

IHI Experience Day Imperial College Healthcare NHS Trust Wednesday 10th April 2024





- Introduce yourself to someone you haven't meet
- Share your reasons for attending this experience day
- What are you hopes for learning
- What you would like to gain from attending



Warm welcome and introductions:





Dr Francesca Cleugh



Dr Ben Holden



Sharon Poon



Dr Suki Mistry



Elizabeth Bennett



Lara Ritchie



Jessica Cunliffe



Andre Johnsen



Abe Brago



Christine Guirguis

Social media:



We will be taking photos, do let us know if you don't want to be photographed



Forum handle: @QualityForum

• IHI Handle: @TheIHI

Imperial twitter handle: @ImperialNHS











Time	Session
09:45-10:15	Registration, coffee, networking
10:15-10:30	 Welcome and sharing Imperial innovation and improvement story Overview of the healthcare system
10:30-10:55	Vision of 'better health for life' for our patients and communities in North West London and improving inequities in health and care.
11-12:30	Group 1: Innovation & digital walk Group 2 & 3: Paddington partnership walk, visiting St Mary's Church - they run a social supermarket and lunch for the homeless. Penfold Community Hub - activity hub for older people, many with dementia. Group 4: Westminster community walk visiting Church street Market Westminster Wheels
1230-12:45	15 minutes spare time to ensure colleagues return to St Mary's
12:45-13:00	Feedback and reflections from the walk
13:00-13:45	Lunch and networking
13:45:14:25	#2035 presentation
14:25-15:05	Equity and DNA presentation
15:05-15:30	Open discussion
15:30	Thank you and close









Trust in numbers 2022/23



Our services*



1,339,000 Patient contacts (including inpatients,

outpatients and day cases)



264,000

Emergency attendees

(including A&E and ambulatory emergency care)







96%

Positive overall rating of care for inpatients

*all figures rounded



Our students



Medical students



Nurses in education pre-registration

Our finances



Out-turn

(deficit of £32.2m before adjustments for impairments etc.*)





£15.8m



Capital investments including buildings, infrastructure and IT

Our research



1,000

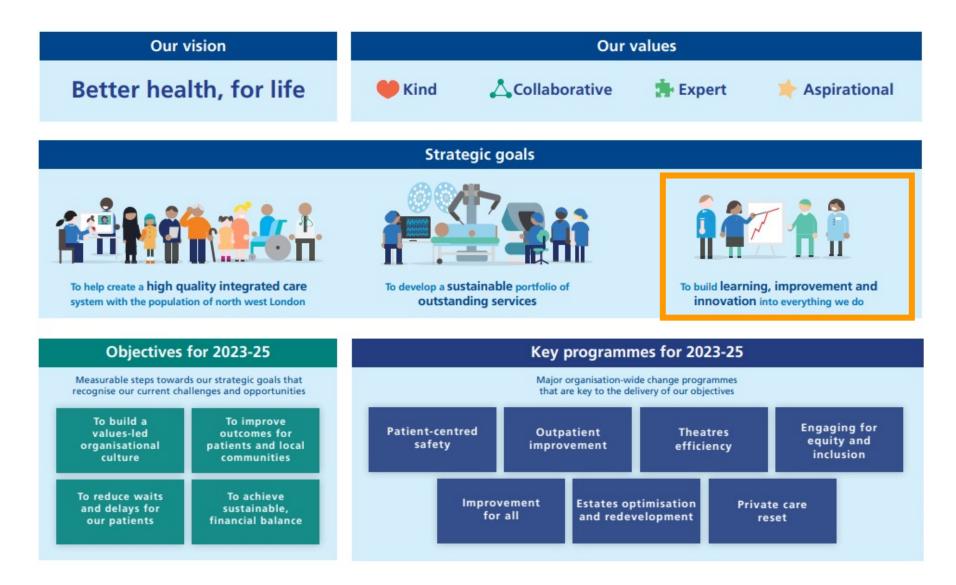
Clinical research studies

"NHS Improvement monitors NHS trust financial performance using an adjusted measure, which is derived from its surplus' (dericit), but is adjusted for impairments and reversal of prior year impairments to properly, plant, equipment and elimination of income and expenditure arising from donations and donated assets, as these are not considered to be part of the organisation's operating position.

** Efficiencies represent cost improvements achieved in the year to support the delivery of the break-even plan with the unmittigated gap offset through one-off non-recurrent measures.

One of our strategic goals is to build learning, improvement and innovation into everything we do





NHS quality assurance and improvement



















What is NHS IMPACT? – the 5 components



NHS IMPACT (Improving Patient Care Together) - a shared approach to improvement for the NHS



Drivers & enablers:

- Co-production with people and communities
- Clinical leadership
- Workforce, training and education
- Digital transformation
- A focus on addressing health inequalities

(1) Building a shared purpose and vision

Our workforce, trainees and learners understand the direction and strategy of the organisation / system, enabling an ongoing focus on quality, responsiveness and continued learning.

(2) Investing in culture and people

Clear and supported ways of working, through which all staff are encouraged to lead improvements. Staff have time, permission, skills and the right conditions within which to do this.

(3) Developing leadership behaviours for improvement

A focus on instilling behaviours that enable improvement throughout organisations and systems, rolemodelled consistently by our boards and executives.

(4) Building improvement capability and capacity

All our people (workforce, trainees and learners) have access to improvement training and support, whether embedded within the organisation / system or via a collaboration with partners.

(5) Embedding improvement into management systems and processes

Embedded and aligned approaches to planning, improvement and assurance that coordinate activities to meet patient, policy and regulatory requirements through improved operational excellence.







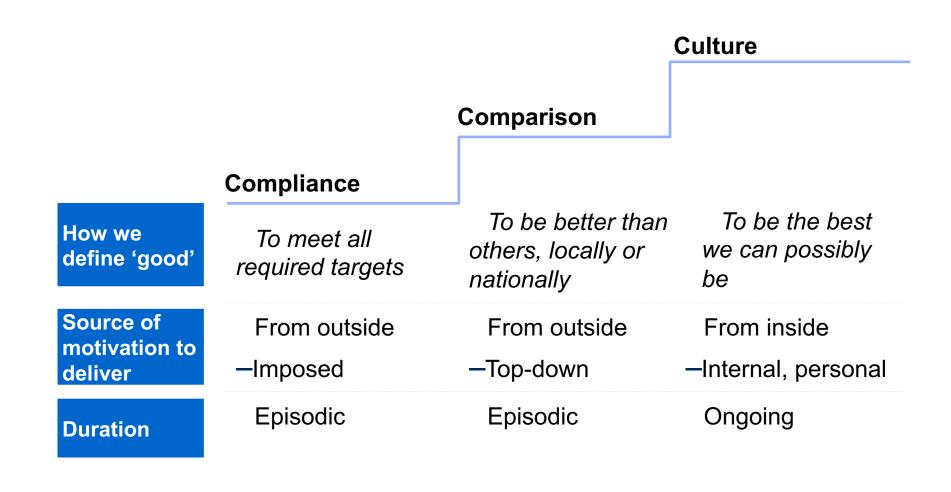






How can we strive to be the best we can possibly be?





Building a culture of continuous improvement since 2015

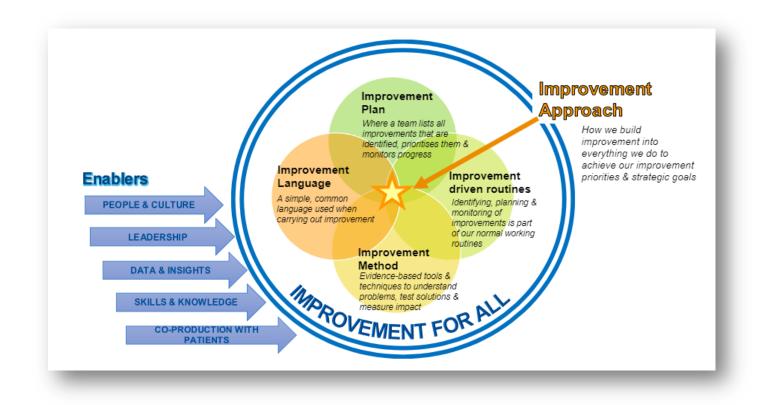




https://www.youtube.com/watch?v=MxTwqdXsIdE

Quality Improvement is a method for designing, testing and implementing changes







Some examples of current innovation work





the Trust in partnership
with Imperial College London
Harnessing world-leading discovery
science and clinical expertise to
develop innovative therapeutics,
devices and diagnostics for healthcare

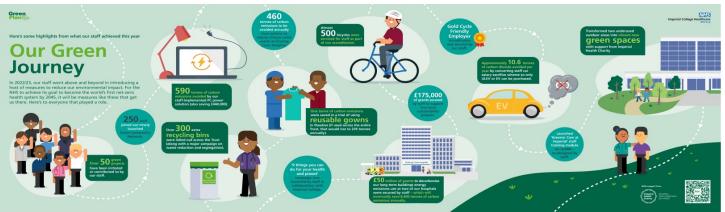


Funding innovations across the Trust supporting staff develop new and innovative ideas for improving patient care



Artificial Intelligence Framework in development





Between 2019/20 and 2022/23 our NHS carbon footprint has fallen by 14 per cent, from 55,724 to 48,139 tCO2

Our innovation approach



under development

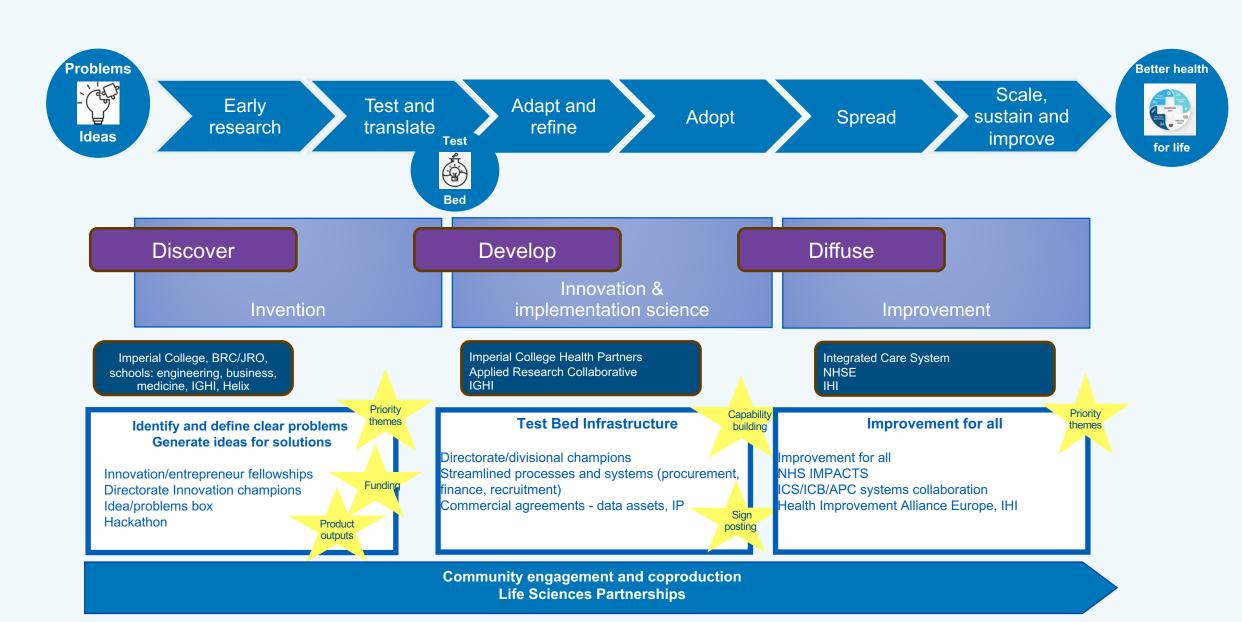


We aim to:

- Make innovation integral to how the organisation runs, underpinned by an aptitude for clearly articulated problems and solution-seeking curiosity culture
- Build capability and capacity for innovation through training, fellowships, embedding into existing roles and routines
- Streamline processes and systems to support and prioritise innovation across the pipeline, allowing seamless navigation
- Pull the health innovation ecosystem closer to ICHT's frontline, playing an integral connector role, forming deep partnerships, opening up networking and participation opportunities for staff

Innovation pipeline







Vision of 'better health for life' for our patients and communities in North West London and improving inequities in health and care

Imperial College Healthcare NHS Trust

Dr Ben Holden, Public health consultant



One of the safest hospitals but.....





We know what creates health and well-being. It's not the healthcare repair shop

- Don Berwick



Health care professionals can, and should, play a major role in seeking to improve health outcomes for disadvantaged populations."

95

Home < Learning & Networking < Health Inequities < Berwick: US Health System Still Too Focused on Being a 'Repair Shop'

Berwick: US Health System Still Too Focused on Being a 'Repair Shop'

Post Date: June 2, 2021







Our values









Our strategic goals



To help create a high quality integrated care



To develop a sustainable portfolio

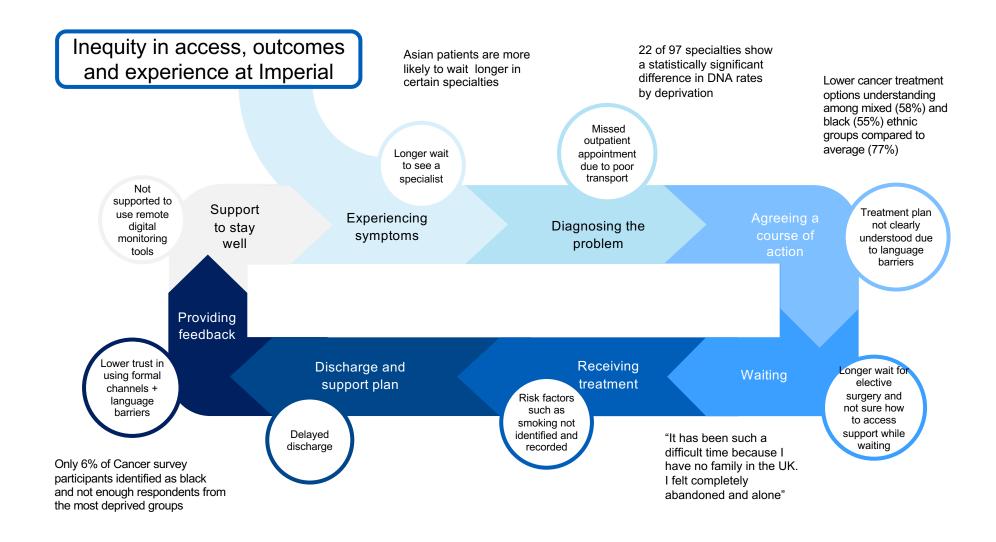


To build learning, improvement and



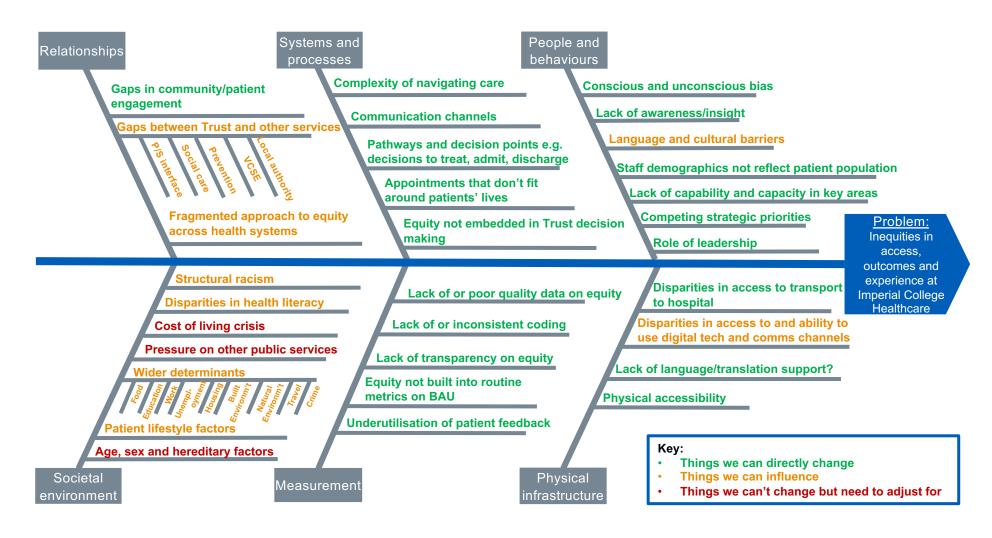
Mapping inequity across our organisation





Using a fishbone to look at causes & opportunities for action









Embed health and equity in our core activities

Integrate care around the needs of local communities through place-based partnerships

Focus on our staff as a key part of our local population

Maximize our impact as an 'anchor' organization in our local communities





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Services Our locations Visiting us GPs & referrers About us

Get in touch

Home > About us > Improving health and equity - everybody's business

Trust blog



Improving health and equity – everybody's business

29 Jul 2022

For long-standing observers of healthcare policy, rising interest in population health and health inequalities may feel like Groundhog Day. But it has to be different this time, argue Dr Bob Klaber, paediatrician and Imperial College Healthcare director of strategy, research and innovation, and Dr Dominique Allwood, public health consultant and director of population health. They explain the approach they are leading across Imperial College Healthcare and call on everyone in the NHS - including in our acute hospitals - to be part of the change.



https://www.imperial.nhs.uk/about-us/blog/improving-health-and-equity

Engaging differently with patients & communities





In contrast to previous engagement events I had run by video link, where we really struggled to get ethnic minority women to turn their cameras on and speak, most of the champions and mums were people of colour.

Blog post - 03 Mar 2023

Co-creating a Big Room with families in west London

How do we harness the power of community partnership and bring together primary and secondary care with the third sector and community members to improve the health of a local population? Sabrina uses the Big Room method in the Golborne Estate in West London.



Sabrina Das

Redesigning our models of care



Identified & segmented the population

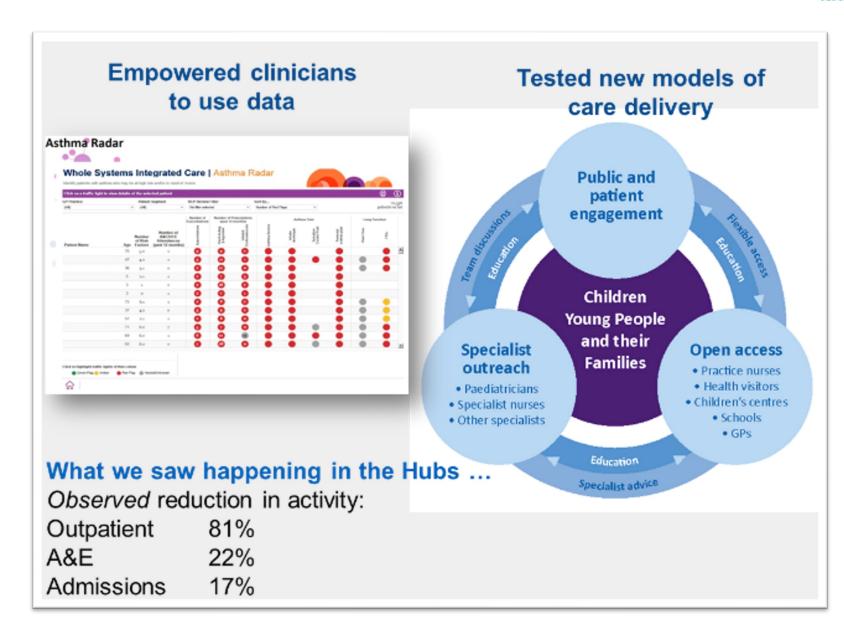
Healthy Child

Child with single longterm condition

Child with complex health needs

Acutely mild-tomoderately unwell child

Acutely severely unwell child





Changing culture - Staff community walks & Induction



I've worked for the Trust for almost 15 years and been based at St. Mary's for the past 9 or 10 years and had no idea this community was just on our doorstep. Thank you'

Front of House manager

Influencing health of our communities as an anchor institution



Improving hiring practices in the community

Training & growth opportunities for employees

Offering out facilities to underserved communities



Working with diverse partners

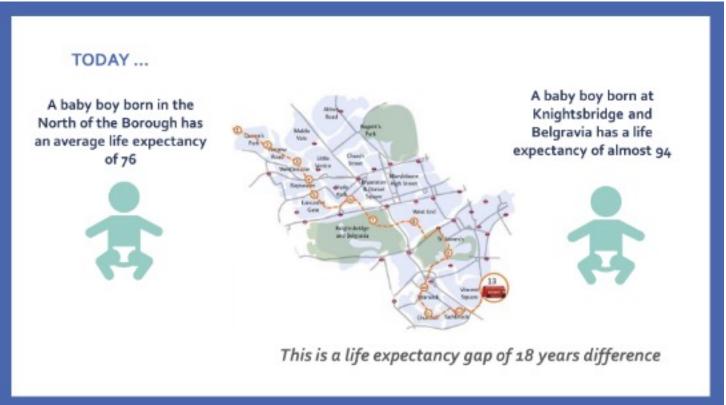
Investing back into the community

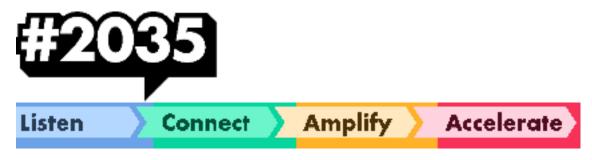
Use diverse pool of contractors and suppliers



Learning from others and partnering for equity



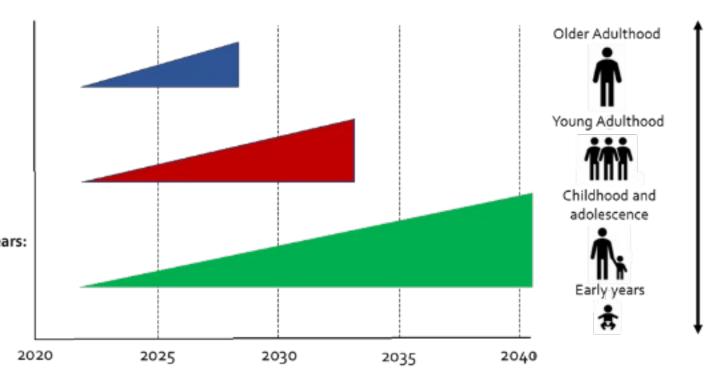




No wonder its complex.....



- A Impact in 3 to 5 years: manage hypertension, cardiovascular risk, diabetes, identify cancer early
- B Greater impact in 8 to 10 years: Reduce smoking, reduce alcohol harm, physical activity and diet
- C Substantial impact in 12 to 15 years: Good work and skills, education reduce poverty, improve housing, air quality



Implementing across the life course

Before the walls

Within the hospital

Beyond the walls



Q&A

Community Walks:



Walk 1 – **Digital & Innovation Walk**:

From the hospital through the life science eco system into the community

Walk 2 & 3 – *Imperial community Walk:*

 The purpose of this walk is to learn more about the local population the hospital serves, including the diversity, health needs and inequities faced by the local community. We will be visiting two local organisations: St Mary's Church and Penfold Community Hub.

Walk 4 – North Paddington & the #2035 Ambition Walk:

 We will be joined by colleagues from local government as we explore the local area around St Mary's Hospital. We will visit some of the services provided by Westminster City Council and other community organisations.

Lunch



- The Marylebone Project provides a lifechanging service for homeless women and is the largest and longest-running centre of its kind in London and the UK with over 90 years of experience.
- Munch in Marylebone is a catering business, providing delicious homemade food for lunches and events. Our food is freshly prepared by our professional chef and a team of women from the project.
- Some of the dishes on the menu are recipes that the women have shared
- Provides opportunities for women at the Marylebone Project to gain catering skills and qualifications, by volunteering in our Munch kitchen and taking part in our catering programme and classes.











Improving equity in outpatients by reducing missed appointments (DNAs)

IHI experience day



Project background





First outpatient appointments are a vital way of accessing health services and managing long-term health conditions.

50%

ICHT found that "Did Not Attend" (DNA) rates – which indicate the percentage of missed scheduled appointments – are up to 50% higher across patients living in the most deprived areas and those who are part of specific minority ethnic groups.

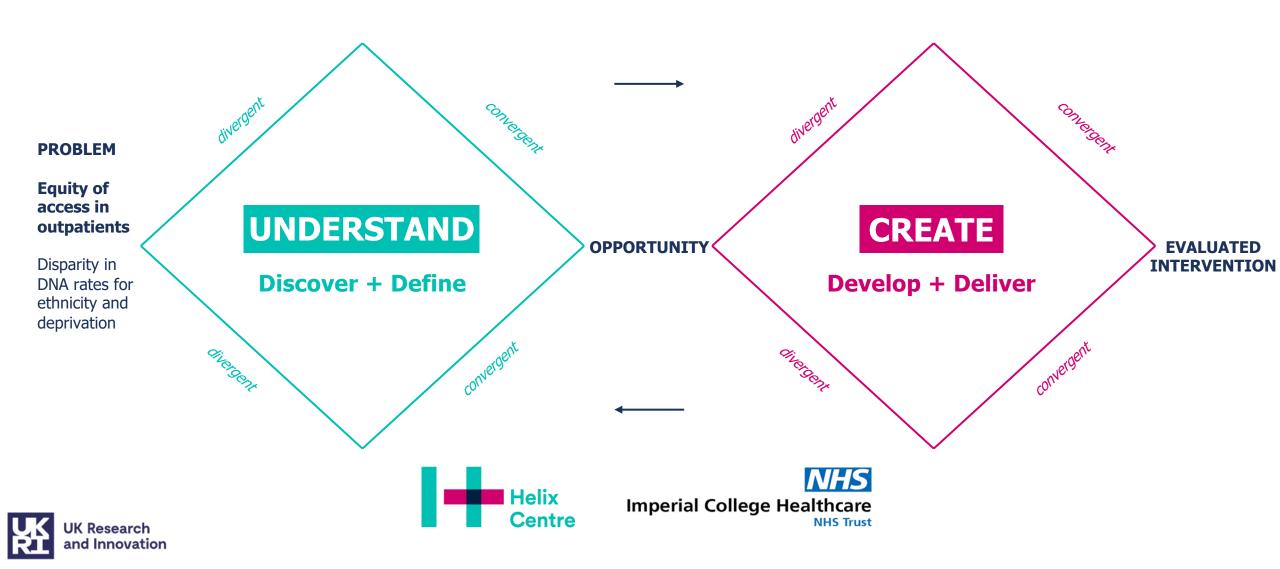
Our goal is to increase appointment attendance by identifying and testing ways that we can support people from these groups to attend their appointment, so that we can prevent further health inequity caused by missing a first appointment.



We are drawing on human-centred design and behavioural science methods previously successful in other areas, e.g., increasing screening and vaccination uptake

Applying human-centred design to Trust challenges - double-diamond approach





To understand the problem further, we needed to find out more about the people, systems and opportunities





Discover

- Chose clinical specialties
- Researched background literature
- Carried out staff and patient interviews
- Shadowed staff and appointment booking processes

Define

- Identified issues and barriers to appointment attendance
- Mapped barriers to behavioural science framework
- Developed a service map

Public involvement

• Established a Public Steering Group with 8 public members who were from relevant ethnic groups or lived in an area with a high level of deprivation

A disjointed appointment booking process that doesn't work for patients or staff



Speaking to patients and staff, we mapped out the appointment booking process from both perspectives and found a **complex, disjointed service**.

Every stage of the journey had the opportunity for a **poor patient experience** that could lead to a missed appointment.

From the **staff perspective**, **complicated and manual processes** could lead to error or confusion.



journey: **Awareness of appointment** Get the info and understand "It's the lack of education and Got the letter/email or text, but language barrier' misunderstood or misinterpreted it cancelled and one a different time Got the letter/email or text Patients tell us the letters give a but it had misleading info "She had no clue cos we didn't get any form of time, date and location but often Lack of communication communication from them, and she urgently needs the Unclear or insufficient information not what department, nor who it is Fear of the unknown Got the letter/email or text. but did not want to or can't attend the appointment 'Chooses not to go, housing Appointment type is a priotity over health Memory and decision making "I didn't think a video Beliefs about consequences appointment would be usefu Letter arrived too late ate communication "The hospital was very slow - the letter came at Didn't get letter/email Late communication "I wasn't aware of an

Sample snapshot of a stage in the patient

The findings can be summarised into nine main categories



High-level summary of key findings

Issues that arise when communicating appointment information to patients

Issues related to the various communication methods used to inform people about appointments

Appointment factors, e.g., time, type and the inability of patients to selfbook or reschedule easily

Perception of NHS, language and tone of communications Issues related to **patient transport** to the appointment

Supporting unique personal circumstances of patients

Issues with the wider healthcare system such as waiting lists, referrals

Trust system issues related to **organisation and processes**

System errors that result in incorrect recording of DNAs

We co-created several solutions that could be used by the Trust to support people in attending their appointment





Develop

- Held co-design workshops with local community members
- Brainstormed > 100 ideas to overcome barriers using "How Might We" questions
- Co-designed & iterated 5 concepts
 with workshop group

Deliver

- Carrying out research study (nonrandomised controlled trial) in
 2024 to test 3 text message-based interventions
- Sharing project learnings and process with wider Trust colleagues

Public involvement

- Prioritised barriers to include in co-design workshops
- Co-designed concepts and study interventions with research team

There are three text messages being tested in the research study to see if they help people to attend their appointments







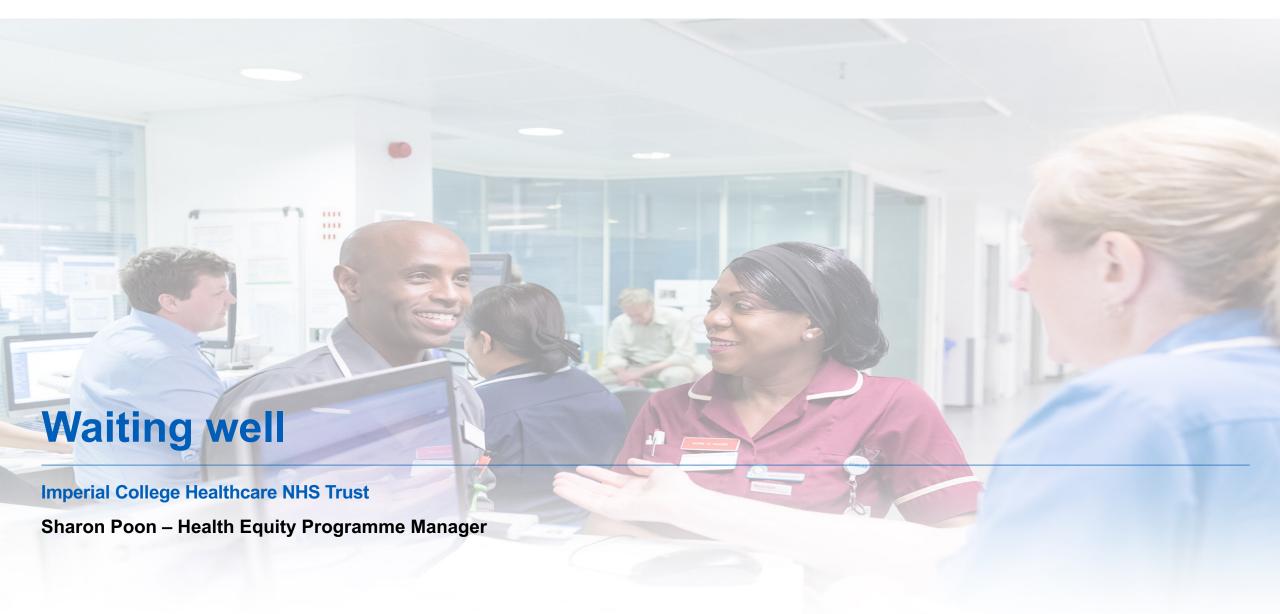
You might be eligible to have your travel costs paid for

Each text message links to a new web page that provides tailored support to the relevant barrier

What to expect Referrals Anaesthetics Bariatric surgery Cardiothoracic surger Colorectal surgery Clinics Members of the Colorectal team Meet the team Left to right - Sandro, Susan and Patricia Patient information What to expec Endocrine surgery Gender affirmation surgery This page tells you about what to expect in the key stages of your appointment: General surgery Before your appointment HPB surgery During your appointment After your appointment Neurosurgery Before your appointment Oral surgery Pre-assessment for surgery Changing or cancelling your appointment If you wish to cancel or rebook your appointment, please call 020 3313 5000 Vascular surgery Please let us know as soon as possible LAST UPDATED 1 MAR 2024 Getting to your appointment Visit our getting to hospital webpage, for information on: · support with the cost of travelling to hospita







Context - What does addressing health inequities through elective recovery mean?



- Use waiting lest data to identify disparities in relation to the bottom 20% by Index of Multiple Deprivation and black and minority ethnic populations
- Prioritise service delivery by taking account of the bottom 20% by IMD and black and minority ethnic populations for patients on the waiting list and not on the waiting list, including through proactive case finding
- Use system performance frameworks to measure access, experience and outcomes for black and minority ethnic populations and those in the bottom 20% of IMD scores
- Evaluate the impact of elective recovery plans on addressing pre-pandemic and pandemic-related disparities in waiting lists
- Demonstrate how the ICS's senior responsible officer for health inequalities will work with Board and partner organisations to use local population data to identify the needs of communities experiencing inequalities in access, experience and outcomes and ensure that performance reporting allows monitoring of progress in addressing these inequalities.

Source: NHS 2021/22 priorities and operational planning guidance

Waiting well - Orthopaedics



Data analysis

Patient insights

Co-design potential intervention

Data analysis - Methodology



Data filters applied

- Treatment function code: 110 (Trauma & orthopaedics)
- Elective inpatient
- Daycase
- All patients discharged between April 2021 to 30 September 2023

OPCS Group	Number of procedures
Joint replacement	994
Fracture	278
Other (everything else outside of fracture and joint replacement, e.g. fixation of bone, repair of tendon, reduction of traumatic dislocation)	2428
Null	9
Total	3709

Note: Cleaned up data, e.g. deleted data where waiting time was negative (7% of patients were not able to be analysed – no bias identified based on ethnicity)

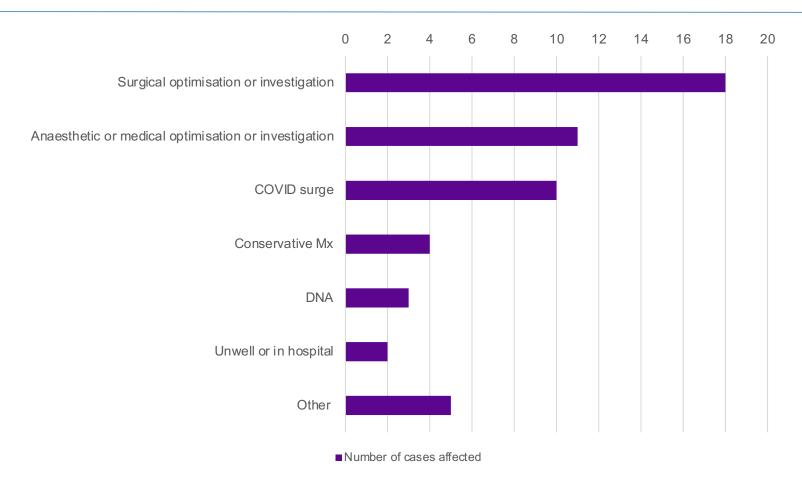
Data analysis - Results



- No notable difference in waiting times for 'fracture' but there is significant difference in waiting times for 'joint replacement' and 'other' when looking at the data by ethnic category.
- Black and Asian patients wait on average 3 months longer than White patients for joint replacement surgery.
- Patients in Index of Multiple Deprivation quintile 1 (most deprived) are waiting nearly six months longer than patients in IMD quintile 5 (least deprived).
- 85% of patients come from IMD quintile 2-4. 10% of patients are from IMD quintile 1 (most deprived). 5% of patients are from IMD quintile 5.
- Patients in 50-59 years wait on average 9 weeks longer than patients in 70-79 years.
- No notable difference in waiting time by sex
- No notable difference in length of stay by sex, ethnicity, deprivation

Clinical records review of 50 patients from IMD 1 (most deprived)

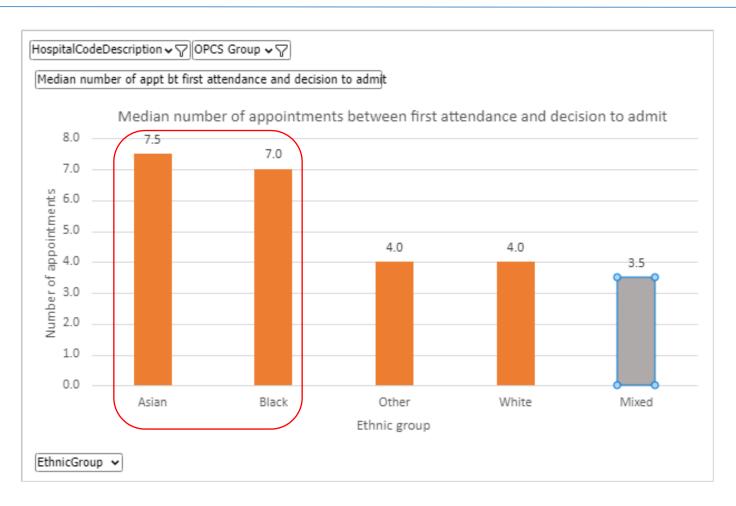




In most cases, there was not one single contributing factor. In 10/50 (20%) of cases, no reasons for delay could be identified from the notes. 8% of cases were related to interpreting, 40% of cases had a Body Mass Index >30, 26% of patients were smokers. Lots of data quality issues.

Number of appointments between first attendance and decision to admit by ethnic group





This graph suggests that Asian and Black patients have on average 75% more appointments before they receive a decision to admit compared to White patients.

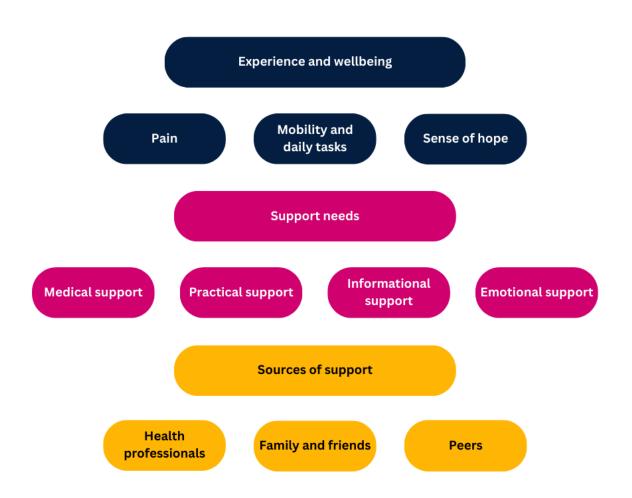
Getting patient insights



- £35k for the Trust to procure Helix Centre (Imperial College London) to do patient involvement work
- Purpose: To engage with patients from deprived communities (Index of Multiple Deprivation 1) to understand what would help them stay physically and mentally well while they are waiting for orthopaedic treatment
- Target: 10 interviews with patients from these backgrounds and 1 workshop to further develop themes identified through the interviews
- Recruited 2 public partners to develop interview guides with appropriate language, analyse transcripts
- Conducted 7 interviews with patients from IMD 1 and Black, White and mixed ethnic background (dropout rate of 50%)
- Challenge to recruit Asian patients

Patient insights - Themes





Source: Helix Centre

Learning and Reflections



Resource intensive to identify variations in waiting times

Not one single contributing factor that affected patient's waiting times; very nuanced

Patient recruitment – NHS data useful to reach a specific cohort but dropout rate was higher compared to recruitment through the community

Much richer insights from patients by scheduling a onehour interview at a later date compared to interviewing on the spot



Q&A





10 April 2024

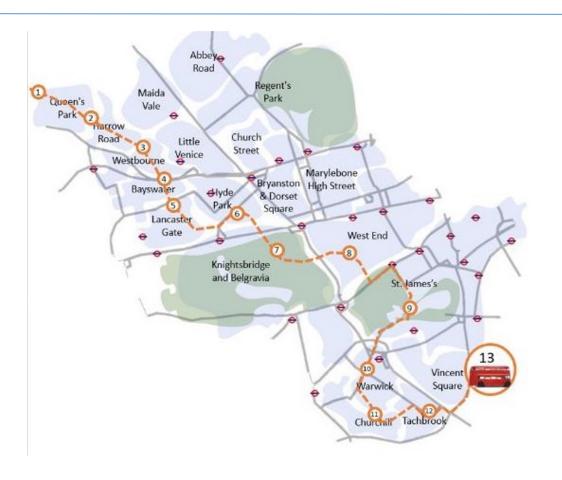


NHS

Westminster currently has the largest life expectancy gap for males in the Countrys Trust

A baby boy born in the North of the Borough has an average life expectancy of 76





A baby boy born at Knightsbridge and Belgravia has a life expectancy of almost 94



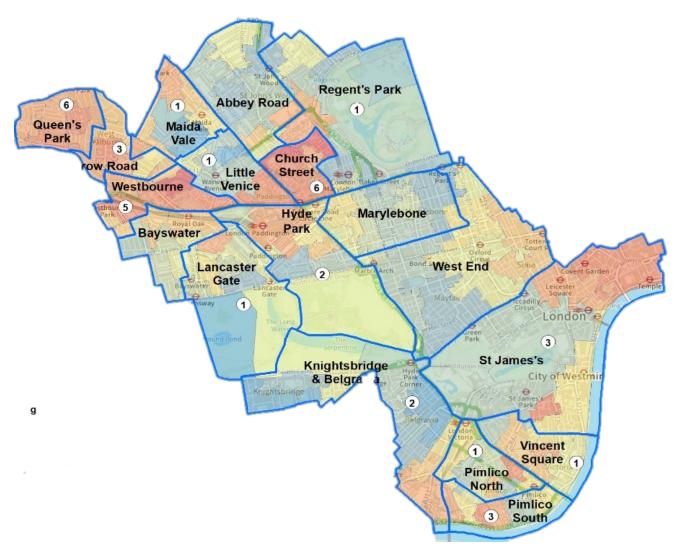


This is a life expectancy gap of 18 years



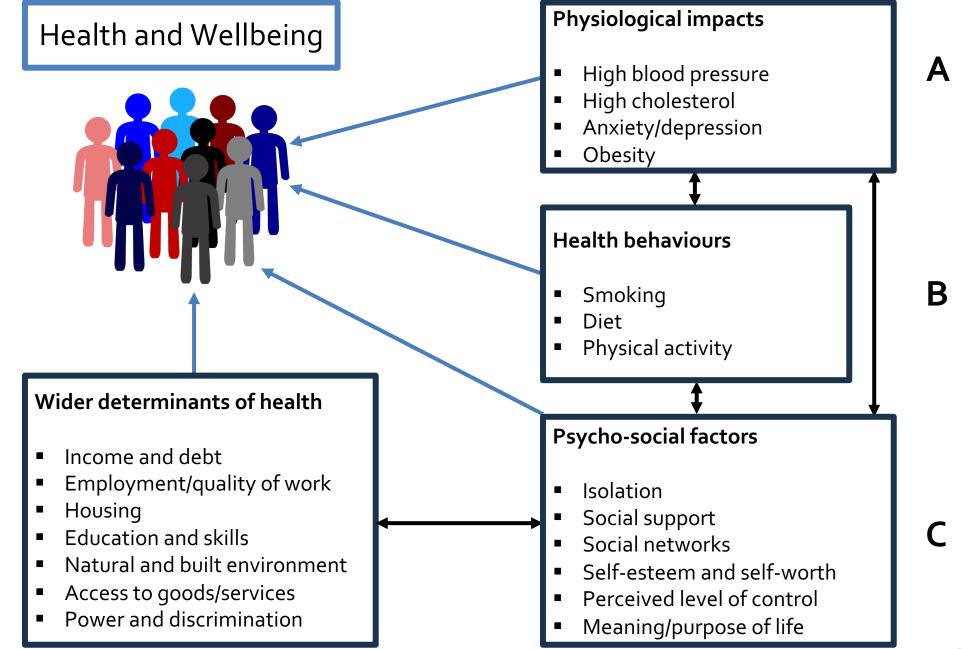
Measuring level of deprivation across Westminster





Dark red and orange areas indicate the most deprived areas of Westminster





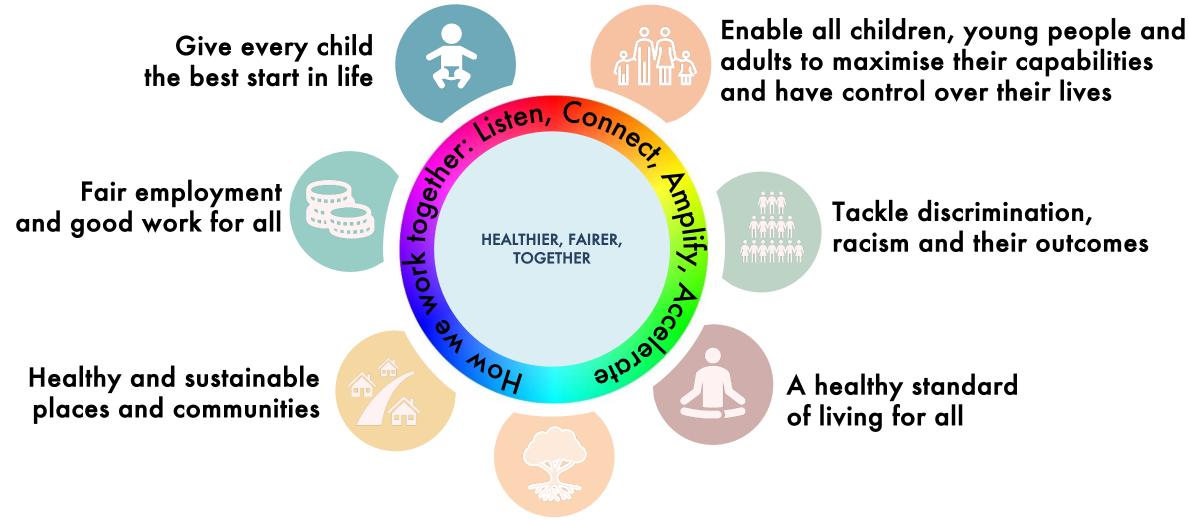
Public Health England.

Marmot principles: the foundations Impact on the wider determinants

- Give every child the best start in life
- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Create fair employment and good work for all
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill health prevention
- Tackle discrimination, racism and their outcomes
- Pursue environmental sustainability and health equity together

#2035 will be based on Prof Sir Michael Marmot's Principles





Pursue environmental sustainability and health equity through climate change

Three most common broad causes of death in the older age groups in the most deprived 20% of areas of Westminster

Cardiovascular disease

Heart disease Stroke

Lung disease

Lung cancer COPD

Dementia

Global burden of disease study (2019)
Top 5 risk factor drivers of disability
adjusted life years in Westminster

Smoking

High BMI

High fasting glucose

Alcohol use

High blood pressure

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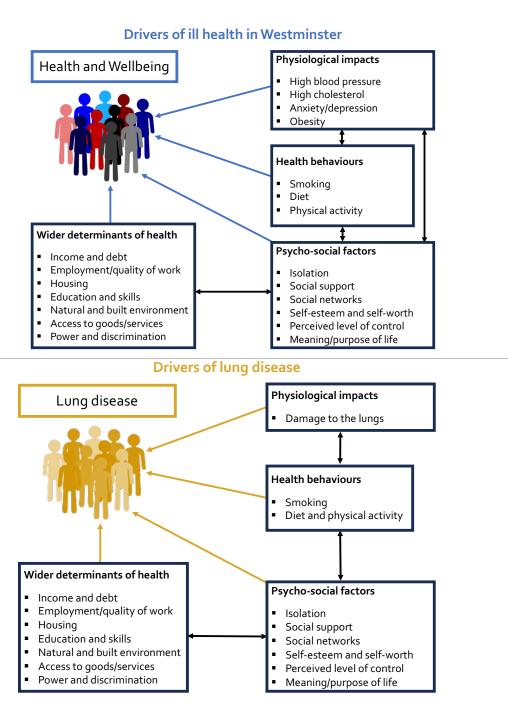
Smoking

High BMI

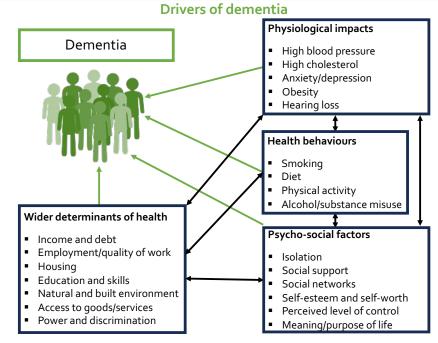
High fasting glucose

Alcohol use

High blood pressure



Drivers of cardiovascular disease Physiological impacts Cardiovascular disease High blood pressure High cholesterol Anxiety/depression Obesity **Health behaviours** Smoking Diet Physical activity Alcohol/substance misuse Wider determinants of health Psycho-social factors Income and debt Employment/quality of work Isolation Housing Social support Education and skills Social networks Natural and built environment Self-esteem and self-worth Access to goods/services Perceived level of control Power and discrimination Meaning/purpose of life

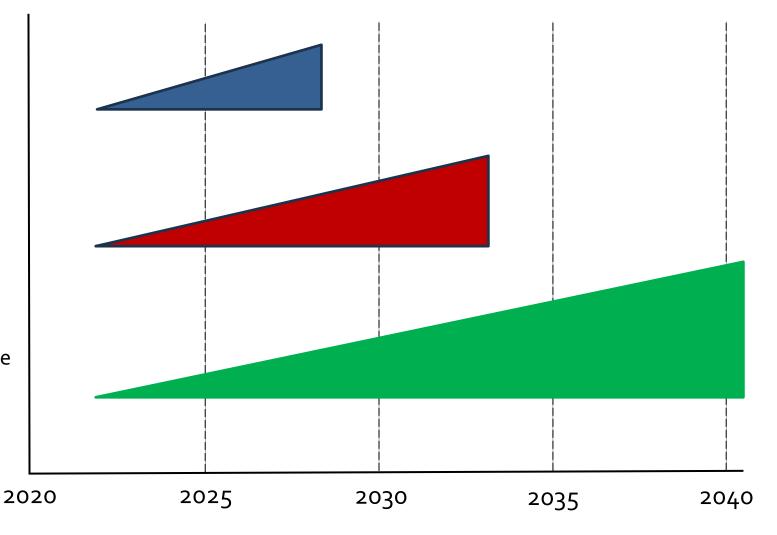


Combine short, medium and long-term interventions to have the biggest impact

A Impact in 3 to 5 years:
manage hypertension, cardiovascular
risk, diabetes, identify cancer early

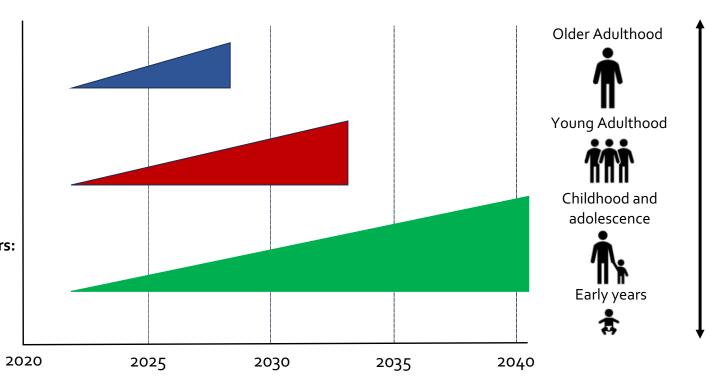
B Greater impact in 8 to 10 years: Reduce smoking, reduce alcohol harm, physical activity and diet

C Substantial impact in 12 to 15 years: Good work and skills, education reduce poverty, improve housing, air quality



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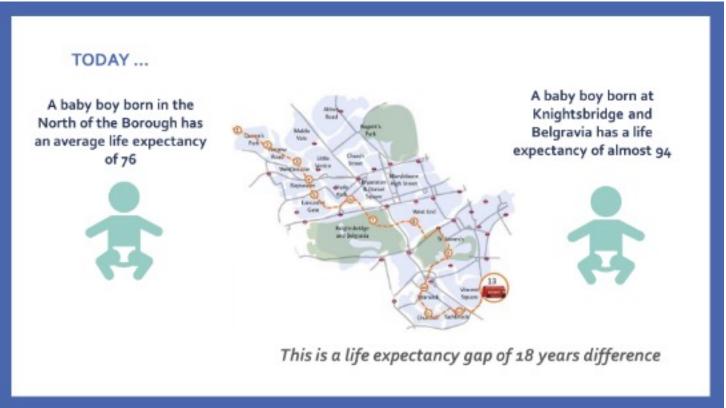
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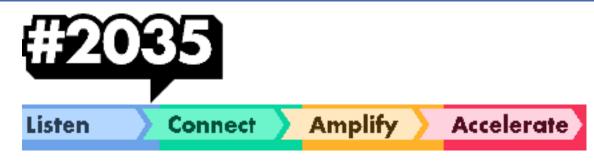


Implement across the life course

Learning from others and partnering for equity

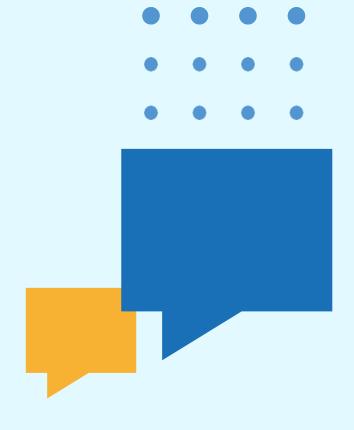








Working together in a different way

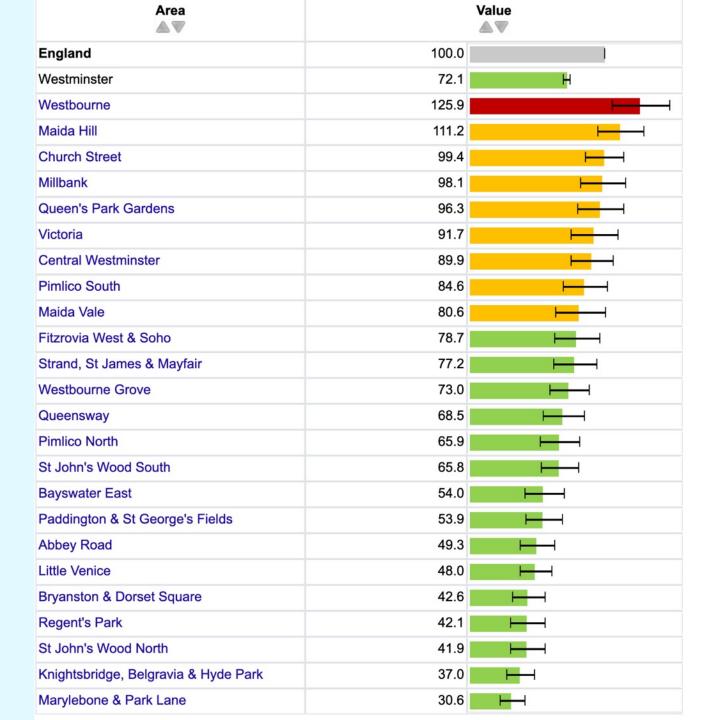


For the population of Westbourne, the risk of dying under the age of 75 is over 25% greater than the England average, and much greater than the Westminster average.

How do we reduce the **risk of dying early** (under the age of 75)
for all areas of Westminster?

OHID Local Health Indicator

Deaths from causes considered preventable, under 75 years, standardised mortality ratio, 2016 – 20 Indirectly standardised ratio - per 100



Listen: local people described the changes that would meet their needs (themes collated in 2022)

Youth-focussed and youth-led activities related to arts, sports, leisure and leadership

More free coordinated social activities for older people

More green, safe and clean communal spaces with seating and toilets available

Easy and straightforward points of access for housing needs and less people homeless

Better financial stability and freedom

Opportunities to make connections across resident groups and neighbours

Better awareness of services, resources and advice available and how to access them

More targeted support for parents

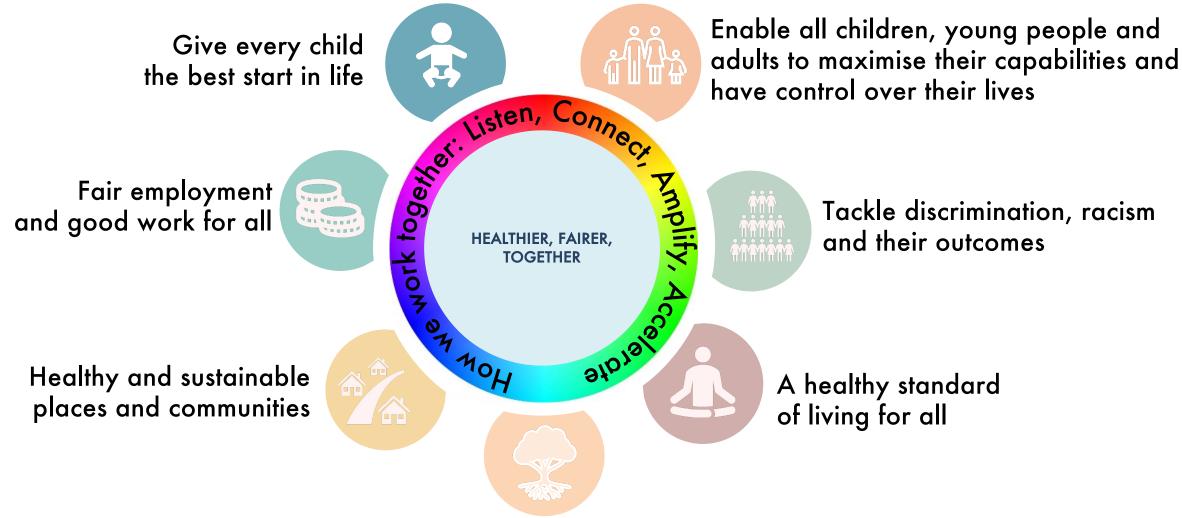
More locally owned and black-owned businesses

More training, employment and personal development opportunities

Better sense of safety and security

#2035 will be based on Prof Sir Michael Marmot's Principles





Pursue environmental sustainability and health equity through climate change





Q&A

Feedback and reflections exercise



- Sticky wall:
- Picture representations
- Pink = A challenge which resonates with you and your local communities
- Blue = An key insight and take away
- White = 3 things you are going to do in the next week e.g. contact someone, steal an idea, try something new

