Learning from the Millom experience

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Millom is a geographically isolated town in Cumbria

- Population 8500
- Generates 22,900 journeys out of the town every year for care
- Taking 59% of health budget
- 1 million miles of travel

45-50 minutes to get to the nearest hospital along poor roads
Poor public transport and low car ownership
Millom – May 2014

- Good general practice but unable to recruit after partners retired
- Poor premises in a terraced building
- Unable to continue to cover the community hospital which closed temporarily...

Over 2000 people take to the streets in protest
Getting on the same side – Community led recruitment

- A *community led* GP recruitment campaign - video spread by the community on social media and twitter with 7000 views

- Helped recruit 6 doctors
Created a new town newspaper ‘Around the Coombe’ full of health promotion messages distributed to 5500 households

Achievements since the March

Created a ‘Donor Community’ and an Autism Friendly Community

A Health Promoting Launderette

PLUS...
A new model of multispecialty multidisciplinary primary care – 2 NHS Foundation Trusts have joined the practice as partners*
Over the first 2 years?

✓ 23.3% reduction in non elective admissions
✓ Reduced length of stay
✓ 16.3% reduction in elective admissions
✓ Minimal increase in A&E attendance
✓ 10% reduction in non elective admissions from care homes
Come to Millom – its great
So...

The real challenge?

Scale and spread of this across North Cumbria

How?

One of 14 national exemplar Integrated Health and Care Systems

Why?
A population health system built on 3 layers

IHCS – the platform, leadership, architecture, culture and the right set of system rules and behaviours

Clinical Networks – teams without walls spanning acute and community

Integrated Care Communities – our neighbourhood based population health building blocks

Integrated health and social care teams (building real teams around place and pathways) +

Activated Individuals, carers and families (activated individuals use services less and have better outcomes) +

Communities mobilised at scale for health and well being (the community as part of the local leadership and delivery team) +

Changed drivers in the health system (system leadership, system architecture, system culture, changed drivers, impacting on commissioning and provision) =

A population health and wellbeing system
A population health system built on 3 layers

**Integrated health and social care teams**
(building *real* teams around place and pathways)

**Activated Individuals, carers and families**
(activated individuals use services less and have better outcomes)

**Communities mobilised at scale for health and well being**
(the community as part of the local leadership *and* delivery team)

**Changed drivers in the health system**
(system leadership, system architecture, system culture, changed drivers, impacting on commissioning and provision)

= **A population health and wellbeing system**
What are community health assets?
All communities have health assets that can contribute to positive health and wellbeing

Assets include:
- The skills, knowledge and commitment of individual community members
- The resources and facilities within the public, private and third sector
- Physical, environmental and economic resources that enhance wellbeing
- Friendships, good neighbours, local groups and community and voluntary associations
Integrated Care Communities

...not just about health and illness

• Wider ‘civic power’
• Third Sector
• Beyond our traditional walls
Cumbria County Council’s Health and Wellbeing Coach Service

• Some adults in Cumbria struggle to lead healthy lives due to experiencing multiple social challenges such as adverse childhood experiences, disability, poor mental wellbeing, deprivation, isolation and substance misuse.

• Cumbria County Council has invested in a team of 19 Health and Wellbeing Coaches (HAWCs) – aligned to Integrated Care Communities across North Cumbria - who use strength/asset-based approaches to improve the lives of people experiencing complex challenges.

• Positive outcomes for people working with HAWCs include reduced anxiety and depression, increased income and stopping smoking. Also increased social connection.

Photo shared with kind permission of those working with HAWCs
Cumbria Fire and Rescue Service – detecting atrial fibrillation in people’s own homes

• Cumbria Fire and Rescue Service carry out 10,000 ‘Safe & Well’ home visits every year to people aged over 65 in Cumbria
• Since 1\textsuperscript{st} April 2018, the service has been piloting the inclusion of an Atrial Fibrillation (AF) check as part of visits across Eden Integrated Care Community – ICC (fully supported by local GP practices)
• Officers use a simple hand-held device (My Diagnostik), which will indicate whether or not someone requires further AF testing
• Training and devices have been funded via the Academic Health Science Network for the North East and North Cumbria
• Positive initial evaluation. Plan to roll the service out to other ICCs in North Cumbria over the next 12 months
Thank you