

**ANNUAL SELF ASSESSMENT  
HEALTH AND CARE STANDARDS**

<p><b>S</b> <b>Situation</b></p>	<p><b>Corporate Assessment</b></p> <p><b>Standard: 1.1 Health promotion, Protection and Improvement</b></p> <p>People are empowered and supported to take responsibility for their own health and well being and carers of individuals who are unable to manage their own health and wellbeing are supported. Health services work in partnership with others to protect and improve the health and wellbeing of people and reduce health inequalities</p>																											
<p><b>B</b> <b>Background</b></p>	<p><b>Please Confirm the rating from the following definitions:</b></p> <table border="1" data-bbox="571 898 1398 1339"> <thead> <tr> <th>Clinical Board</th> <th>Self Assessment 2016/17</th> <th>Self Assessment 2017/18</th> </tr> </thead> <tbody> <tr> <td>Children and Women</td> <td>Getting there</td> <td>Getting there</td> </tr> <tr> <td>CD&amp;T</td> <td>Getting there</td> <td>Getting there</td> </tr> <tr> <td>Dental</td> <td>Meeting the Standard</td> <td>Meeting the Standard</td> </tr> <tr> <td>Medicine</td> <td>Getting there</td> <td>Getting there</td> </tr> <tr> <td>Mental health</td> <td>Getting there</td> <td>Getting there</td> </tr> <tr> <td>PCIC</td> <td>Meeting the Standard</td> <td>Meeting the Standard</td> </tr> <tr> <td>Specialist</td> <td>Getting there</td> <td>Getting there</td> </tr> <tr> <td>Surgery</td> <td>Meeting the Standard</td> <td>Meeting the Standard</td> </tr> </tbody> </table> <p>Self assessment ratings from Clinical Boards (CBs) are unchanged from last year but there is evidence of good prevention work in all. The information submitted was limited in places, but no clinical board appears to have a systematically embedded approach to health promotion, protection and improvement. The Children and Women CB may have underestimated their performance in relation to other CBs. Evidence presented by Dental, PCIC and Surgical CBs was insufficiently broad to confirm the ratings above.</p>	Clinical Board	Self Assessment 2016/17	Self Assessment 2017/18	Children and Women	Getting there	Getting there	CD&T	Getting there	Getting there	Dental	Meeting the Standard	Meeting the Standard	Medicine	Getting there	Getting there	Mental health	Getting there	Getting there	PCIC	Meeting the Standard	Meeting the Standard	Specialist	Getting there	Getting there	Surgery	Meeting the Standard	Meeting the Standard
Clinical Board	Self Assessment 2016/17	Self Assessment 2017/18																										
Children and Women	Getting there	Getting there																										
CD&T	Getting there	Getting there																										
Dental	Meeting the Standard	Meeting the Standard																										
Medicine	Getting there	Getting there																										
Mental health	Getting there	Getting there																										
PCIC	Meeting the Standard	Meeting the Standard																										
Specialist	Getting there	Getting there																										
Surgery	Meeting the Standard	Meeting the Standard																										
<p><b>A</b> <b>Assessment</b></p>	<p><b>Provide 250 words (<u>maximum</u>) to give necessary contextual narrative</b></p> <p>The health promotion, protection and improvement standard is broad and incorporates numerous elements. There is evidence of good preventative action in all CB returns.</p>																											

All CBs highlight this year's successful staff flu vaccination campaign. The UHB exceeded the Welsh Government target (60%) with an overall uptake among front line clinical staff of 64.7%. Children and Women CB's performance was particularly noteworthy, achieving an overall uptake of 82%. CD&T (76.2%), PCIC (71.7%), Medicine (65%) and Dental (61.1%) CBs also exceeded the target.

Several CBs are implementing public health approaches:

- CD&T have adopted Making Every Contact Count (MECC) in out-patient settings and is developing a '1m contacts' initiative to use the 1million contacts per annum across the CB as an opportunity to promote the public health agenda
- All patients in Dental CB that are pre-assessed prior to undergoing a General Anaesthetic are provided with appropriate evidence based written and verbal information on weight management, smoking cessation and safe alcohol limits.
- All patients in Surgical CB who attend a pre-operative assessment, if required, are given advice on smoking cessation, safe alcohol limits and healthy weight management.
- In PCIC, the main service focus for the commissioned services and the clinical boards provided services is promoting prevention, self care and well being from a physical, emotional and psychological perspective. MECC programmes and training is in place throughout the commissioned services. They report evidence of sustained and high level prevention action which is identified through the Performance measures monitored through QOF indicators and PCIC Dashboard.

Smoking cessation is a key focus:

- The Mental Health CB has implemented a smoking ban in all inpatient areas and on all sites in line with the rest of the general population. Access to NRT has been made available and staff have been trained in its use of NRT and encouraged to access the HB smoking cessation training
- Specialist Services CB reports full engagement from the Clinical areas and CNS teams to improved referral rates in Cardiac. Smokers are discussed on the Board Rounds daily and smokers are referred to smoking cessation as part of their pathway via clinical workstation; this is being lead by the ward receptionist and the Sister on a daily basis. Both Cardiac rehab and

Cardiac outpatients are now referring to smoking cessation via the clinical workstation

Work around dementia is also evident:

- PCIC has a Dementia plan and is working closely with Public health and Mental Health to provide support to reduce waiting times and improve access to early diagnosis.
- Surgery CB has a dementia care plan and has some very proactive staff who embrace this agenda passionately. In the last 12 months the following pieces of work have been carried out: roll out of the 'Read about me' initiative; investing in staff education; introduction of activity packs for use with patients on all wards; carers are identified early to improve access to the information and services that they need to help them to care, in order to protect their own mental and physical health and that of those they care for.

The UHB has a comprehensive approach to supporting staff health and wellbeing and this year was reaccredited at Gold and Platinum Level of the Corporate Health Standard. Engagement with corporate services is mentioned by several CB. Children and Women CB report offering yoga, mindfulness and resilience sessions for some staff and have adopted the Caring for You Campaign.

Children and Women Clinical Board has embedded the Maternity Safer Pregnancy Campaign and have had a successful re-validation of Unicef baby-friendly initiative

The CB returns had little mention of specific action to support carers. Minimal evidence was provided of partnership activity and no mention was made of action to reduce inequalities or the Well-Being of Future Generations (WBFG) Act.

The UHB is an active participant in local partnership structures and is contributing to the partnership response to the WBFG Act, as well as delivering its own organisational responsibilities in relation to the Act, with an emphasis on shifting care into community settings and primary care services. The UHB uses needs assessment, including evidence of inequalities, to inform its annual and strategic plans.

Population Health Protection and Screening Services are provided to the population of Cardiff and Vale by Public Health Wales. Governance and reporting arrangements

	are in place to monitor delivery and performance.
<b>R</b> <b>Recommendation</b>	<p><b>The following improvement actions have been identified as key deliverables for 18/19</b></p> <ul style="list-style-type: none"><li>• To further develop an organisational approach to embedding prevention, in line with the WBFG Act and the Sustainable Development Principle (5 ways of working: long term; integration; collaboration; involvement; prevention), for both patients and staff</li><li>• In particular, to further improve:<ul style="list-style-type: none"><li>– Recording of smoking status of patients and referring to smoking cessation services</li><li>– Uptake of staff flu vaccination</li><li>– Recording of BMI in patients and appropriate onward referral to weight management services</li><li>– Numbers of people accepting the invitation for screening</li></ul></li></ul>