

NHS Healthchecks Refresher Training

Richard Merrifield

Advanced Public Health Practitioner

Devon County Council

Learning Outcomes

- Awareness of the latest evidence supporting the programme
- Understanding of the content of the Healthcheck
- Awareness of the latest behaviour change guidance for healthy lifestyles
- Confidence and skills in communicating results using brief intervention skills
- Knowing how and when to refer on
- Awareness of how to access additional information associated with the programme

Latest evidence

- The programme is a part of the wider PREVENTION agenda
- It's not just reaching the worried well
- Greater detection of vascular disease amongst those who attend
- Patients are sometimes confused or don't understand the CVD risk score
- Take up rates improving
- People who have received a NHS Healthcheck would recommend it to others.

It's preventing and detecting



For every **30 to 40**
NHS Health Checks
1 person is found to
have hypertension



For every **80 – 200**
NHS Health Checks
1 person is diagnosed
with type 2 diabetes



for every **6 to 10** NHS
Health Checks 1
person is identified as
being at high risk of
cardiovascular disease

Content of the NHS Healthcheck

- Invitation
- Physiological measures
- GPPAQ, Audit C, Smoking status
- Brief intervention
- Dementia
- Communicating results
- Referring on

Key updates for 2017



- Referring onto
- New guidance Feb 2017
- Updated invitation letter and leaflets
- Data retrieved from Primary Care Data Warehouse/MIQUEST
- Referral to OSS before statins prescribed for management of cholesterol
- Diabetes validated tools/Diabetes Filter
- No funded weight management programme
- National Diabetes Prevention Programme is expected in the future

Lifestyle Quiz

- 1. How much physical activity does the Chief medical officer recommend that adults do per week?
 - A. 30 minutes a week
 - B. 1 hour a week
 - C. 150 mins a week
 - D. 1 hour a day

Lifestyle Quiz

- 2. How many days a week should adults aged over 65 complete strength related activity?
- A. 1 day
- B. 2 days
- C. 3 days
- D. Daily

Lifestyle Quiz

- 3. Which of the following are recommended by NICE as a method of supporting someone to quit smoking?
 - A. e-cigarettes
 - B. Hypnotherapy
 - C. reducing the number of cigarettes smoked by half
 - D. Hydrotherapy
 - E. All of the above

Lifestyle Quiz

- 4. There are many self help packages available on the internet which of the following are approved sites or tools?
 - A. One You- How are you?
 - B. NHS choices
 - C. Change4Life
 - D. OneSmallStep
 - E. All of the above

Lifestyle Quiz

- 5. Someone whose ethnic origin is Asian, Chinese or African-Caribbean would be classified as obese if their BMI is?
 - A. 32.5
 - B. 30
 - C. 27.5
 - D. 25

Lifestyle Quiz

- 6. The UK Chief Medical Officers' guideline for both men and women is that to keep health risks from alcohol to a low level it is recommended not to drink more than how many units a week on a regular basis?
 - A. 3-4 units
 - B. 5-6 units
 - C. 10-12 units
 - D. 14 units

Lifestyle Quiz

7. The Eatwell Plate was rebranded the Eatwell Guide, which of the following changed?
- A. Fruit juices and smoothies have been removed from the fruit and veg segment.
 - B. Message to eat around a table and avoid TV.
 - C. Message to eat 3 meals a day.
 - D. Tips on shopping on a budget.

Lifestyle Quiz

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Lifestyle Quiz

8. Which of the following is the only validated tool recommended for assessing someone's physical activity levels as part of the NHS Healthcheck?

- A. Active 10
- B. Rally
- C. Lets Get Moving
- D. GPPAQ

Lifestyle Quiz

9. Which of the following total cholesterol readings from a Point of Care testing kit requires further investigation?

- A. 5mmol/L
- B. 6mmol/L
- C. 7 mmol/L
- D. 10 mmol/L

Lifestyle Quiz

- 10. When taking the person's pulse during a NHS Healthcheck how long should you count for?
 - A. 10 second and multiply by 6
 - B. 15 seconds and multiply by 4
 - C. 30 seconds and multiply by 2
 - D. 60 seconds

Brief intervention best practice

- Ask the client how the results make them feel
- Ask them what they already know about health messages
- Ask for permission before giving any additional information
- Ask the client what action they feel they might take
- Signpost them to additional self help sources or local interventions

Communicating the results

- Always provide the client with a copy of their results
- Show them on the screen the Qrisk score and how it can be changed by adjusting lifestyle, what the risk might look like in 5 yrs time with no change
- Seek their views on how they feel about the results and what they feel they might do to improve their score

OneSmallStep

- Lifestyle Support
- Online
- Tele-Health coaching



The screenshot shows the OneSmallStep website homepage. At the top left is the logo "onesmallstep to a healthier you" with a heart icon. To the right are links for "News & Events | Contact Us" and social media icons for Facebook and Twitter. A navigation bar contains links for "HOME", "CHANGE TODAY", "MOTIVATION", "WEIGHT", "ALCOHOL", "SMOKING", "ACTIVITY", and "ABOUT US". The main banner features a heart shape drawn in sand with ants, and text that reads: "Welcome to OneSmallStep, you've just taken your first step towards a healthier you." and "Make a change today >>". Below the banner is a paragraph: "Whether you're looking to quit smoking, lose weight for that special occasion, become more active or reduce your alcohol intake, you've come to the right place. OneSmallStep is a tailored service for the people of Devon." Underneath is the heading "Take OneSmallStep to change..." followed by three blue boxes: 1. "to a healthier you" with an image of a person doing a backbend and text "Here are some simple things to help you make the change today". 2. "using simple and effective tools" with an image of hands holding a motivational card and text "Stay on track by trying these free motivational boosts". 3. "with extra support" with an image of a person on a bench using a mobile phone and text "Have time to talk? We can provide advice to help with any concerns you may have".

- Stop Smoking, Alcohol, Physical Activity and Weight Management



Your Rally Age

Looks like you're **7 years** above your actual age.

We can help with that!

[View your profile](#)

LONDON LUNGE

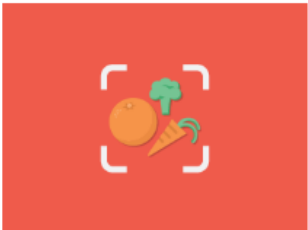
Challenge in progress | Next one starts 08/10/2017

1st—magra4 0.00 mi	1 Participants	02d 23h 29m 17s Remaining
-----------------------	-------------------	------------------------------

Conquer the Big Smoke in a virtual race across London! Track your steps as you go about your day wherever you... [Read more](#)

3 day challenge

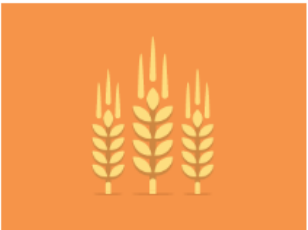
[Join](#) [I'm over](#)



Focus on fruits and veggies

Whether it's berries with breakfast, salad at lunch or steamed greens at dinner time, make sure to cover at least half your plate with fruits or veggies twice a day or more.

[Join](#)



Eat more whole grains

Refined flour and white rice have little fibre or vitamins. Go whole for health and explore grains like amaranth, barley, millet and spelt. A serving is a half-cup cooked or a slice of bread.

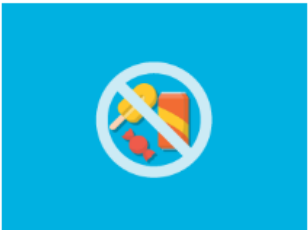
[Join](#)



Cook at home more

If the waiter at your favourite eatery knows more about your life than your mother, it may be time to start cooking. It's easier than you think -- you'll save money and eat better, too.

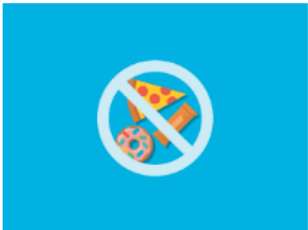
[Join](#)



Cut back on added sugar

Sugar is a big source of empty calories - and it's in all kinds of foods you wouldn't suspect. Check the ingredients and try to avoid added or processed sugars like corn syrup (natural sugars in...

[Join](#)



Avoid processed foods

Pre-made foods (especially shelf-stable cans and packages) are often loaded with salt, fat, sugar and preservatives. Skip them and you'll get more fibre and nutrients and less added junk.

[Join](#)

When to refer onto

- **Individuals:**
- that want to Quit Smoking
- concerned by their weight
- who want to increase physical activity levels
- That want to reduce their alcohol intake

When to refer onto GP for further investigation

- Irregular Heart Rate detected (for AF)
- SBP > 140 DBP > 90 (for kidney disease, High BP, Non fasting HbA1c)
- BMI of 27.5 or 30 (for non fasting HbA1c)
- Total cholesterol > 7.5 mmol/l
- Q-risk score 10%+ (to receive appropriate lifestyle advice and behaviour change support)
- Concerns over dementia

Useful Sources of Info

- www.devonhealthandwellbeing.org.uk
- www.nhshealthcheck.nhs.uk

Cardiochek videos:

- How to Perform Patient Testing <https://youtu.be/nlw8Fhahf0U>
- Daily Optics (Grey Che Strip)Test
<https://www.youtube.com/watch?v=663Cf3B6ez0>

Internal Quality Control Check (IQC Test)
<https://www.youtube.com/watch?v=-KmwSrdzwo4>

External Quality Assurance (EQA) Test
https://www.youtube.com/watch?v=7xIZ-sFk1_I

Gareth@bhr.co.uk

07720 736293

- Richard.merrifield@devon.gov.uk
- Patsy.Temple@devon.gov.uk
- 01392 383000

Evaluation Forms

- Thank You for your attendance and participation!
- Please complete the evaluation forms before you go.