



## PENNA AWARDS 2016

# PEP: Patient Empowerment Project

**Dr Mark Fuller:** Public Health GP Clinical Lead

**Tricia McKinney:** Patient Representative

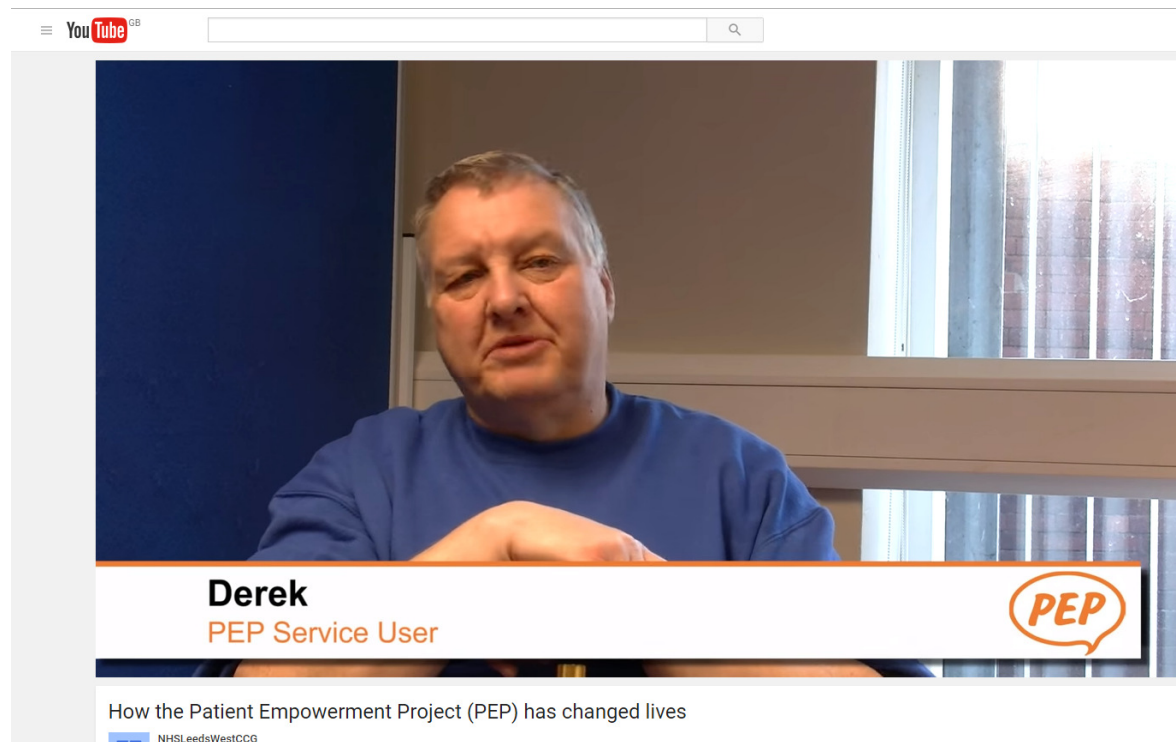
**Sue Wilkinson:** Commissioning and Development Manager

@NHSLeedsWest





## What do patients say?





## The story so far - why?

### What do healthcare professionals in Leeds want?

- Better knowledge of local voluntary and community services
- Better signposting and connecting to local voluntary and community services
- Better proactive self care management through patient empowerment





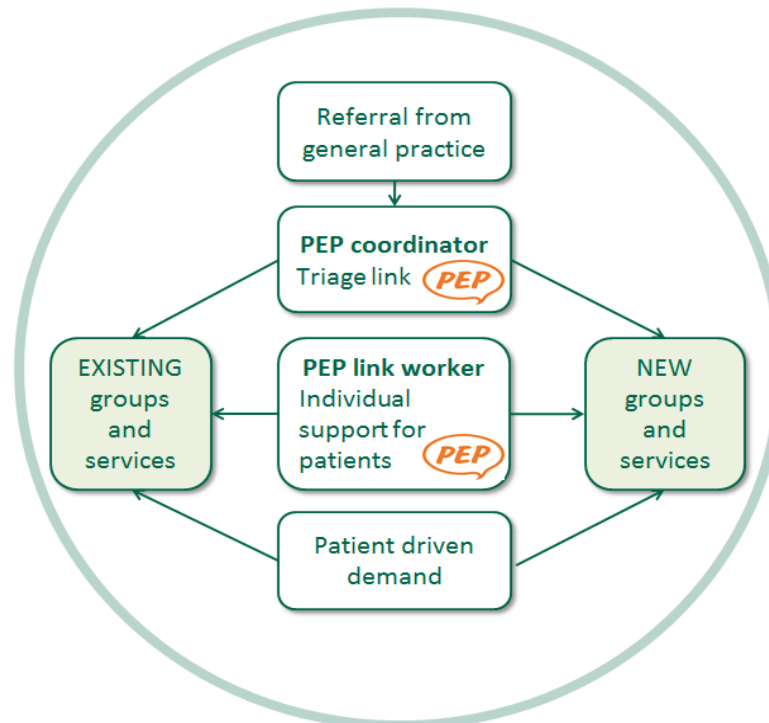
## Aim of the PEP

*‘To improve the wider health and wellbeing of patients by providing a referral route between GP practices and local voluntary sector organisations, activities, groups and services’*





# Patient Empowerment Model

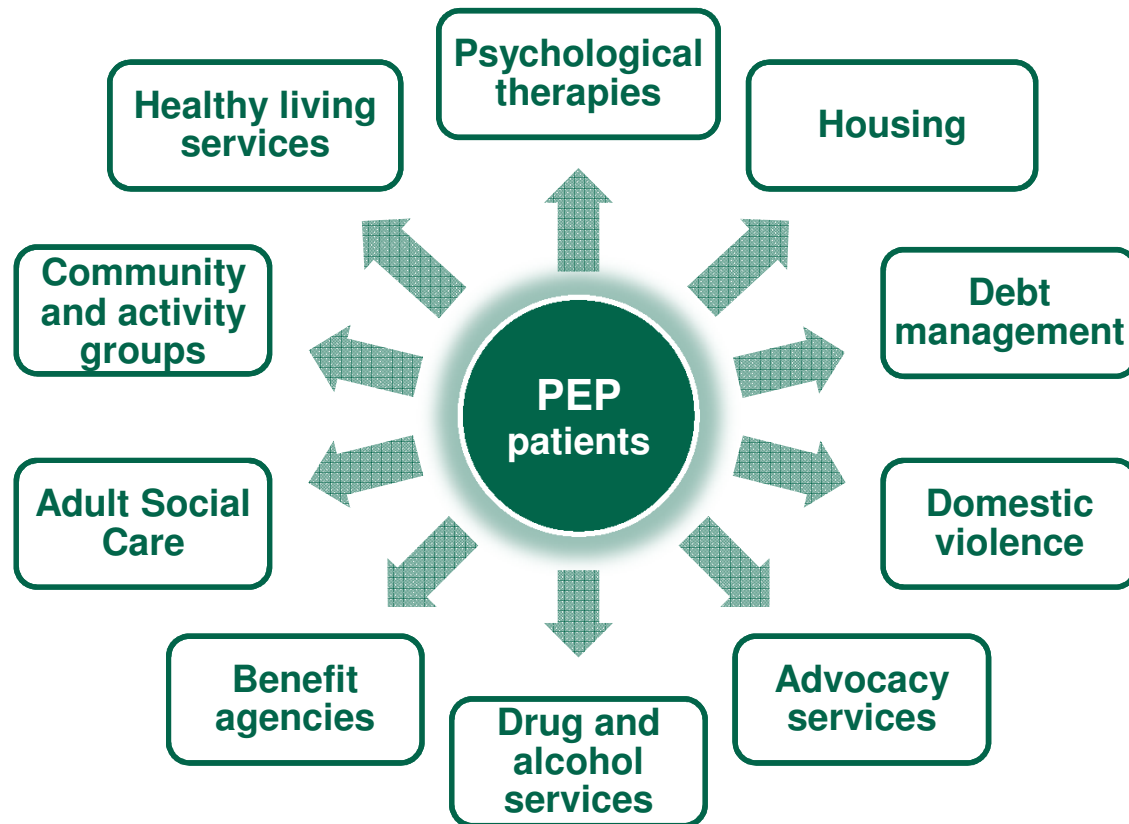


**Building relationships and empowering patients**





# Connecting patients to services





# Engagement Process

## Patient leader

***‘to ensure that the voice of patients, carers and the public is taken into consideration when decisions are made that affect patient care’***

- Recruited through the engagement
- Sits on strategic steering group
- Involved in contracting, procurement and monitoring
- Asked to be objective, passionate about improvement, and champion the patient (VCF) voice





## Who could benefit?

Disadvantaged

Long term health  
problems

Vulnerable

Depression

Mild-moderate  
anxiety

Marginalised

Recently  
bereaved

Socially isolated

**The list is endless...**





## Procurement process

- Patient representative member of procurement team
- Consortia of local voluntary sector organisations appointed:





## Marketing

PATIENT EMPOWERMENT PROJECT



This new service opens up a world of possibilities to help you improve and maintain your health and wellbeing.

If you fancy a PEP talk please  
Call us now on  
0113 279 5870  
OR  
email us on:  
[pep@barca-leeds.org](mailto:pep@barca-leeds.org)



NHS Leeds West Clinical Commissioning Group has funded a partnership of voluntary organisations, led by the charity BARCA.

HOW ABOUT A



TALK?



WEST LEEDS  
PATIENT EMPOWERMENT PROJECT





## Case study one: 54 year old man

Presenting issues	Goals	Outcomes
<ul style="list-style-type: none"><li>• <i>No money</i></li><li>• <i>History of depression</i></li><li>• <i>Problematic alcohol use</i></li><li>• <i>Recently rehoused</i></li><li>• <i>Considering payday loan</i></li><li>• <i>Only one set of clothes</i></li><li>• <i>Socially isolated</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Get more clothes</i></li><li>• <i>Make friends</i></li><li>• <i>Access free food</i></li><li>• <i>Reduce his alcohol consumption</i></li><li>• <i>Return to work as an electrician</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Referred to 'Pay as You feel' café</i></li><li>• <i>Decided not to take out payday loan</i></li><li>• <i>Halved alcohol consumption</i></li><li>• <i>Seeking employment</i></li><li>• <i>Improved mood</i></li></ul>





# PEP Y1 Evaluation Key Findings

## Referrals and Engagement:

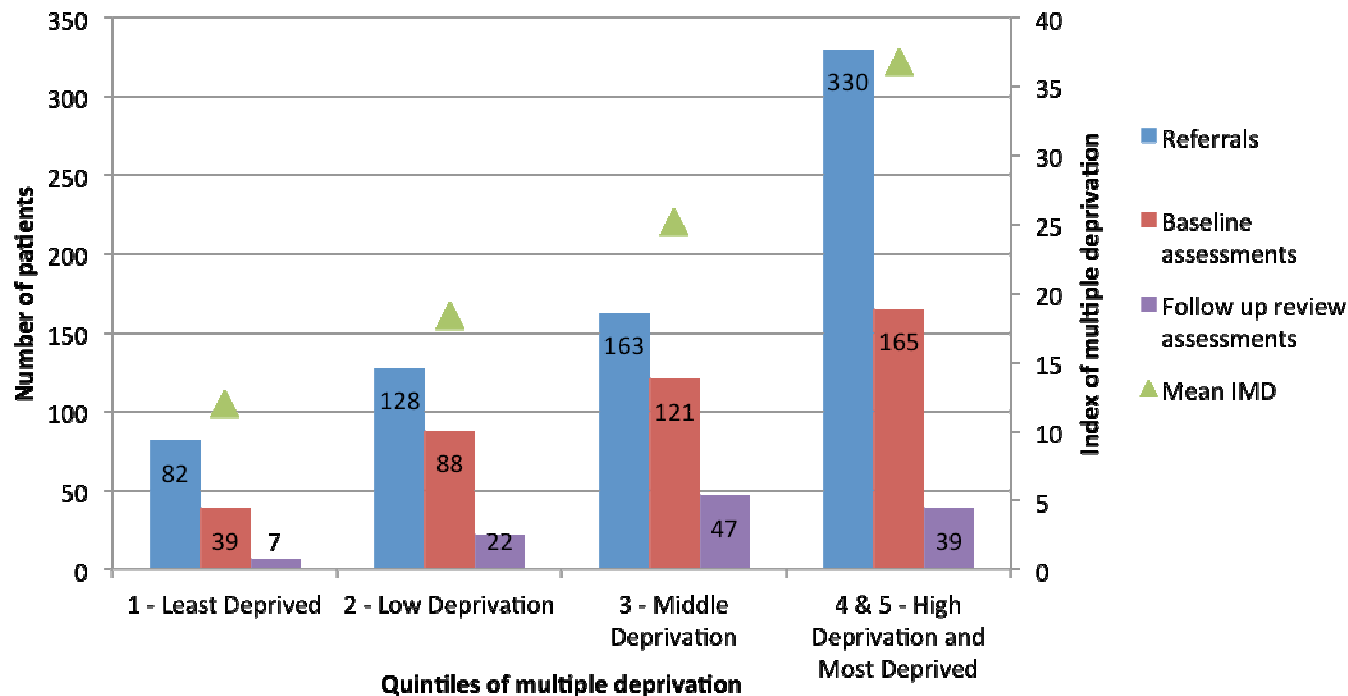
- 703 patients have been referred into the PEP service
- 413 have completed a baseline assessment
- A further 71 having made an appointment or have asked to be contacted at a later date for a baseline assessment (enrolled n=484)
- 115 patients have undergone a follow up review assessment
- The conversion rate of referral to enrolment is 69% within the first 12 months of PEP





# PEP Y1 Evaluation Key Findings

“a high proportion of those in most need of a social prescription are being supported by PEP”

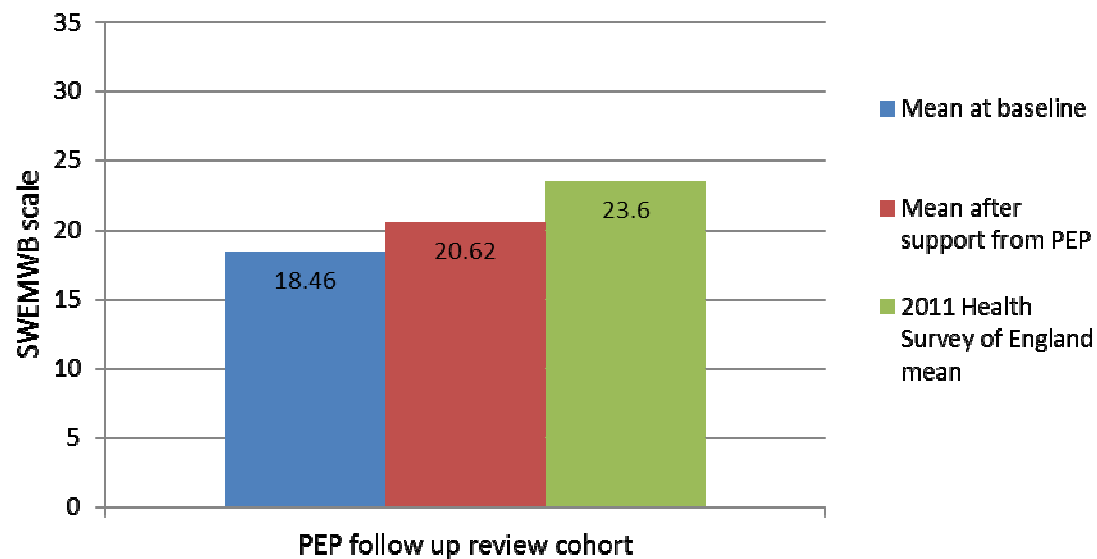




# PEP Y1 Evaluation Key Findings

## SWEMBS - Mental Wellbeing Score

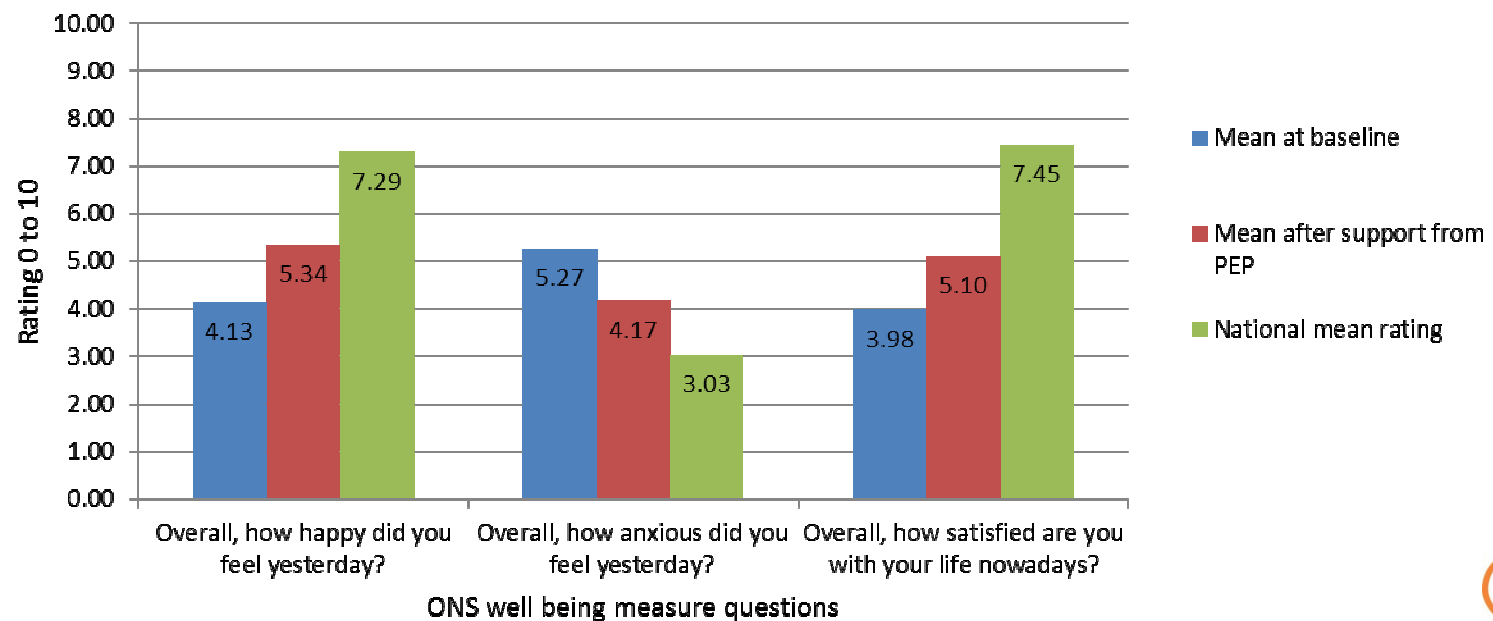
**“this improvement can be considered statistically significant”**





# PEP Y1 Evaluation Key Findings

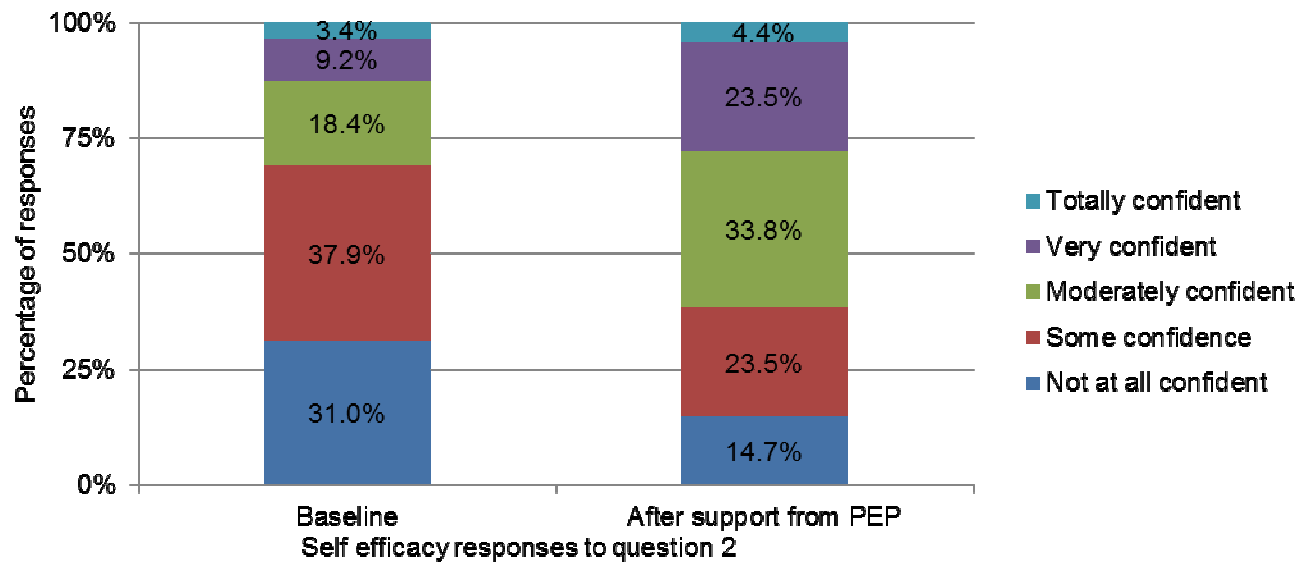
T-tests provide a statistically significant finding for all three ONS well-being questions





# PEP Y1 Evaluation Key Findings

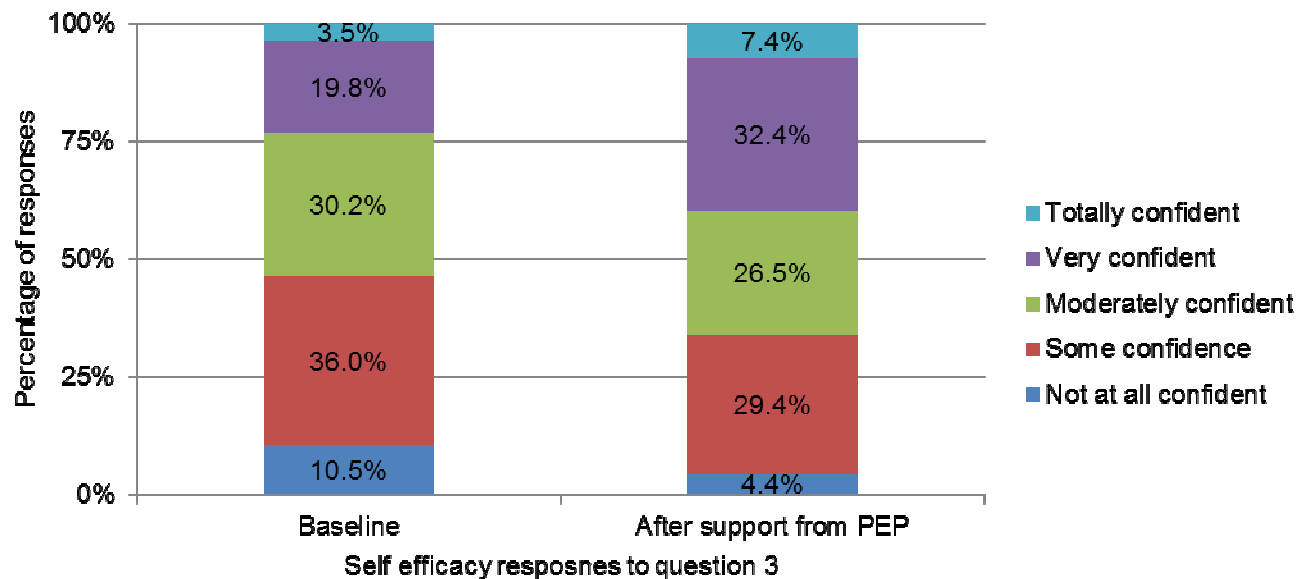
“How confident are you that you can do all things necessary to manage your illness on a day to day basis?”





# PEP Y1 Evaluation Key Findings

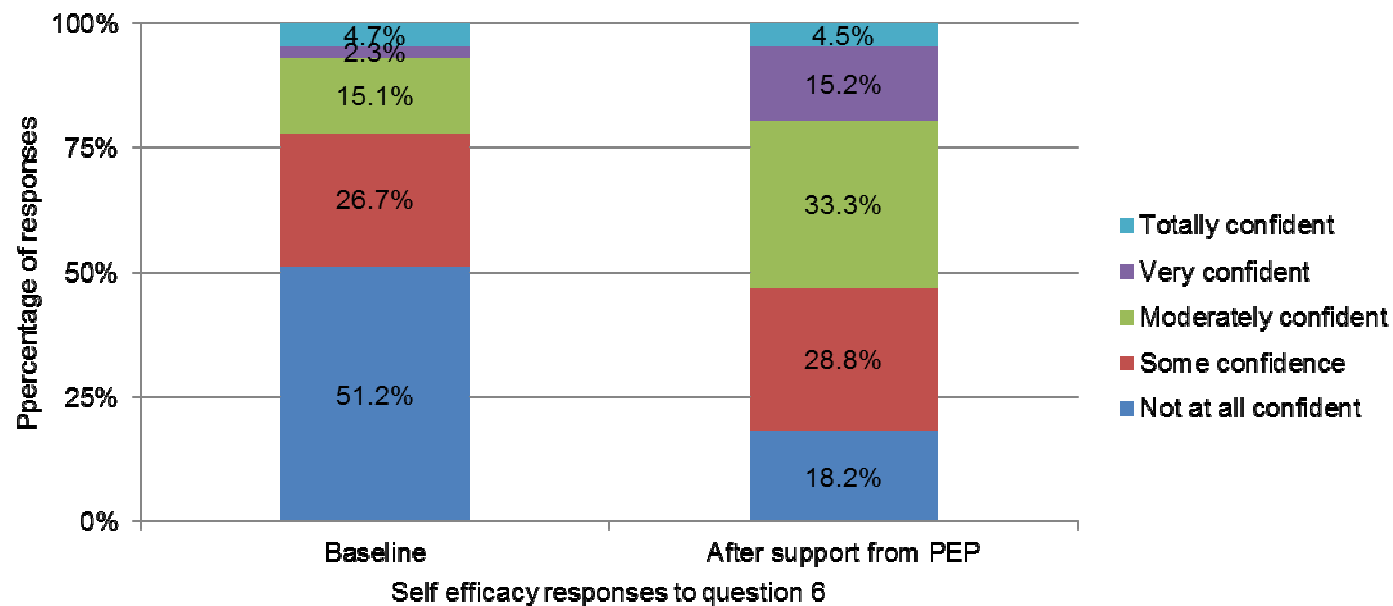
“How confident are you that you can judge when changes in your illness mean you should visit a doctor?”





## PEP Y1 Evaluation Key Findings

“How confident are you that you can do other things other than just taking medicines to reduce how much your illness affects your everyday life?”





# PEP Y1 Evaluation Key Findings

## Quality Adjusted Life Years (QALY)

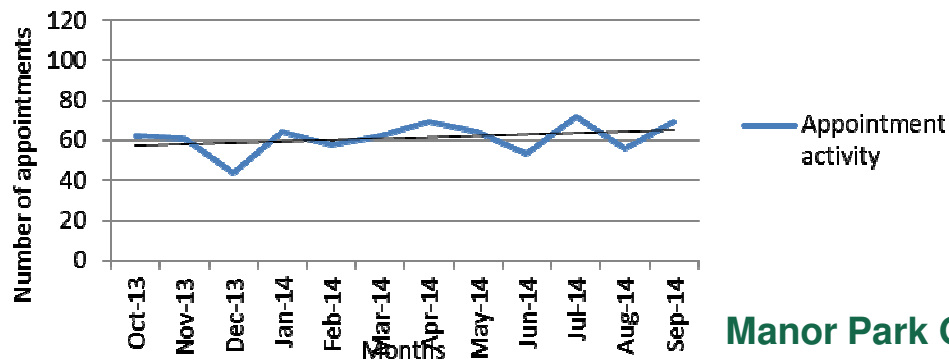
- EQ5D5L scores were transformed using the EuroQol index value converter based on the validated method for analysis of the EQ5D5L
  - when applied to the follow up review cohort the mean difference of 0.036 **equates to 15.04 life years gained**
- This score generates an indicative cost per Quality Adjusted Life Year (QALY) of £19,842
- This is within the NICE threshold value - supporting PEP as cost effective for commissioning purposes



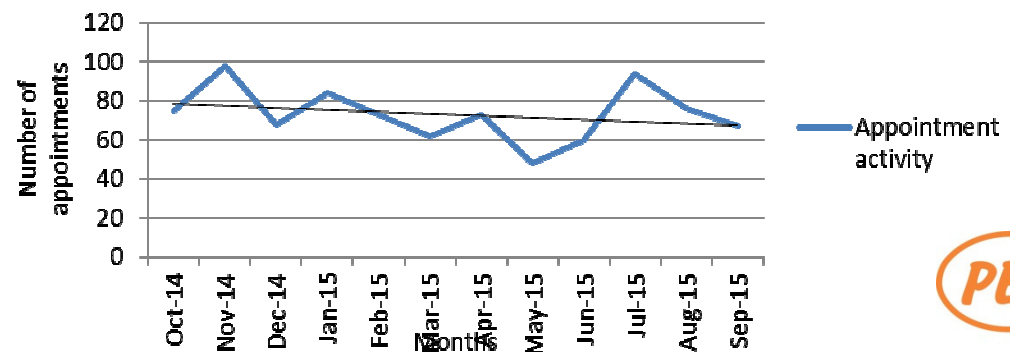


# PEP Y1 Evaluation Key Findings

## Manor Park GP appointments pre implementation of PEP



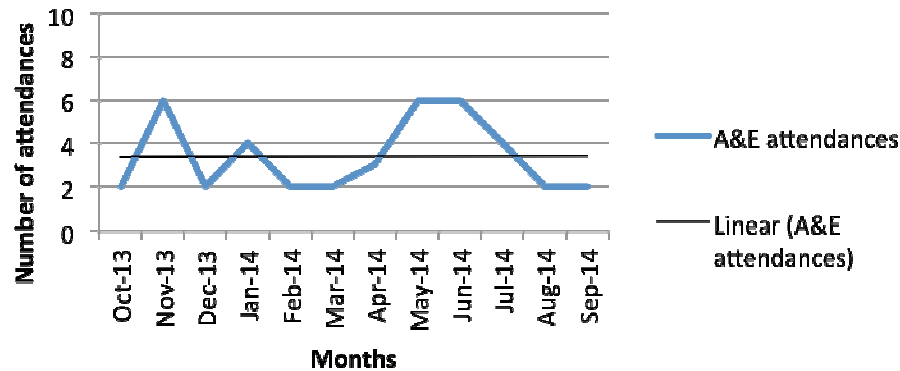
## Manor Park GP appointments post implementation of PEP



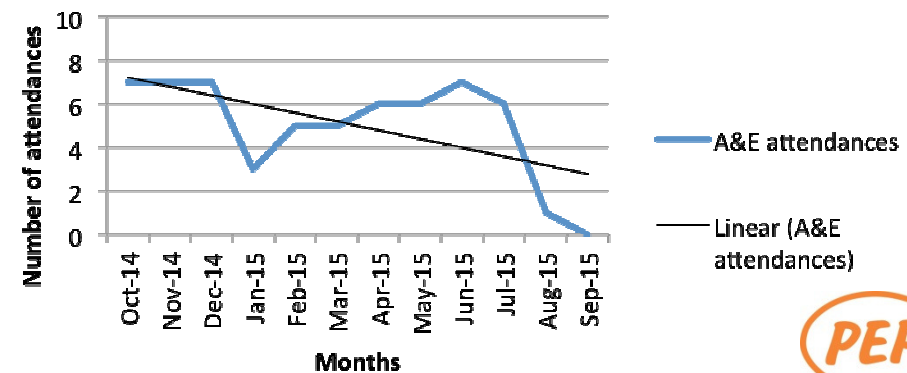


# PEP Y1 Evaluation Key Findings

## A&E attendances by Manor Park PEP cohort pre implementation of PEP



## A&E attendances by Manor Park PEP cohort post implementation of PEP





## What do patients say?

*“I’m really grateful to you for all you’ve done. You have got me out of this rut, learning new things and meeting people. I’m happiest I have been in a long time.”*

*“The woods walk was brilliant. According to my doctor I’m only supposed to be able to walk a few hundred yards – but I kept going all afternoon. I had a really good day.”*





## Contact details

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# Time for questions...

