



Public Health
England

Protecting and improving the nation's health

Self care for life – A public health perspectives

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young people & families

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The NHS Five Year Forward View

- The NHS Five Year Forward View was published in October 2014 and sets out a vision and a direction for the NHS looking ahead at least 5 years into the future.

The NHS is incredibly important in several ways:

- How the NHS treats the person being cared for – the quality of that interaction, information and advice directly impacts on their own health and well-being;
- The NHS needs to get serious about prevention
- As the “Forward View” rightly points out, health and well-being will need new partnerships with local communities, local authorities and local employers.

Closing the gap on equalities

The NHS Five Year Forward View identifies three gaps in the NHS that are widening:

- The health and well-being gap – health inequalities will continue to widen unless **we invest more in prevention**.
- The care and quality gap – there is a need to harness care delivery and technology to close this gap.
- The funding and efficiency gap.
- The Forward View believes that all three gaps can be closed with the right interventions.

The right interventions

- **Incentivising and supporting healthier behaviour**
- **Local democratic leadership on public health**
- **Targeted prevention**
- **NHS support to help people get and stay in employment**
- **Workplace health**
- **Empowering patients**
- **Engaging communities**
- **Encouraging community volunteering**
- **Stronger partnerships with charitable and voluntary sector organisations**
- **NHS as a social movement**

Nationally; we are on a journey

5YFV

We need

- **A radical upgrade in prevention and public health**
- People using health services to have far greater control of their own care
- NHS to take decisive steps to break down the barriers in how care is provided.

Community
Integration
Prevention

Communities of Opportunity



Supporting people

How people can be supported to better look after their own physical health and mental wellbeing?

- MECC
- Steps to avoid preventable conditions – linking to health protection
- Using teach-able moments
- Motivational interviewing, behaviour changing techniques and staff training
- Access to care in local communities
- Utilising a life course approach
- Recognising the experts in care

Recognising the role of public health nurses – in self care

- Shift of carer from ill health to health promoting – focussing on individual and population health needs
- Recognising individuals as active participants in the care journey – rather than passive recipients of care

- Midwives
- Health visitors
- School nurses
- General practice nurses

All HCPs have a role in prevention and a part to play in shifting the towards self care

“All O R Health”

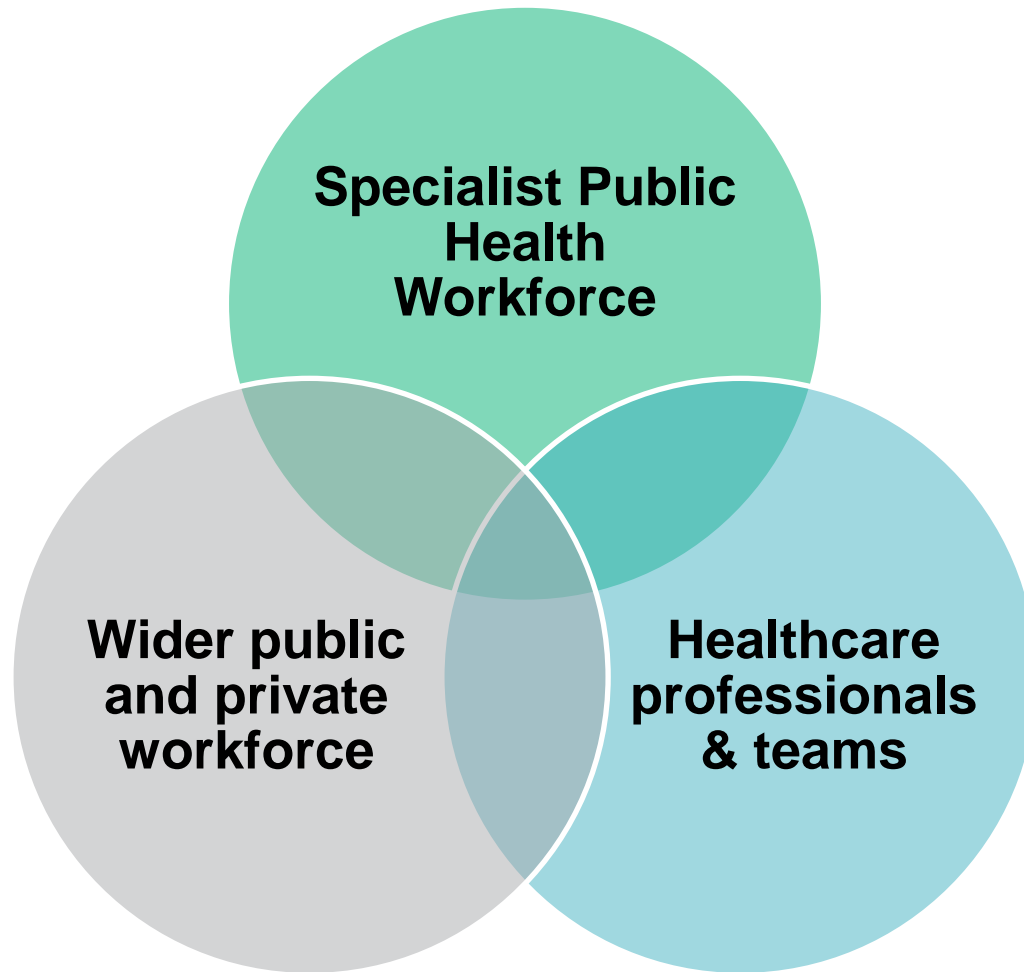
All health care professionals are a vital resource
for health

Working with patients, people and population for
our healthy society

Preventing illness, protecting health and
promoting well being



Healthcare Workforce & Public Health



Maximising contribution of healthcare professionals

- Focus on the role of health care professionals, highlighting the roles they are playing in supporting public health with the individuals they see and the communities they work with.
- Examine what is being done at a national level to support healthcare professionals to play a much greater role in protecting and promoting good health and wellbeing as well as preventing ill health.

“All O♥R Health”

- All HCPs – ‘health promoting practice’

5YFV

- Targeted Prevention
- Engaging Communities
- New Models of Care



Health/the NHS as a Social Movement



Prevent avoidable disease, Protect health, Promote wellbeing resilience



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All health care professionals

“All O R Health”

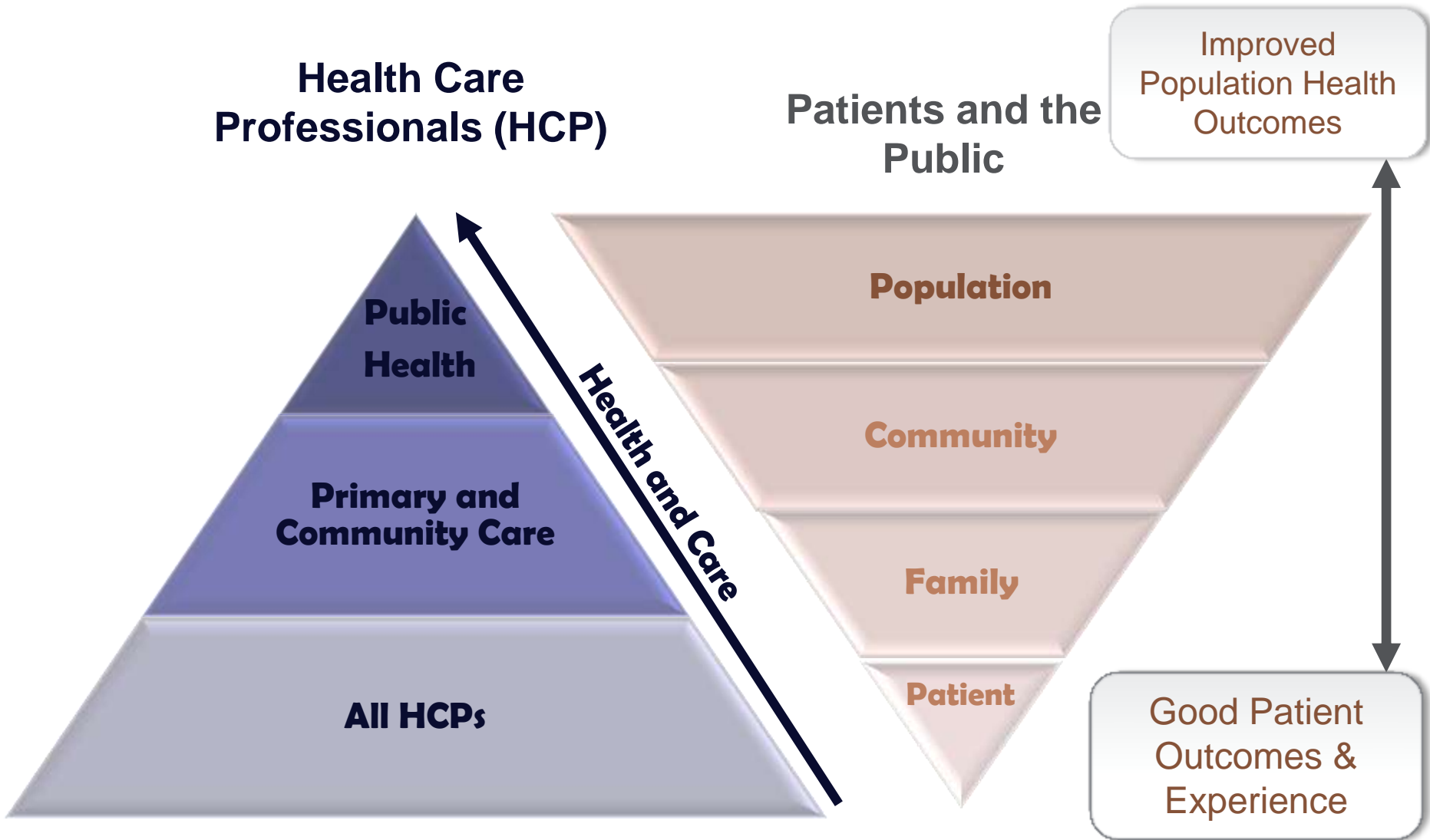
Personalised Care and Population Health : A toolkit for health care professionals

A Framework for Personalised Care and Population Health for Nurses, Midwives, Health Visitors and Allied Health Professionals

Prevent Protect Promote



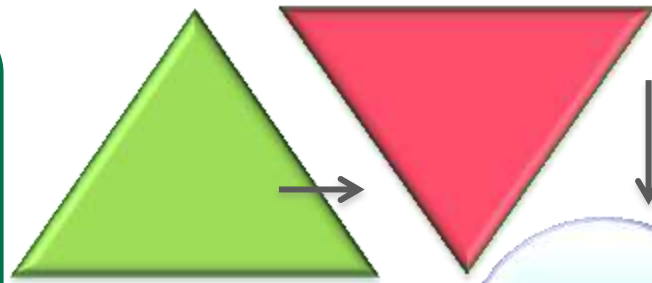
All our health: relationships



Prevent available disease, Protect health, Promote wellbeing resilience

All our health: Activities

Roles and relationships in Health Promoting Practice



6 Domains Actions and Outcomes

Using Evidence

Measuring Impact



Embedding and extending Making Vital Contribution Visible

**All health care professionals
working with patients, people
and population for our healthy
society**



**Midwives
and health
visitors
supporting a
breastfed
generation**

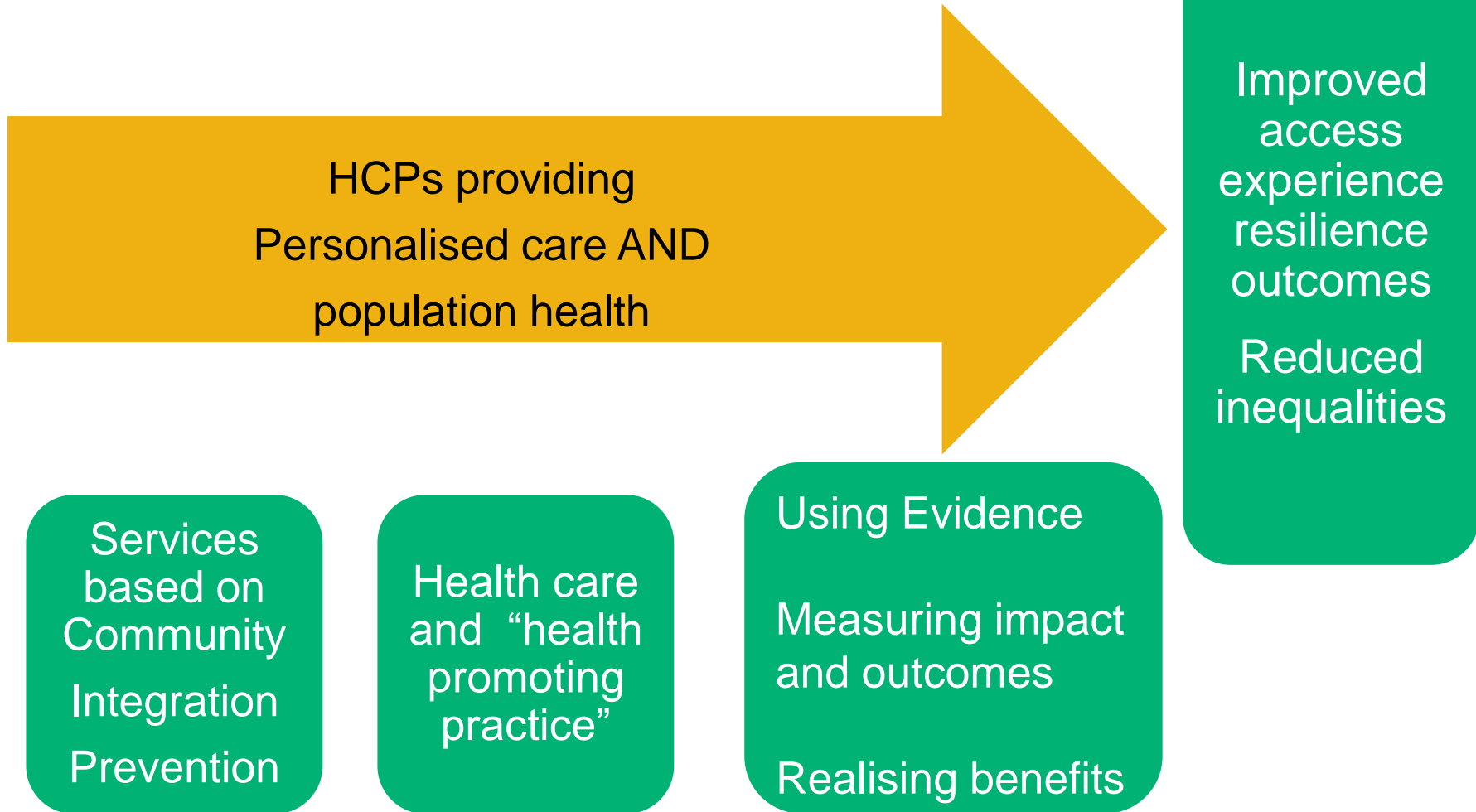


**Speech and
language
therapists
leading early
interventions
for language
delay, to give
children the
best start in
life**

**CHILDREN'S
CENTRE**



What would success look like?



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