



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 image shows a YouTube video player interface. At the top left is the YouTube logo. A search bar is visible. The video content shows a man, Derek, sitting at a table. Below the video frame, there is a white overlay with the text "Derek" in bold black font, "PEP Service User" in orange font, and a PEP logo (the letters "PEP" inside an orange speech bubble). Below the video frame, the video title "How the Patient Empowerment Project (PEP) has changed lives" is displayed, followed by the channel name "NHSLeedsWestCCG".





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





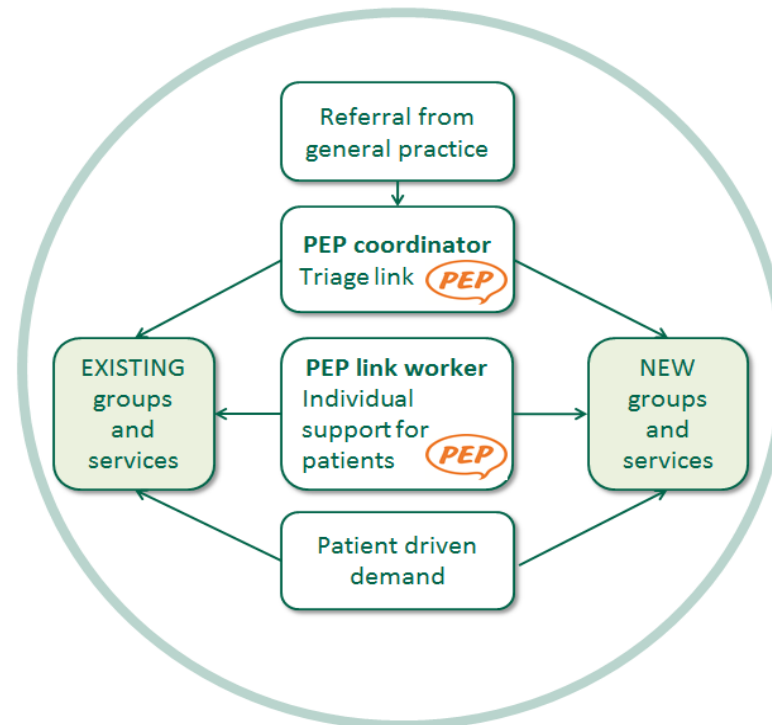
Aim of the PEP

‘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

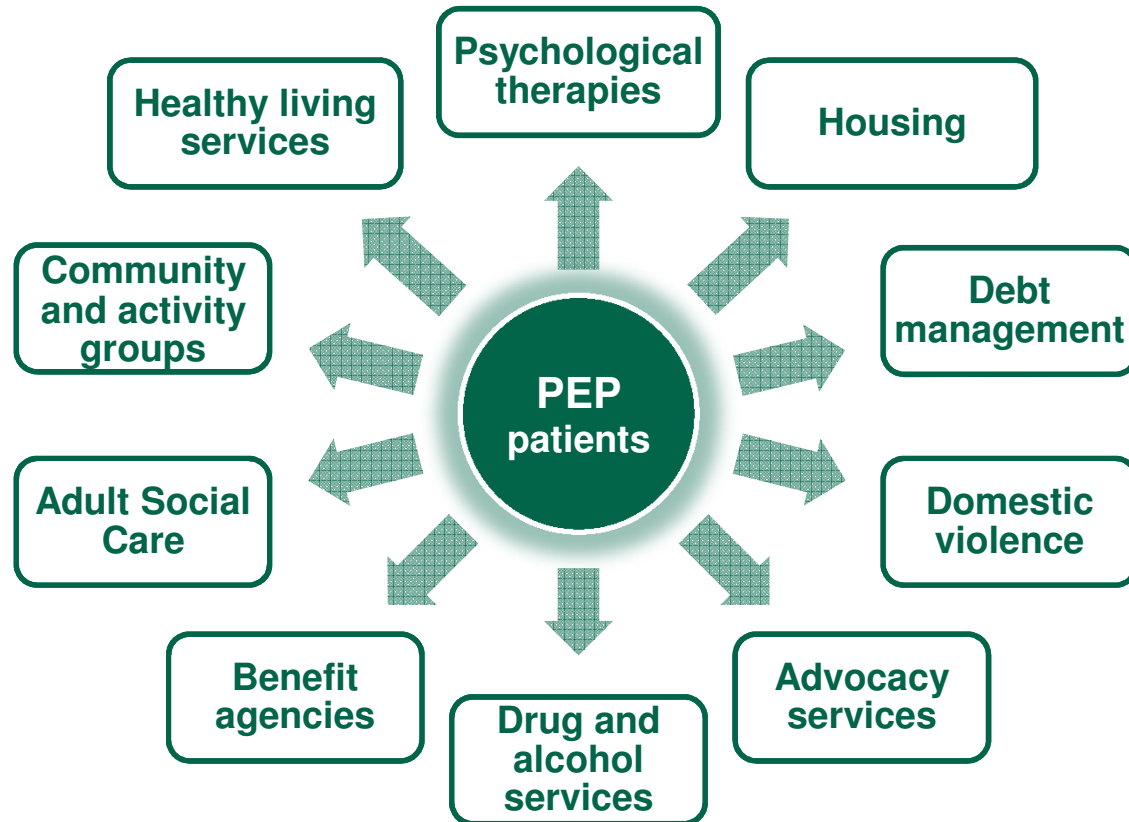


Building relationships and empowering patients





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



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

HOW ABOUT A
PEP
TALK?



WEST LEEDS
PATIENT EMPOWERMENT PROJECT





Case study one: 54 year old man

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





PEP Y1 Evaluation Key Findings

Referrals and Engagement:

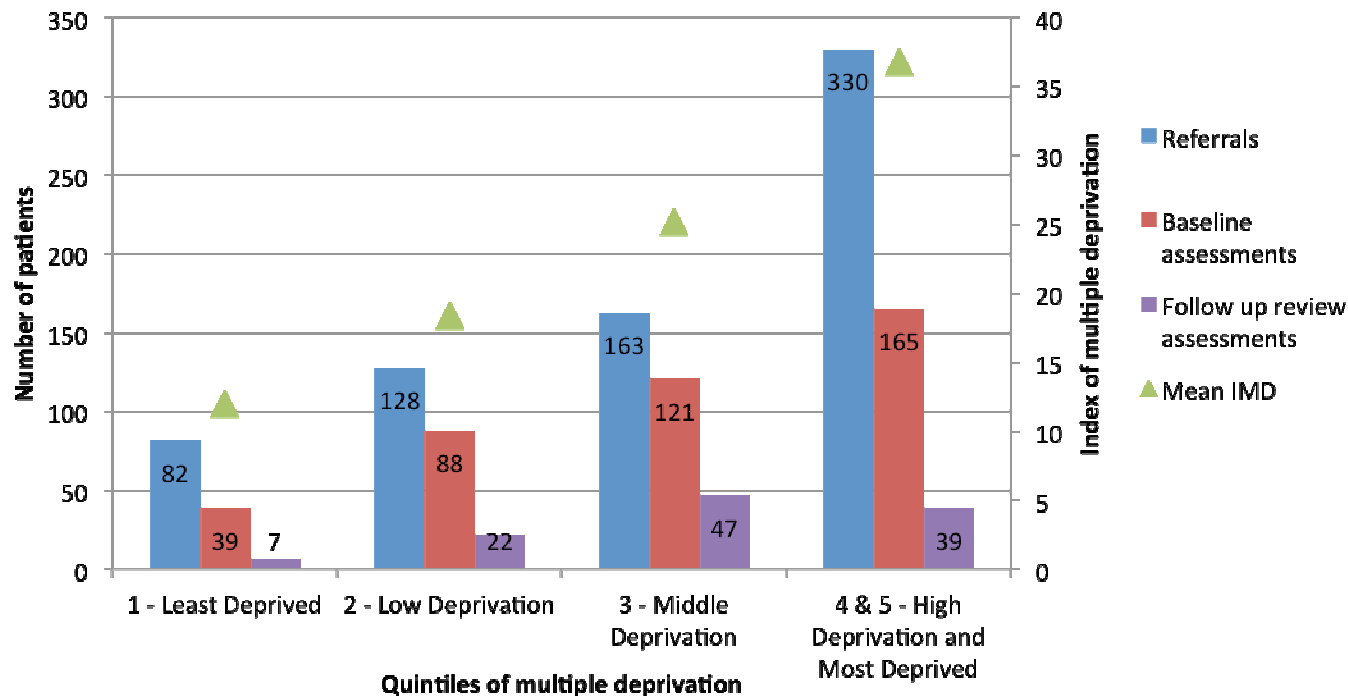
- 703 patients have been referred into the PEP service
- 413 have completed a baseline assessment
- A further 71 having made an appointment or have asked to be contacted at a later date for a baseline assessment (enrolled n=484)
- 115 patients have undergone a follow up review assessment
- The conversion 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”

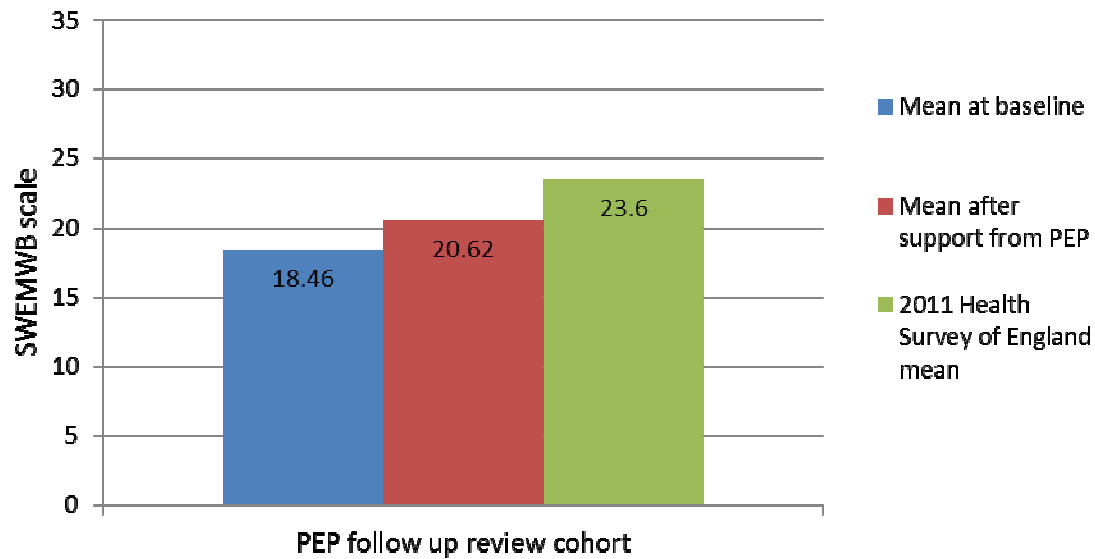




PEP Y1 Evaluation Key Findings

SWEMBS - Mental Wellbeing Score

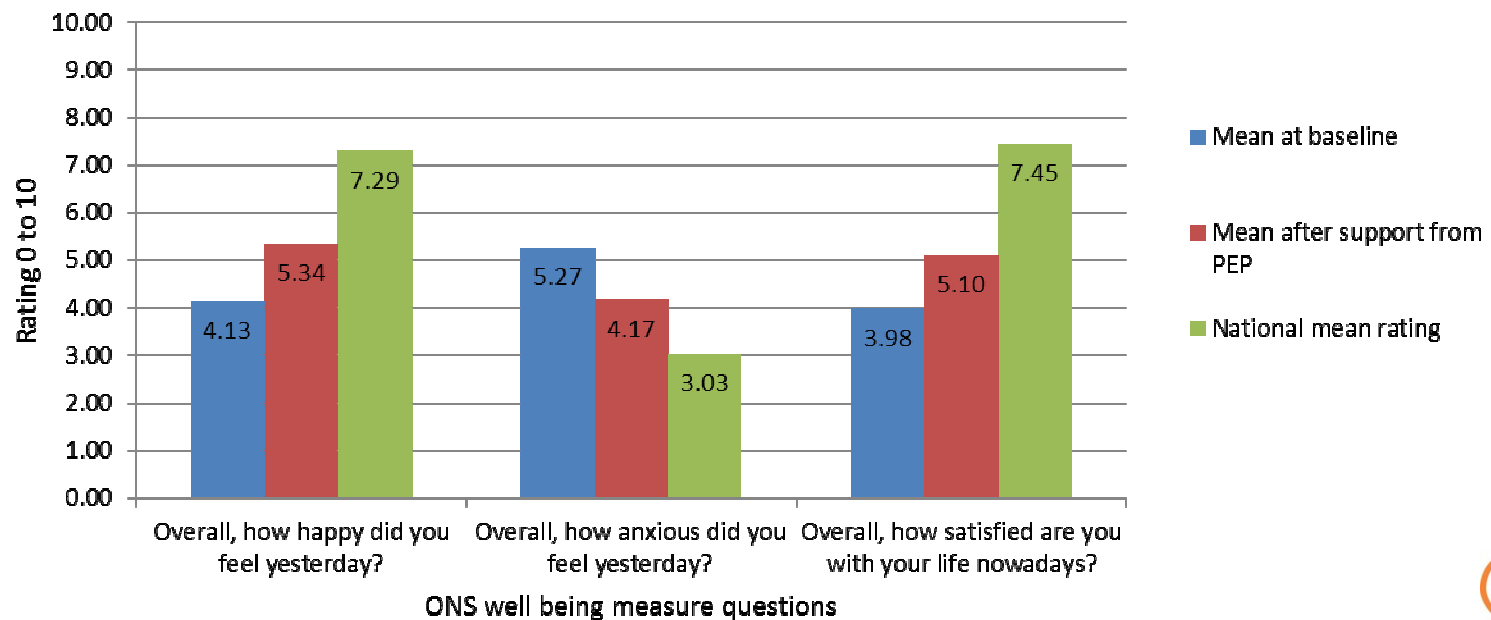
“this improvement can be considered statistically significant”





PEP Y1 Evaluation Key Findings

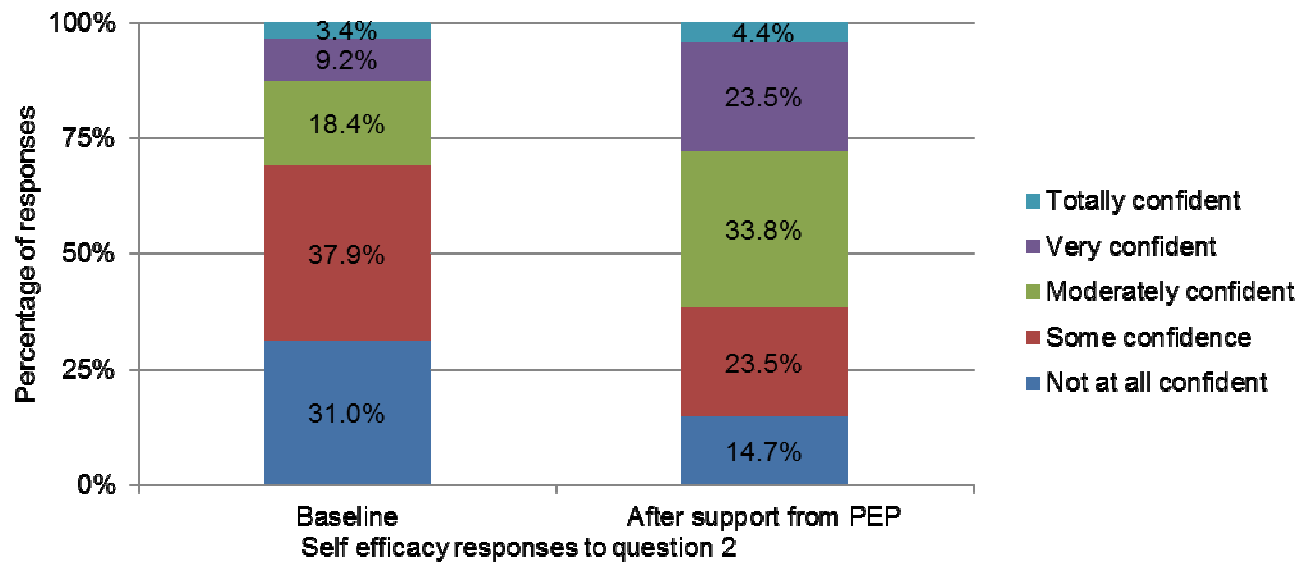
T-tests provide a statistically significant finding for all three ONS well-being questions





PEP Y1 Evaluation Key Findings

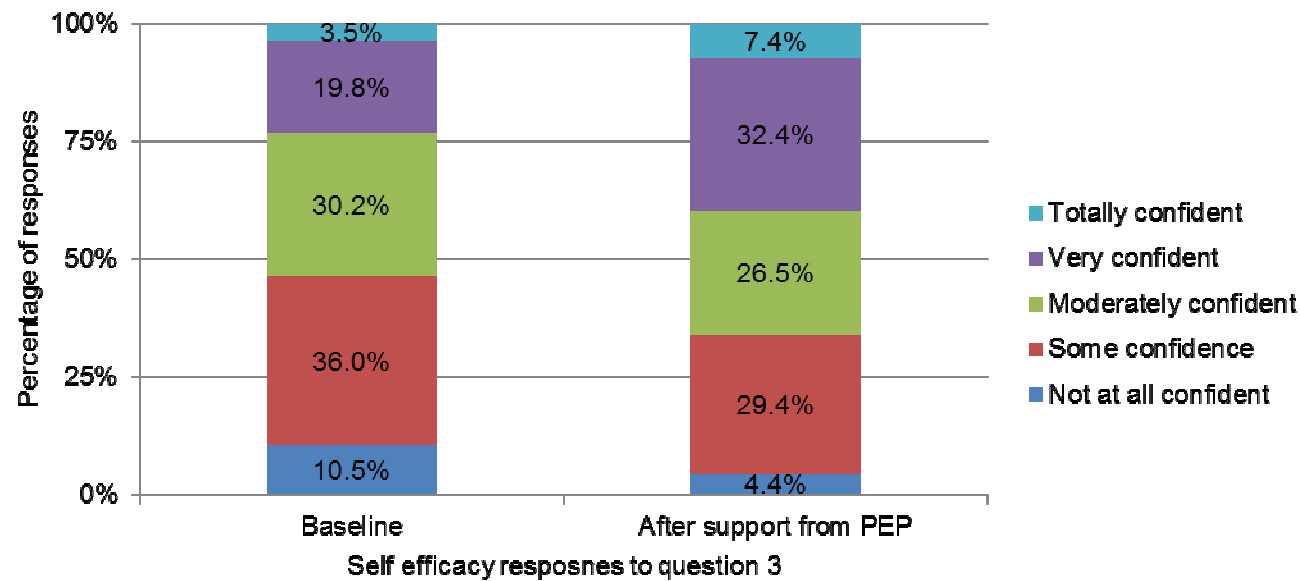
“How confident are you that you can do all things necessary to manage your illness on a day to day basis?”





PEP Y1 Evaluation Key Findings

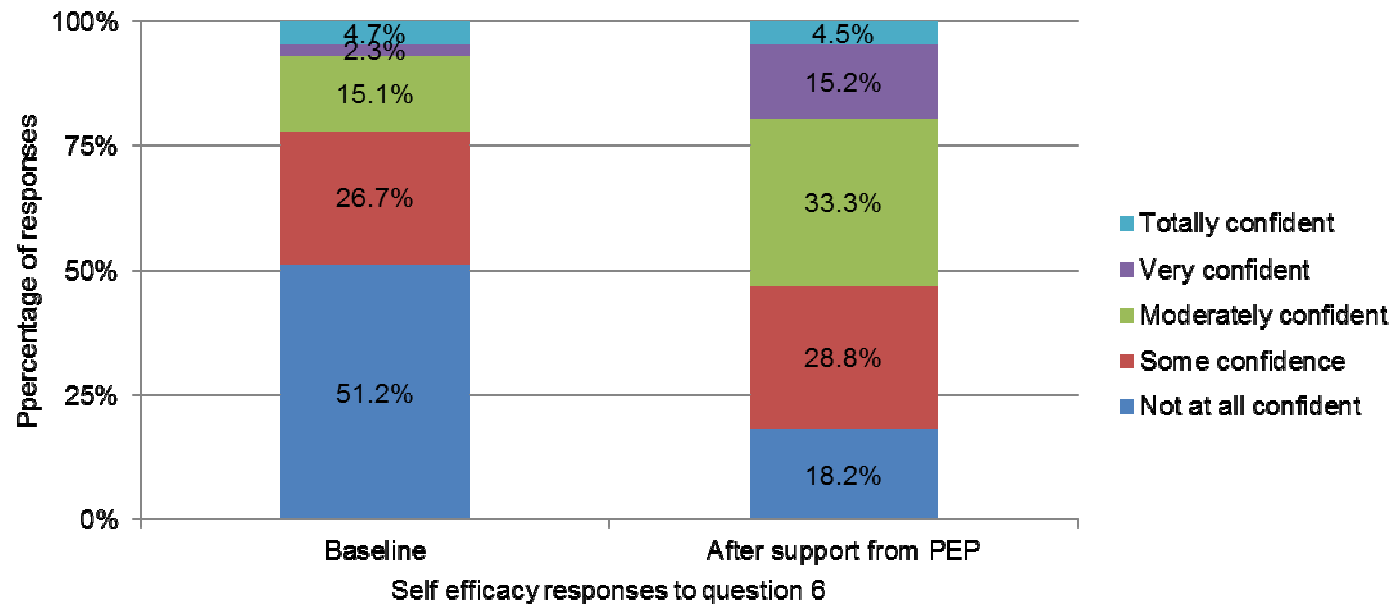
“How confident are you that you can judge when changes in your illness mean you should visit a doctor?”





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)

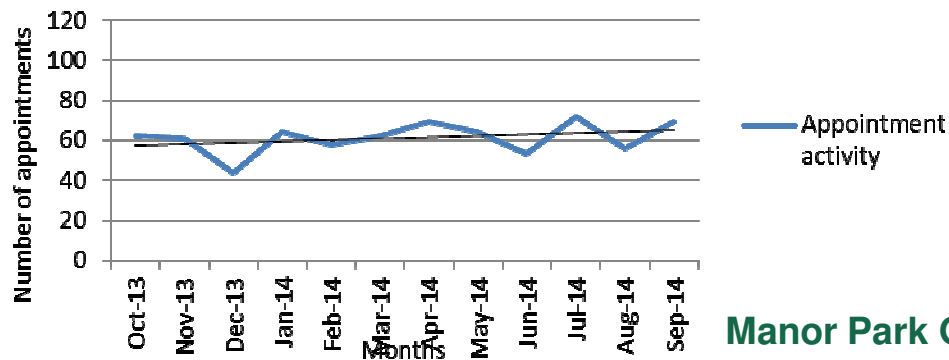
- **EQ5D5L scores were transformed using the EuroQol index value converter based on the validated method for analysis of the EQ5D5L**
 - when applied to the follow up review cohort the mean difference of 0.036 **equates to 15.04 life years gained**
- **This score generates an indicative cost per Quality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



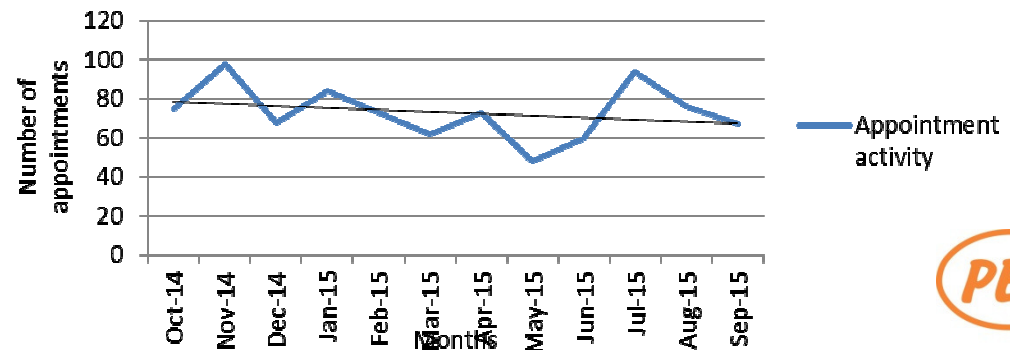


PEP Y1 Evaluation Key Findings

Manor Park GP appointments pre implementation of PEP



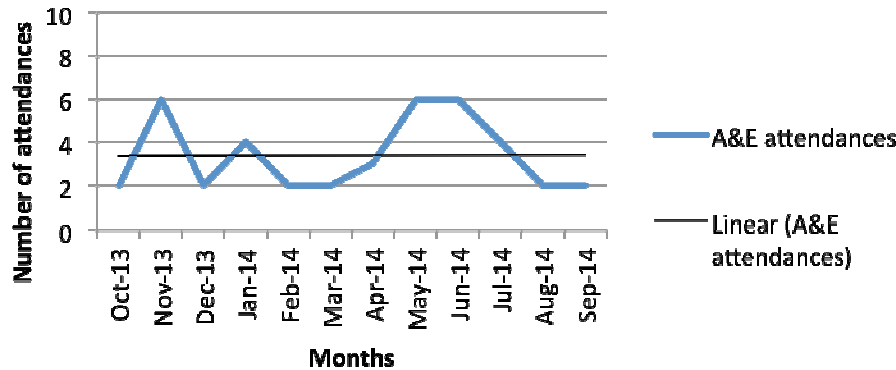
Manor Park GP appointments post implementation of PEP



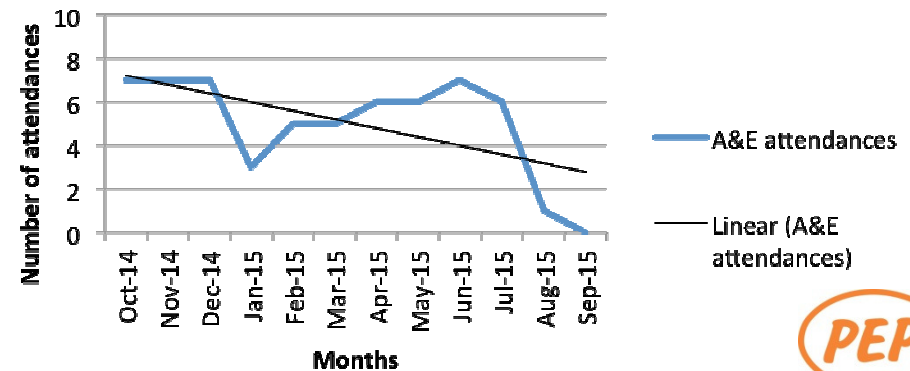


PEP Y1 Evaluation Key Findings

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.”





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Time for questions...

