Aligned Care Programme

Annette Bradley (ANP)

(Educational Director and champion of personalised care)

Jo Creed

(training director specialising in communication and behavioural change)

The Aligned Care Programme

The difference an aligned approach can make in reducing inequalities in health and social care

We want to share our legacy - to make a difference to 1 million ‘lans’

And show you how this can be done at grass roots level.

Impact on inequalities – an example

- Suffering from a number of long- term conditions including:
  - Lower back problems
  - Chronic pain
  - Severe depression
  - Diabetes
  - Asthma plus other breathing issues
  - High BP
  - CKD2
- Limited mobility
- 23 different medications and had side effects including dizziness, falls, tiredness
- BMI – 35
- Not exercising
- Out of work for 5 years and little social life
- Cared for by his wife

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Health and social care services involved in Ian's care.

Diabetic nurse 2 appointments a year
Asthma nurse 2 appointments a year
GP – 1 appointment a month
Mental health services 4 appointments pa
Pain clinic 2 appointments pa
Acute services several hospital admissions**.**

DWP – PIP/Universal credit
Jobcentre 1 visit per month
Wife (carers allowance)

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Think….. How would you feel about the control you have over your health?

Would you be able to shop and buy healthy food?

Would you have the resources to want to make decisions about exercising, stopping smoking or drinking alcohol?

Money for transport to access services?

Would you be concerned about ‘the now’ or how you can improve your health for the future?

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In 3 months……

- **ANP**
- **Long term conditions nurse**
- **GP**
- **Mental health services – support**
- **6 medications**
- **Mobilising**

https://www.kingsfund.org.uk/publications/inequalities-life-expectancy

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Ian

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What is an aligned approach?

- Treating patients/clients as a whole
- High level listening
- Enhance patient participation
- Personalised care plan
- Patient owned goals
- Digging deeper finding blocks to behaviour change
- Collaborative aligned approach with other services
- Engaging the patient in their health

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Projects and pilots

How much training is being done with every single person who has contact with a patient/client?

NHS Long Term Plan

Demonstrator sites

Timeline: Completed by 2031

Timeline: 2018 for phase one through to 2025.

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Infrastructure

Existing venues

Athletes

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10 Organisations

10 Managers	100 Managers
100 HCP's	100,000 HCP's
100 Patients	100,000,000 Patients

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Will this solve everything about inequalities?

Overcome..

- Fear
- Ostracised
- Confusion
- Perception
- Gain trust
- Give back dignity

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Impact on tackling inequalities by an aligned approach to leadership.

- How long people are likely to live
- Good health = Social and economic opportunities
- Social and economic opportunities = good health
- Help them get back control
- Engage with services
- Activate healthy behaviours
- Work in partnership with health and social services

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Please do come to our stand and have a chat with us about how you can take an aligned approach to leadership when tackling inequalities.

https://www.kingsfund.org.uk/publications/how-can-we-tackle-health-inequalities

Thank You - any questions?

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