

May 2021, Vol 1

# ACTIVE HOSPITALS

Newsletter



## WELCOME

Welcome to the first edition of the Active Hospitals Newsletter. This is your bi- monthly update to share information about your site, promote all the great things you're doing and importantly **stay connected** with the other sites.

We've had some great opportunities to get together as a team for some valuable learning sessions over the past few weeks. The Action Learning Set earlier this month and the first of the Oxford Masterclasses were really well attended and we know from listening to you all you found them informative and useful. **Please continue to share any feedback** about the sessions and any other suggestions you have for sharing learning with each other.

In this introductory edition of the newsletter we're going to **'Meet the Teams'**; this includes your support partners as well as key members of each site team. We have some pictures too which is great! In future editions we will see more of what you're all doing at your sites and this newsletter will be a great way sharing that.

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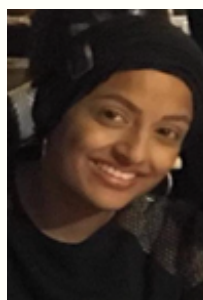
## SUPPORT PARTNERS

### PUBLIC HEALTH ENGLAND (PHE)

We are part of the national physical activity team at PHE and are working closely with the NHS Transformation Unit to ensure the Active Hospital sites receive the support they need to pilot the physical activity care model across their chosen pathways.

The Active Hospitals project is integral to the **Moving Healthcare Professionals Programme (MHPP)** and creating that cultural change across the NHS – where physical activity is part of the treatment package for patients. We are looking forward to working with you all to promote the fantastic work you are doing and helping to build the **Community of Practice**.

**Our Team:** (L-R) **Juliet Stevenson** - Project Manager- Physical Activity and **Sabrina Palanee** - Senior Engagement and Partnerships. Our team also includes (*not pictured*) **Jess Gwynn** - Project Officer – Physical Activity, **Charlene Simon** – National Programme Manager- Physical Activity and **Caitlin Thomas** - National Programme Manager - Physical Activity.



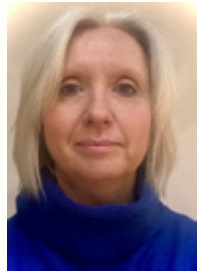
### THE NHS TRANSFORMATION UNIT (TU)

We are responsible for the **overall project management of the Active Hospitals pilot**; this includes leading and developing a number of elements across the programme. We have an assigned member of the team for each pilot site and we are responsible for coordinating monthly meetings, dealing with issues and queries, and **highlighting challenges, progress and good practice via producing monthly status reports**. We work very closely with Public Health England (PHE) and provide regular reporting and assurance on any challenges and risks to delivery alongside all the great progress being made by each site. We also work closely with Ipsos Mori and liaise with them regularly around the evaluation and coordination of this with each site.

We **organise and facilitate learning opportunities** for the four sites; this includes the Action Learning Sets and the Oxford Masterclasses which we've had recently and were very well attended and received. We're also developing **communication and engagement tools** to help develop an Active Hospitals identity across the programme – the first one of which is this newsletter! You will have also heard us talk about the work we're doing to **establish a Community of Practice (CoP)**. This will launch in September and will be a forum for the sites and other organisations across the country to come together to share learning on increasing physical activity levels within their clinical pathways. (ctd)

We are also currently working on the plan and delivery of the **Active Hospitals Toolkit**, more updates to follow in the next newsletter.

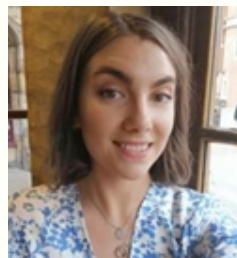
**Our Team:** (L-R) **Emily Hughes** - Associate Consultant/ Sheffield Children's & Northumbria, **Sarah Maynard-Walker** - Associate Director/ Nottingham and **Safeera Ahmed** - Transformation Consultant/North Tees.



## IPSOS MORI

Ipsos MORI (along with the National Centre for Sport and Exercise Medicine (NCSEM)) have been commissioned by PHE to **undertake an independent evaluation** of the overall MHPP programme and the Active Hospitals workstream within it. The evaluation will primarily focus on themes related to **implementation and acceptability**, with the short- and mid-term outcomes being assessed as the programme matures. As independent evaluators, while we don't share intervention delivery or implementation responsibility, we hope to understand the interventions being delivered by each site in detail, support the assessment and monitoring of performance and identify the lessons learned through implementation. In support of this, we have now aligned a member of our team to each site.

**Our Team:** (L-R) **Reuben Balfour** (Research Manager) – Project Manager for the AH Evaluation/ North Tees and Nottingham, **Louise Adkins** (Research Director) – Project Director for AH Evaluation/ Sheffield Children's, **Robyn Aldous** (Research Executive) - Sheffield Children's, **Sylvie Hobden** (Associate Director) – Project Manager MHPP workstreams/ Northumbria.



## ACTIVE HOSPITAL SITES

### NORTHUMBRIA HEALTHCARE NHS FOUNDATION TRUST

We provide a range of health and care services to support more than 500,000 people living in **Northumberland and North Tyneside**. We deliver care from sites across the geography including an emergency care hospital, general and community hospitals, an outpatient and diagnostic centre, an elderly care unit and an integrated health and social care facility.

The Active Hospitals pilot utilises the thousands of meaningful interactions we already have every day with patients and builds upon our successful approach of **Making Every Contact Count (MECC)**. We'll be looking at how we can have more conversations about being a bit more active and the benefits this has on physical, mental and social wellbeing, as well as developing the hospital environment to prompt and enable physical activity. While the focus is on patients, we'll also use this as an opportunity to **work with our staff** to see how we can support them to be more active too.

As part of the pilot we will be introducing an active ward and embedding physical activity in the following outpatient pathways:

- **Pre-operative assessment**
- **Living with and Beyond Cancer – community**
- **Parkinson's disease**
- **Heart Failure – acute and community**
- **Diabetes – outpatients**
- **Maternity**

In addition, providing earlier and more frequent interventions on the wards will make a huge difference to patients' recoveries by improving their strength and balance and ultimately helping them to leave hospital sooner. With our teams using our links in the community to further support and guide patients to continue to be more active when they're back home.

**Our Team:** (L-R) - **Ruth Stevens** - Active Hospitals Delivery Lead and **Jill Harland** - Consultant in Public Health.



# NORTH TEES AND HARTLEPOOL NHS FOUNDATION TRUST

We are an integrated hospital and community services healthcare organisation serving around 400,000 people in **Hartlepool, Stockton and parts of County Durham**. We provide bowel and breast screening services as well as community dental services and other community based services to a wider population in Teeside and Durham.

We are actively shifting the culture within the Trust to reframe our model from one of **reactive disease management to proactive prevention**. With health promotion and MECC embedded into frontline secondary care services, being part of the Active Hospitals pilot complements this ongoing work. We are committed to creating a **physical activity model that is scalable** across our inpatient and outpatient pathways and sustainable beyond the pilot.

As an active hospital site with a focus on emphasizing physical activity promotion and integration into secondary care systems, we feel there is an opportunity to have dual focus, on inpatients and outpatients. We are implementing PA models into 4 clinical pathways - 2 in inpatient services and 2 in outpatients.

## Inpatient offer:

- **Acute Cardiac Unit (ACU)**
- **Elderly Care (frailty)**

## Outpatient offer:

- **Paediatric Outpatients**
- **Integrated MSK – including Orthopaedic/Rheumatology and persistent pain pathways**



We have a named Physical Activity Champion within each pathway who will be able to continually champion the change to ensure the way of working becomes embedded and sustainable. We also run a '**Movement is Medicine**' group in the local community hosted by the physiotherapy team. This group is designed to give patients the opportunity to move from initial conversation into a supportive group setting and encourages patients to move into groups which would support physical activity, social integration, combatting social isolation and improve general wellbeing.

**Our Team:** **Michael Butler** - Outpatients & Pathways Manager, **Leanne Mitchell** - Active Hospital Clinical Delivery Manager and **Kath Tarns** - Senior Professional and MECC Lead.

Our **Physical Activity Champions** for each clinical pathway are:

MSK – **Jeannette Turnbull** (ESP Physiotherapist) and **Josh Lincoln** (Physiotherapist)  
 Paediatric – **Jenna Horsley** (Staff Nurse) and **Tracy Foreman** (Paediatric Physiotherapist)  
 Ward 42 – **Corinne Howard** (Staff Nurse) and **Megan Wilson** (Occupational Therapist) and for ACU – **Bethany Williams** (Staff Nurse) and **Amber Gardner** (Physiotherapist).

# SHEFFIELD CHILDREN'S NHS FOUNDATION TRUST

Sheffield Children's NHS Foundation Trust is **one of only three dedicated children's hospital trusts** in the UK and provides integrated healthcare for children and young people, including community and mental health care as well as acute and specialist services. We see children from 0-16 in most cases and in some cases up to age 19 and we provide a full range of services for residents of Sheffield and South Yorkshire as well as specialised services for patients from across the United Kingdom.

**Sheffield Children's is established as an innovative leader in child health**, with a strong ethos of physical activity promotion in many departments already and links to national resources for physical activity. We want to enable all clinicians to have conversations with families about movement and activity and feel able to make a joint-plan to increase activity levels and signpost families through social prescribing to the existing resources.

We have 3 focussed clinical streams to further explore how physical activity promotion can be embedded into a clinical pathway. These pathways enable us to **monitor, evaluate and improve** and look at how this work can translate to other clinical pathways in the future.

The 3 pathways are:

- **Asthma**

Children with Asthma will really benefit from increasing their physical activity; some types of exercise are better for those with exercise induced symptoms.

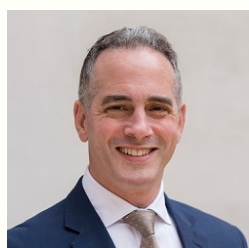
- **Preoperative care**

This includes weight management referrals, screening of obesity complications and enhanced recovery for major operations.

- **Oncology**

Inpatient stays can be sedentary so we're looking at how to support children to be physically active through the patient pathway as inpatients and when they are at home.

**Our Team:** (L-R) **Paul Dimitri** - Professor of Child Health & Consultant in Paediatric Endocrinology, **Nicki Barker** - Advanced Physiotherapist, **Zoe Burton** - Consultant Paediatric Anaesthetist, **Nadia Ladak** - Consultant Paediatric Anaesthetist, **Jude Stone** - Associate Director, Transformation and **Deborah Rowley** - Advanced Physiotherapist. Also on our team are (*not pictured*) - **Kelechi Ugonna** - Consultant in Paediatric Respiratory Medicine, **Anna Jenkins** - Consultant Paediatric Oncologist, **Sophie Parry-Okeden** - ST7 GRID Trainee in Community Child Health, **Roshan Gunasekera** - Sport and Exercise Medicine Registrar and **Thomas Fletcher** - Exercise and Physical Activity Therapist.



# NOTTINGHAM UNIVERSITY HOSPITAL NHS FOUNDATION TRUST (NUH)

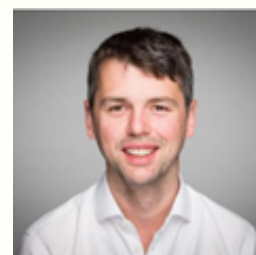
We're based in the heart of Nottingham and **provide services to over 2.5 million residents** of Nottingham and its surrounding communities. We also provide specialist services for a further 3-4 million people from across the region. We have a national and international reputation for many of our specialist services, including stroke, renal, neurosciences, cancer services and trauma and are at the forefront of many research programmes and new surgical procedures.

The overarching objective of our NUH Active Hospitals project is to **improve patient care and keep our staff healthy** both physically and mentally by creating an environment where the default option is the healthy choice and physical activity is promoted and encouraged. We are working to achieve this by working directly with clinical pathways to affect change throughout the patient journey and influencing the physical activity culture at the Trust through staff health & wellbeing, training and leadership.

Our patient journey and Pathway Innovation Model is based across 2 workstreams – **Prehabilitation and Prevention**. The selected clinical pathways within these workstreams are:

- **Orthopaedics**
- **Colorectal**
- **Hepatobiliary**
- **Paediatric Endocrinology**
- **Maternity/Gestational Diabetes**

**Our Team:** (L-R) - **Sue Offler** - Specialty General Manager, Trauma and Elective Orthopaedics and Sports & Exercise, **Lauren Draper** - Associate Specialty General Manager, Trauma and Orthopaedics and Sports & Exercise Medicine, **Mike Bullock** - Chartered Physiotherapist and Clinical Lead, **Prof. Nick Peirce** - Sports & Exercise Medicine Consultant, **Dr Kate Strachan**, Sports & Exercise Medicine Consultant and **Dr. Stefan Kluzek** - Associate Professor in Sport and Exercise Medicine & Deputy Director Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis.



## WE WANT TO HEAR FROM YOU!

This newsletter is your opportunity to share learning, good practice and case studies with the other AH sites and partners. **We would love to hear from you!** This is **your newsletter** and will undoubtedly go on to become a valuable resource for you all to keep connected and explore ideas as a team.

Please send your updates, news and stories to us by emailing **safeera.ahmed1@nhs.net**. We welcome any suggestions you have on ideas for the newsletter too so keep sharing your feedback. The next edition will be at the end of July; if you don't want to wait and want to share anything with everyone before then, please get in touch!



## DATES FOR YOUR DIARY

**04/06/21 2-4pm Active Hospitals Masterclass - Changing Staff Behaviour**

**17/06/21 2-4pm Active Hospitals Masterclass - Governance**

**13/07/21 2-4pm Action Learning Set 2**