

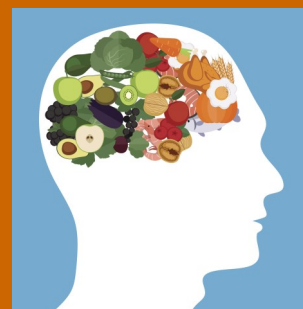
HEALTH & WELLBEING CQUIN MEETING



Welcome to the summary newsletter from our Virtual CQUIN Meeting on the 19th July 2021—We discussed barriers to the implementation of health passports and problem solved as a group to help inspire motivate and encourage people along their health and wellbeing journey including reflections around food and mood!

	Health & Wellbeing CQUIN Agenda
Microsoft Teams 19/7/21 2pm—3pm 	Welcome — Introductions Presentation— Health Passport— Enablers and Barriers Cheswold Park
Bring a Drink and Snack 	Group Question – How does this reflect from your experience? What can we do?
Next meeting: 12/10/21 2-3pm 	Presentation— Reflections around Food and Mood Group at Forest Lodge Discussion - Whole health and Wellbeing Next Steps How we take this forward—Ideas

Thanks to everyone for the great presentations and discussions !





Cheswold Park

Enablers and Barriers of the 'Health Passport'

Why we wanted to know:

- Limited research available on what works and what does not work in a secure hospital setting
- Currently experiencing difficulties with implementation of the passport (e.g. Low motivation)

Why is that important?

- Knowing and understanding can help with changing our method/approach
- Help form a basis for further interventions which are more evidenced based
- Service user centred

Enablers (service User Views)

- When it is meaningful
- Feel ready and able to make changes
- Good rapport with staff member
- Supportive environment
- Able to do activities set which help with motivation and engagement
- SMART goals
- When you enjoy tracking and monitoring
- Professional appearance of the health passport
- Clear sections, easy to follow and understand (increases confidence)
- No obligation to fill in all sections- can pick and choose what's important
- Good mental health

Barriers (Service User Views)

- Telling a service user what to do instead of asking them if there is anything important to them or anything they would like to change (use the balance tool)
- Not a priority (Need to identify their priorities)
- Service user doesn't feel confident to make changes
- Lack of motivation (service user and staff)
- Mental health status
- Medication which drives unhelpful side effects (e.g. too fatigued)
- Uninterested in a document
- Lack of staff to support
- Boring (even if it is interactive)- requested for more activities available instead of documents



What I would like to change? (e.g. sleep better)

	— Negatives/Cons	+ Positives/Pros
Not Changing	E.g. I will be tired	E.g. I like watching TV at night
Making a Change	E.g. I will have more time in bed	E.g. I will have more energy

Self-efficacy: Importance-confidence Scale

On a scale of 0 to 10, how **IMPORTANT** is it for you right now to change?

0 1 2 3 4 5 6 7 8 9 10

Not at all Important Extremely Important

On a scale of 0 to 10, how **CONFIDENT** are you that you could make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all Confident Extremely Confident

Your Questions and Ideas

- Any thoughts, comments and questions.....
- How does this reflect with your experiences?
- What can we do to improve uptake of the passports and make them more meaningful?

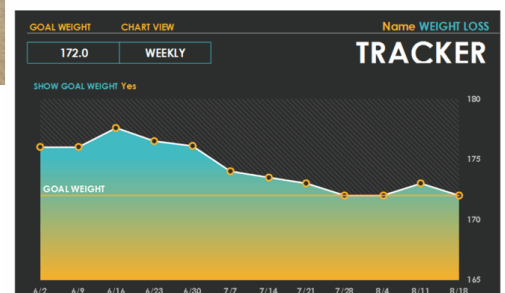


We have this struggle on Amber too with a lot of unhealthy meal options provided. We do have a weekly session where we look at setting realistic goals for the week such as preparing healthy meals in patients private cooking sessions and arranging exercise session as part of their weekly planner

We had ours printed at the printer services, we review them in CPAs and have a monthly healthy champion where patients win a small prize - this does work as a good incentive

waterloo comment was that it should be there as a choice when people are in the right frame of mind and potentially used as a group 'slimming world style' supportive with tips and tricks each week

On Amber patients select their own health related goals and often these are not strictly weight related. they can be things such as getting fitter, improving sleep, eating a more balanced diet or even building a more satisfying daily routine



Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

Barriers:

Choice of food – carbs, limited, unhealthy

Limited exercise

Snacks

Putting weight on easily

Salad not a meal and not very interesting – needs to be more fulfilling

Food is on everyone's agenda- it's the highlight

The Term 'passport' is confusing

Language is a barrier – what are we asking people to do

Systemic problem – whole country struggling with weight gain and doesn't seem to be a priority

Trends already high on admission

Obesogenic environment

Lots of work needs doing around readiness from the service

Enablers:

More fruit and salads

Work with what you have got

Ward round – visual weight graphs

Urban gym for courtyard – it is where people spend most of their time!

The Passport supports the person to regain control

How have you got on with implementing the passport?

Difficult to implement with all the barriers and covid

How do you implement things in your daily life? Not easy to motivate

This group and the Network helps with 'how'

Dining standards should be revisited

Salad for dinner and tea then awake at night starving eating toast and cereal – rabbit food

Passport part of annual physical review with the health team – hard to get people motivated

What do you do with the document afterwards? How do you keep an eye on goals? Passport is a platform after baseline physical health checks

Sign posted to a dietician

Food & Mood Group

Forest Lodge 2021
Low Secure Male Inpatient Unit



Sessions

- Food and mood
- Mood and processed foods
- Comfort eating
- Food and brain (sugar, gut: prebiotic and probiotics)
- Snacking & Fasting
- Drinks
- Reading and understanding labels



Aims of the group:

Educate service users about:

- Connection between food and mental health
- Understand the links between emotion and eating
- Alternatives and choice
- Label reading

Allow space to reflect on their own eating patterns

Motivate service users to make healthier food choices

Raise awareness about weight gain and its impact on health

Session format

- Quiz
- Break and tasting
- Video
- Discussion



Food and mood

7 sessions eg gut health, sugary drinks

Group happened in dining room

Quite informal so people could drift in and out

Over the weeks more and more people joined

Open approach

Love the slides Jurga. Great idea. I think it would work well as a joint service user and staff group?

Food and Mood Wasn't exclusively for service users, staff could drop in too. We will evolve and adapt the group from learning first time round, timing not just right to repeat...yet!

Group discussion: Whole Health and Well-being

1. What are the coping strategies used to support wellness and wellbeing in everyday life when not in a secure service?
2. What coping strategies are used in the hospital setting to support wellness and wellbeing?

Friends and family support

Going for a walk - fresh air

Lots of access to diet and lifestyle choices, support networks, accessing information etc

journal, meditations, hobbies and interests, support groups (formal and informal)

music and running helps

Please send in more coping strategies around wellness and wellbeing

“Leaves on a Stream” Exercise

- (1) Sit in a comfortable position and close your eyes
- (2) Visualize yourself sitting beside a gently flowing stream with leaves floating along the surface of the water. Pause 10 seconds.
- (3) For the next few minutes, take each thought that enters your mind and place it on a leaf... let it float by. Do this with each thought – pleasurable, painful, or neutral.
- (4) If your thoughts momentarily stop, continue to watch the stream. Sooner or later, your thoughts will start up again. Pause 20 seconds.
- (5) Allow the stream to flow at its own pace. Don't try to speed it up and rush your thoughts along.
- (6) If your mind says “This is silly” “I'm bored,” or “I'm not doing this right” place those thoughts on leaves, too, and let them pass. Pause 20 seconds.
- (7) From time to time, your thoughts may distract you from being fully present in this exercise. This is normal. As soon as you realize that you have become side-tracked, gently bring your attention back to the visualization exercise.



Recommendations of Food Review

Report of the Independent Review of NHS Hospital Food

Chair: Philip Shelley

The Hospital Food Review makes the following eight recommendations to improve staff and patient health and wellbeing through hospital food.

1. Catering staff support

Introduce professional qualifications and standards for hospital caterers, provide more training and reward excellence with pay progressions.

2. Nutrition and hydration

Ensure importance of food services is understood and integrated within patient recovery, hospital governance and staff training.

3. Food safety:

Ensure food safety through open communication channels to address safety concerns, by appointing food safety specialists and upholding standards.

4. Facilities

Provide funding to equip and upgrade hospital kitchens, provide 24/7 services for staff and patients,

prioritise providing health-enhancing meals.

5. Technology

Every hospital should implement a digital meal ordering system by 2022 to collate food choices, manage allergies and diets, and minimise waste.

6. Enforcing standards

Food and drinks standards should be statutory and inspected by the CQC. A forum should be established to share exemplary best practice.

7. Sustainability and waste

Ensure government food procurement standards are upheld. NHS trusts should agree a common method of monitoring food waste.

8. Going forward

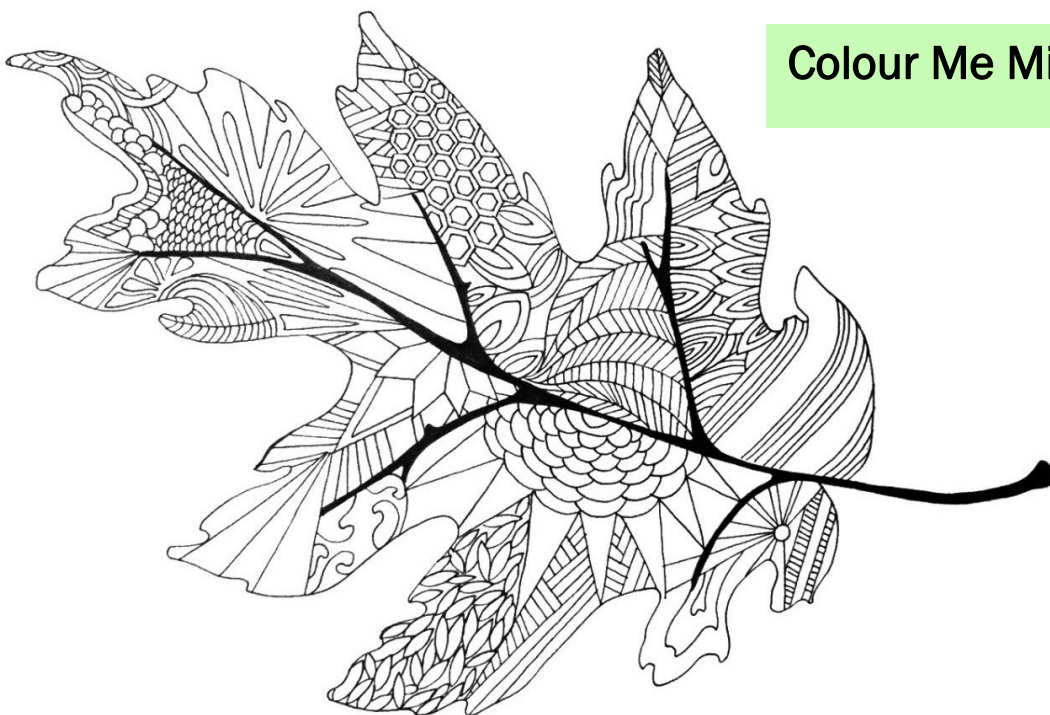
Establish an expert group of hospital caterers, dieticians and nurses to monitor progress, accountable to the secretary of state for health and social care.

NHS food recommendations

Noor expert on food panel in dietetics

More information to be shared via the network and feedback progress, your expertise may be needed too in future workshops

Colour Me Mindfully





Proposal to the FCG Re: Healthy Weight CQUIN

(May 2021)

Background:

Feedback from services is that implementation is varied due to the changing expectations of the CQUIN over 3 years, some service users are disinterested in weight loss, motivation is low and weight is a complex issue that the passport itself does not tackle alone.

The national guidance has been taken on board in different ways by services to look what can be provided to support physical health, but could be incorporated more using an additional driver - of developing wellbeing alongside the physical health agenda.

Wellbeing following COVID should be a priority, focussing on overall health and wellness, which in turn would include motivation to reach and maintain a healthy weight.

There is an appetite amongst Y&H services to do something different in the 3rd year, hence this proposal

Proposal:

To widen the physical health passport and it's goal setting, to include topics of wellbeing, not just weight loss - to make them more meaningful to service users and support the uptake of the passport. This would require a language change within the CQUIN document.

For stories, narratives and engagement efforts to change environments, activity programs etc be included within the payment scheme for CQUIN (that payment is not solely reliant upon passports completed). This narrative would also help produce the end of year report, and could include the voices of service users and staff in the work they have undertaken and achieved.

The original CQUIN will still be undertaken as per National Guidance and Implementation- the CQUIN in Y&H to be broadened slightly to improve motivation and engagement with the CQUIN.

How will the Y&H Network support this:

By collaboratively designing a wellbeing wheel for use across secure services in the region to motivate and reengage people with individual goal setting, and the CQUIN.

By holding quarterly Network meetings on Health and Wellbeing that ensures sharing of innovative and creative ideas on how services and service users can achieve the goals they set.

To monitor through discussion and the engagement plans with services to support meaningful uptake of the CQUIN and passports, offering further workshops/ in-reach where requested.

What will this mean for commissioning of CQUIN:

For wider wellbeing goals to be set by service users in their passports which is accepted alongside the primary aim of weight loss (promoting healthy lifestyle and reducing inequality in health and life longevity).

Payment for the CQUIN will also consider efforts to engage people with meaningfully using the health passports, not just % uptake.

What will this mean for service users and services?

Improve motivation to re-engage with the CQUIN, and for those who have passports to maintain interest in their health goals, a wider set of opportunities to support and to share knowledge across the region and maintain the drive for innovation.

Service users have more choice and input into their holistic health and wellbeing through the passports, which become a process for more meaningful goal setting, and which promotes ongoing engagement and motivation to achieve new and existing ambitions.

This proposal, shaped by your views in these CQUIN meetings and through discussions via individual service engagement plans, was shared with the Forensic Catchment Group in May 2021. The Proposal was reviewed by service managers and NHSE commissioners who agreed that amendments could be made locally, i.e. in Yorkshire and Humber to the way in which we report on CQUIN.

These finer details are wording of the CQUIN to include 'wellbeing' not just weight are being formatted by NHSE and the reporting template for Q3 & 4 should be ready to share by September.

You will have the opportunity to share your Health CQUIN journey with NHSE case managers in your own way e.g. co-written report with service users, joint presentation as well as collecting numbers for the National Team



We are Holly, Jo and Charlotte and we work as Involvement Leads across all the secure services in Yorkshire and Humber and we like to produce a newsletter after we have met virtually so everyone can share in ideas and conversations– it is especially important to us to stay in contact in this way whilst we follow Government Covid-19 guidance and cannot visit or meet up at Sandal.

This newsletter is a great way to find out what is happening in other hospitals around the healthy weight CQUIN—If you want to tell us anything about all the good things you and your service are doing please get in touch!!

Next Meeting:

October 2021



Health and Wellbeing CQUIN Virtual Drop in Session

🕒 October 12 @ 2:00 pm - 3:00 pm

The healthy weight CQUIN has become much wider than about physical health, and in Yorkshire and Humber, we are incorporating whole health lifestyle around improving health and wellbeing for both our service users and staff. Together our collective learning around trying to support improvements around physical health has led us to a more holistic position. We are aiming to link wellbeing in with the health passports. We have also found that it's very difficult to keep motivation and engagement alive...

Contact Jo, Holly or Charlotte for more information:

Hnf-tr.involvement.network@nhs.net www.yorkshireandhumberinvolvementnetwork.nhs.uk

Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun