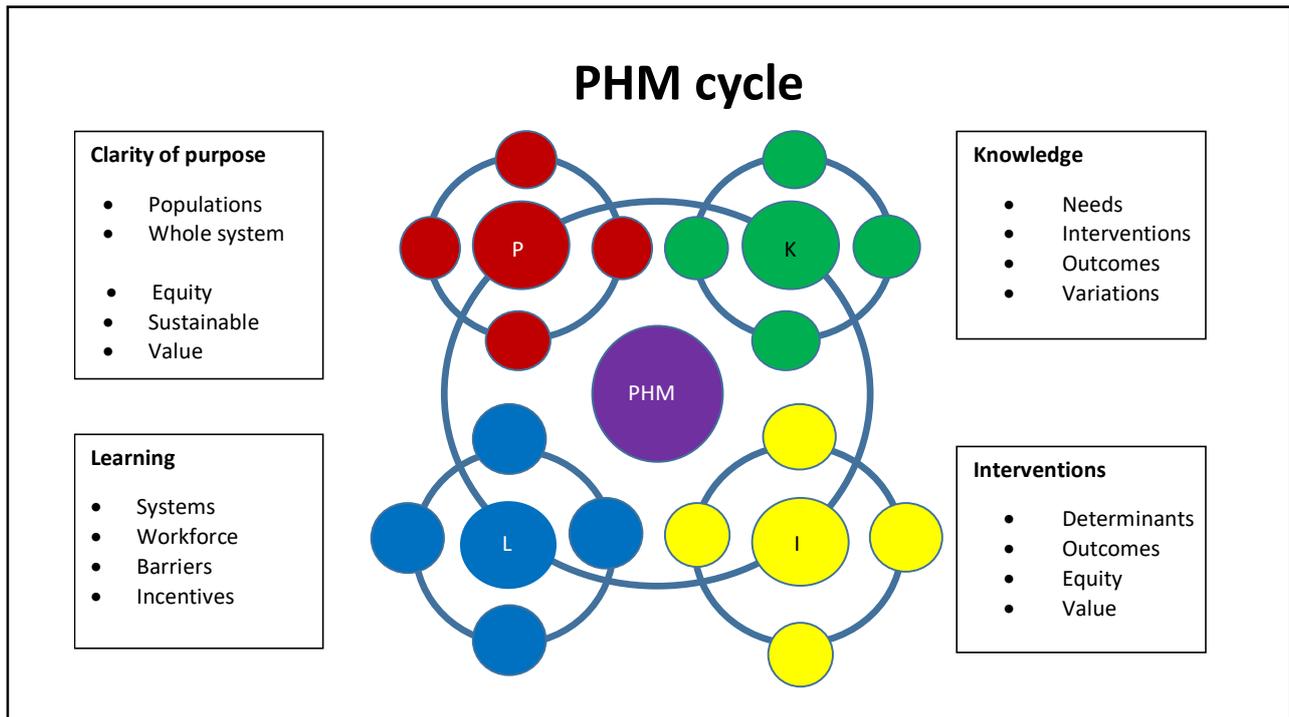
THE MIX
Free life advice: money, housing, health, relationships: www.themix.org
Tel: 0808 808 4994

Kingston Domestic Violence Hub: provides free, confidential, non-judgmental and independent support to anyone who is experiencing domestic violence. Tel: 020 8547 6046

relate
Relationship support for families (Free for children)
Tel: 0333 320 2206
www.relate.org.uk
Kingston Relate 4th Floor, Neville House, 55 Eden Street, KT1 1BW

www.kingston.gov.uk

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Why should paediatricians be interested in population health management?

For individual patients

1. Improve the experience of care for their patients.
2. Improve outcomes.
3. Contribute to the reduction in health inequalities/improve equity.

For the population

1. Healthier population.
2. Reducing demands on the NHS.
3. Equity.
4. Better value.



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The end!



Now read the accompanying paper!

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Web resources

- <https://www.kingsfund.org.uk>
- <https://www.health.org.uk/>
- https://www.bacch.org.uk/policy/documents/2019.04_NHS_LTP_BAC_CH_response.pdf
- <https://www.bacaph.org.uk/advocacy/child-poverty-introduction>
- <https://rm.coe.int/guidelines-of-the-committee-of-ministers-of-the-council-of-europe-on-c/16808c3a9f>
- <https://www.who.int/alliance-hpsr/resources/9789241563895/en/>
- <https://www.livemedia.com/video/11179>

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Youth Endowment Fund

preventing children becoming involved in violence.

