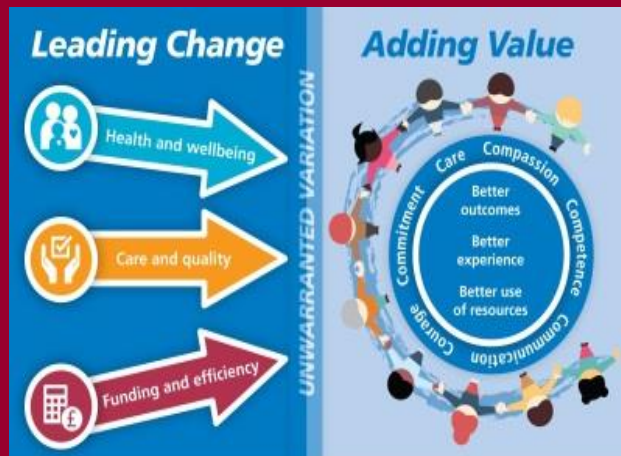




Preventing avoidable disease, Protecting health, Promoting wellbeing resilience

A tool kit for Nursing Midwifery and Care Staff





Content

Maximising the contribution of nursing midwifery and care staff to improving health outcomes through the

The 3 Ps

prevention of
avoidable illness

health protection

promotion of well
being and resilience

Introduction

Taking Action

How to use the toolkit

Evidence based interventions for

- Antimicrobial Resistance
- Healthy Eating, Physical Activity and Healthy Weight
- Cardiovascular Disease
- Healthy Workforce



Public Health
England

Introduction

Prevention of avoidable illness, health protection and promotion of wellbeing and resilience are critical areas where health and care professionals, whatever their role, wherever they work can take action on the major health challenges facing modern societies?. As nursing, midwifery and care staff we form the biggest workforce and have the privilege of high levels of public trust and so can make a significant difference to helping people stay well and building healthy communities

Leading Change, Adding Value (LCAV) includes a 'call to action' for nursing midwifery and care staff to

- Promote a culture where improving the population's health is a core component of their practice.
- Increase the visibility of nursing and midwifery practice and leadership in prevention
- Work with individuals, families and communities to equip them to make informed choices

Nursing, midwifery and care staff told us they are keen to respond need access to clear concise evidence based interventions. Working with colleagues we have developed this toolkit to show how in practice, in everyday interventions with individuals, families and communities and in our leadership roles, we can take action to make a difference.

All Our Health (the population health and prevention programme for all health and care professionals) provides the evidence underpinning these interventions and opportunities to increase the visibility of the contribution of our professions to improved outcomes.



Taking Action on Priorities

Meeting the challenge of

Antimicrobial resistance

Obesity

Cardiovascular Disease

Taking action to support

A healthy health and care workforce

Nursing Midwifery and care staff can make a difference through taking individual action by

- Supporting the social movement for health through promoting #AllOurHealth: <http://bit.ly/allourhealth> and LCAV 3Ps
- Using leadership roles to promote All Our Health and LCAV 3Ps as a vital contribution to integrated preventative care
- Increasing the visibility of prevention by demonstrating and measure improved impact and outcomes <http://bit.ly/everydayinterventions>
- Sharing learning and ideas on the LCAV website

Using this toolkit to

- **take steps individually and in teams to implement preventative practice through the interventions relevant to their role and place of practice**
- **promote its use across all care settings and all practitioners**



Public Health
England

How to use this toolkit

This toolkit provides evidence based interventions that will enable nursing midwifery and care staff to maximise our contribution to **prevention** of avoidable illness, health **protection** and **promotion** of well being and resilience – **THE 3Ps**. It is based on the **All Our Health programme** which draws together evidence from a range of validated sources

The 3Ps toolkit has been developed with nursing midwifery and care staff and sets out interventions which can be applied in different roles across all settings to meet some major health challenges. Specific toolkits for mental health, learning disability and maternity and child health will be added soon

Each screen follow the same format and works by simply clicking the links!

Each screen identifies actions and interventions for front line staff, team leaders and those in strategic roles that will make a difference to health outcomes for individual people.

It can be used **by:**

- By individuals as part of practice development, CPD and to support work to 'Make Every Contact Count' for prevention
- By teams to develop health promoting practice, enhance safety through protecting health and supporting 'our healthy team' development
- By those in strategic roles for example Chief Nurses and Directors of Nursing who may have responsibility for Quality Improvement Plans, CQUIN and be prevention leads for placed-based commissioning

Everyday Interventions shows some ways to measure the impact of our contribution to prevention and raise the visibility of this vital work

From 'we commitment to I action' Antimicrobial Resistance

Antimicrobial Resistance –

We will slow down global antimicrobial resistance

[https://www.gov.uk/government/collections/antimicrobial-resistance-amr-information-and-resources#resources-for-healthcare-professionals-](https://www.gov.uk/government/collections/antimicrobial-resistance-amr-information-and-resources#resources-for-healthcare-professionals)

<https://www.rcn.org.uk/professional-development/publications/pub-005499>



AMR Toolkit for
Public Engagement.pptx

Frontline nurse, midwife or carer

- I will build a culture of prevention, protection and promotion in the teams I work with
- I will promote effective handwashing, as per WHO Saves Lives – Wash Your Hands campaign
http://www.who.int/gpsc/clean_hands_protection/en/
<http://www.who.int/infection-prevention/campaigns/clean-hands/en/>
- I will become an Antibiotic Guardian, <http://antibioticguardian.com/>
- I will complete the AMR Toolkit and Antibiotic Guardian learning modules, <http://www.e-lfh.org.uk/programmes/antimicrobial-resistance>

Leader / Manager –

- I will build a culture of prevention, protection and promotion in the teams I work with
- I will ensure my teams complete the AMR Toolkit and Antibiotic Guardian learning modules, <http://www.e-lfh.org.uk/programmes/antimicrobial-resistance>
- I will promote effective handwashing,
http://www.who.int/gpsc/clean_hands_protection/en/
- I will demonstrate leadership by becoming an Antibiotic Guardian, <http://antibioticguardian.com/>

Strategic Lead –

- I will build in antimicrobial stewardship into strategic/Board level activities and discussions.
- I will respond to local population health needs and contributing to local service planning and delivery to build healthy communities.

From 'we commitment to I action'

Healthy Eating, Physical Activity and Healthy Weight

Healthy Eating, Physical Activity and Healthy Weight –

We will support people to eat well, move more and manage their weight

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf .

Adults ~

<https://www.gov.uk/government/publications/adult-obesity-applying-all-our-health/adult-obesity-applying-all-our-health>

Children ~

<https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health>

Activity ~

<https://www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health>



Frontline nurse, midwife or carer -

- I will make use of tools available to support me to have conversations around healthy lifestyles, for example, Let's talk about weight: a step-by-step guide to brief interventions with adults for health and care professionals https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/620405/weight_management_toolkit_Let_s_talk_about_weight.pdf and Making Every Contact Count [e-LfH Making every contact count](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/e-LfH_Making_every_contact_count)
- I will use evidence based messages to promote healthy lifestyles, for example, the Eatwell Guide <https://www.gov.uk/government/publications/the-eatwell-guide> and CMO Physical Activity guidelines <https://www.gov.uk/government/publications/uk-physical-activity-guidelines>
- I will use and promote Public Health campaigns, for example , Start4Life, Change4Life, Rise Above and One You

Leader / Manager –

- I will support health and care professionals to enhance their competence and confidence in providing evidence based messages and approaches to support health promoting behaviour, for example, brief interventions
- I will actively encourage my team to maximise teachable moments to promote healthy lifestyles. These may be within a clinical pathway, routine intervention or opportunistic.

Strategic Lead –

- I will develop a culture that is supportive of healthy behaviours and will personally be a role model
- I will lead the PHE Physical Activity organisational audit
- I will seek to support the implementation of (where relevant) the nutrition elements of the hospital standards, CQUIN, Government Buying Standards for food and catering services (GBSF) and PHE Healthier and more sustainable catering guidance <https://www.gov.uk/government/publications/healthier-and-more-sustainable-catering-a-toolkit-for-serving-food-to-adults>
- I will seek to actively contribute to Sustainability and Transformation Plans (STP) with solutions and evidence to underpin preventative action around dietary health, physical activity and achieving a healthier weight across the life course https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/565944/Local_health_and_care_planning_menu_of_preventative_interventions.pdf

From 'we commitment to I action' Cardiovascular Disease

**Cardiovascular Disease –
We will support people to
understand and prevent
cardiovascular disease**

<https://www.bhf.org.uk/heart-health/conditions/cardiovascular-disease>



Frontline nurse, midwife or carer

- I will opportunistically use and promote the following tools ~
Heart Age tool and campaign
<https://www.nhs.uk/Conditions/nhs-health-check/Pages/check-your-heart-age-tool.aspx>
https://www.bhf.org.uk/heart-health/risk-factors/check-your-heart-age?gclid=EA1aIQobChMIqb6ptsrE1QIVQxMbCh0X5QQBEAAYASAAEgI1fvD_BwE
NHS Health Checks <http://www.healthcheck.nhs.uk/>
- I will undertake effective blood pressures and then action the results ~
<https://www.gov.uk/guidance/high-blood-pressure-plan-and-deliver-effective-services-and-treatment>
<https://www.practicalclinicalskills.com/blood-pressure-measurement>
- I will effectively use anticoagulation protocols ~
<https://www.nice.org.uk/advice/ktt16/chapter/evidence-context>

Leader / Manager

- I will utilise the PHE Cardiovascular Disease profiles ~
<https://fingertips.phe.org.uk/profile/cardiovascular>
- I will collect service clinical audit and benchmark our service

Strategic Lead

- I will profile "Action on Cardiovascular Disease: Getting Serious about prevention"
<https://www.gov.uk/government/publications/cardiovascular-disease-getting-serious-about-prevention>

From 'we commitment to I action' Healthy Workforce

Healthy Workforce

We support health and care professionals in adopting positive health behaviours including being, healthy weight, physically active and addressing poor health behaviours including smoking cessation and drugs & alcohol reduction

<https://www.gov.uk/government/publications/all-our-health-about-the-framework/all-our-health-about-the-framework>



Frontline nurse, midwife or carer –

- I will use the #AllOurHealth website to help advise my health choices and my practice
<https://www.gov.uk/government/publications/workplace-health-applying-all-our-health>
- I will participate with colleagues in employer and local opportunities for building health and resilience.

Leader / Manager –

- I will contribute to social movements and building collaboration and a culture of health for all our staff as well as our service users.
- I will contribute to the design and implementation of evidence based employer and local community plans to improve health outcomes for local people and improve the wellbeing and retention of staff.

Strategic Lead –

- I will lead on the Healthy Workplace CQUIN 2017
- I will promote the following:
 - Mental health toolkit for employers - <http://wellbeing.bitc.org.uk/all-resources/toolkits/mental-health-employers>
 - MSK toolkit for employers - <http://wellbeing.bitc.org.uk/all-resources/toolkits/musculoskeletal-health-toolkit-employers>
 - Suicide prevention toolkits - <http://wellbeing.bitc.org.uk/all-resources/toolkits/suicide-postvention-toolkit>
 - Suicide post-prevention toolkits - <http://wellbeing.bitc.org.uk/all-resources/toolkits/suicide-prevention-toolkit>
- I will create a governance and evaluation infrastructure which reaches every provider, every nurse and every community.

How can we demonstrate and measure success?



Local use of appraisal, revalidation, local metrics, audit, digital activity can all be used to show

Nursing midwifery and care staff are

- Supporting the social movement for health including promoting #AllOurHealth:
- Understanding the actions they can take to make a difference to 3Ps
- Developing preventative practice underpinned by increased skills and confidence
- Demonstrating and measuring impact for individual people



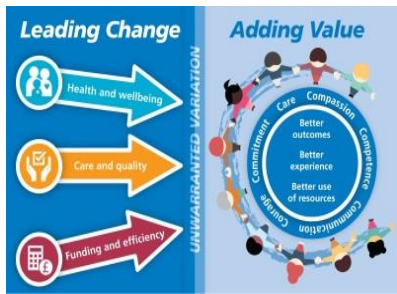
Team and strategic leaders are

- Achieving increased visibility, recognition and influence in prevention

HR and other KPIs can measure impact through staffing metrics and activity

Local and national and public health outcome measurement can show how actions contribute to improvements in health and wellbeing





For those wanting to find out more about further resources and content please visit

<http://bit.ly/allourhealth>

&

<https://www.england.nhs.uk/leadingchange/>

And follow
#AllOurHealth and #Lead2Add