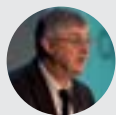


# Making prudent healthcare happen

A new online resource –

[www.prudenthealthcare.org.uk](http://www.prudenthealthcare.org.uk)



With a special foreword from Mark Drakeford AM,  
Minister for Health and Social Services



Llywodraeth Cymru  
Welsh Government

**It is no secret that, just like every health service in the UK, the NHS in Wales is facing challenges from the effects of austerity; from an ageing population; from changes in medicine; from a more engaged and demanding public, but there are many reasons to be hopeful for the future.**

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The challenges we face provide us with opportunities to focus on the things that really matter – providing excellent care to those who need it most. I believe prudent healthcare will help NHS Wales do just that. When we start using the principles of prudent healthcare and co-production as the guide for how we do business, we will focus on what the people using and providing our health services actually value and contribute to a healthier Wales.

For these reasons, I am delighted to introduce you to the ‘Making prudent healthcare happen’ online resource, which aims to capture just some of the perspectives of those working in or using health and social care services in Wales about what prudent healthcare means to them and its potential for Wales. I am using the launch of this resource to mark the next stage in the journey of making prudent healthcare happen; a stage characterised by a move from talking about the principles to taking action to secure their implementation and advancement.



**Professor Mark Drakeford AM**  
Minister for Health and Social Services,  
Welsh Government  
[@WG\\_HealthMin](#)

The ‘Making prudent healthcare happen’ website has been developed by the 1000 Lives Improvement service in Public Health Wales for Welsh Government.

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lechyd Cyhoeddus  
Cymru  
Public Health  
Wales



# Making prudent healthcare happen

**This booklet introduces you to some of the key concepts that are included on the ‘Making prudent healthcare happen’ online resource – [www.prudenthealthcare.org.uk](http://www.prudenthealthcare.org.uk)**

The summaries explain some of the key concepts and issues relating to prudent healthcare ranging from innovation to medicine to prescribing. There are international examples of how prudent principles have been applied successfully around the world. There are also studies of key areas where prudent healthcare needs to be applied – like children’s health and primary care.

The contents of

**[www.prudenthealthcare.org.uk](http://www.prudenthealthcare.org.uk)**

explore how prudent healthcare will benefit the people of Wales through providing better care that enhances the experience of being cared for, and improves the health of everyone.

## On ‘Making prudent healthcare happen’ you can:

- Learn more about the key issues of prudent healthcare
- Join the discussion and comment on all the topics
- Read case studies about prudent healthcare already happening in Wales

You can also watch video interviews with the authors as they draw out key themes and how they could be applied in NHS Wales.

Visit **[www.prudenthealthcare.org.uk](http://www.prudenthealthcare.org.uk)** today and get involved with this new way of working for NHS Wales!

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# An NHS for future generations – why we are making prudent healthcare happen

Professor Mark Drakeford AM, Minister for Health and  
Social Services, Welsh Government

In this article the Health Minister explores the discussion so far about prudent healthcare, and how its main principles meet common approval.

However, he notes that prudent healthcare has to be more than an idea and more than a set of principles. “It has to change the way health services are used and provided. It has to make a real practical difference to the broad sweep of those millions of encounters which take place every

year between Welsh people and their health service.”

But the principles of prudent healthcare offer a great opportunity to create services that address inequality and provide tremendous social benefit now, and for generations to come. “If we get it right, prudent healthcare offers a way of allowing the founding principles of the National Health Service to be sustained into the future.”



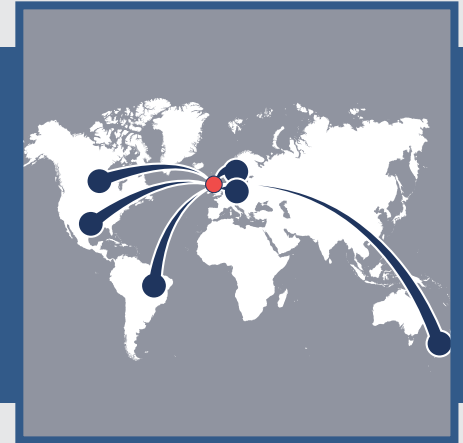
Read the article now at [www.prudenthealthcare.org.uk/ph](http://www.prudenthealthcare.org.uk/ph) and  
watch Professor Mark Drakeford discuss the principles of prudent healthcare.

# International examples of successful prudent healthcare

Professor Sir Mansel Aylward, CB, Chair, Bevan Commission

“The NHS in Wales, like other healthcare systems around the world, is facing the twin challenges of rising costs and increasing demand, while continuing to improve the quality of care.”

The article from the Bevan Commission examines how healthcare organisations around the world are applying principles similar to the central themes of prudent healthcare that have been developed in Wales. It includes examples from Brazil, Canada, Holland, New Zealand, Sweden, and the USA, drawing out key points that could be applied by NHS Wales.



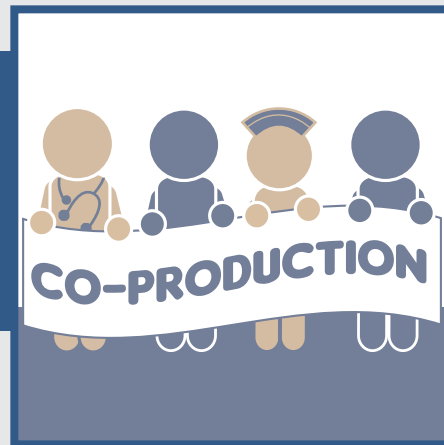
Read the article now at [www.prudenthealthcare.org.uk/international](http://www.prudenthealthcare.org.uk/international) and watch Professor Sir Mansel Aylward outline international examples of prudent healthcare.

# Co-producing prudent healthcare: putting people in the picture

Ruth Dineen, Co-production Wales

Co-production will increase the impact of all the prudent healthcare principles. It is an approach where people and professionals share power and work together in equal partnership. Co-production values all participants as equals and is built around people, and not around systems. Instead of fitting people into existing services, professionals work with people to find the best way to achieve the outcomes that matter to them.

Co-produced projects and activities in Wales have had a significant impact on health, well being and community cohesion. As a principle, co-production needs to be embraced across all healthcare settings and systems, to refocus the work of NHS Wales on people.



Read the article now at [www.prudenthealthcare.org.uk/coproduction](http://www.prudenthealthcare.org.uk/coproduction) and watch Ruth Dineen discuss co-producing prudent healthcare.

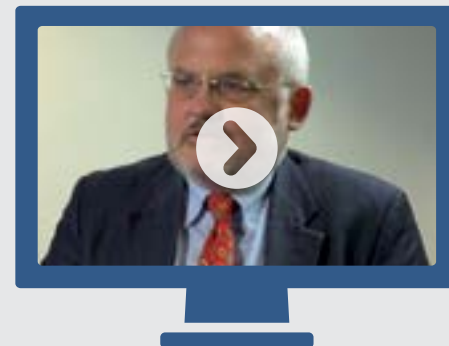
# Turning everyday medical decisions into prudent practice

Dr Graham Shortland, Medical director, Cardiff and Vale University Health Board

This essay provides an initial reflection to engage physicians and patients in conversations about preventing harm, ending unnecessary tests, and evaluating treatments and procedures.

There are many tools to help physicians and patients make effective choices, using evidence, to ensure high-quality care.

Each patient situation is unique and in each case physicians and patients should determine an appropriate treatment plan together. This section includes examples already being used in Cardiff & Vale University Health Board.



Read the article now at [www.prudenthealthcare.org.uk/medicine](http://www.prudenthealthcare.org.uk/medicine) and watch Dr Graham Shortland outline how to turn everyday medical decisions into prudent practice.

# Improving the health of everyone in Wales – the public health challenge of prudent healthcare

Dr Patricia Riordan, Director of Health and Healthcare Improvement, Public Health Wales

Public health practice is a rigorous, evidence-based approach, which involves a critical understanding of the patterns of disease and health, their distributions and their causes. It also means constantly assessing and reviewing what works to change these.

Public health practice supports prudent healthcare through:

- Ensuring resources match need
- Providing evidence about the effectiveness of interventions

- Measuring meaningful outcomes
- Influencing and effecting change
- Working with and for individuals, communities and populations

Effective prudent public health in Wales needs to be at scale across whole populations. Urgent action is needed across multiple systems, sectors and organisations in Wales so in order that we can meet the health challenges in Wales in a united and integrated way.



Read the article now at [www.prudenthealthcare.org.uk/publichealth](http://www.prudenthealthcare.org.uk/publichealth) and watch Dr Patricia Riordan discuss the public health challenge of prudent healthcare.



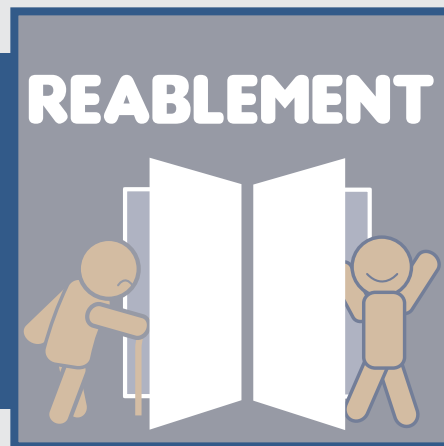
# Unleashing the power of prudent healthcare through reablement, recovery and rehabilitation

Ruth Crowder, Policy Officer for Wales, College of Occupational Therapists

This article looks at the way allied health practitioners can support the principles of prudent healthcare. The allied health professions have an emphasis on reablement, recovery, health and wellbeing, through supporting people to live with value and purpose.

There is a danger that healthcare systems create dependency. It is better to enable people to gain control of their own lives, instead.

Clinicians across the system need to work more closely together to help people identify meaningful goals and then to achieve those goals. This could mean changes in the way clinicians provide help to people, with a greater emphasis on understanding what matters to the person being cared for.



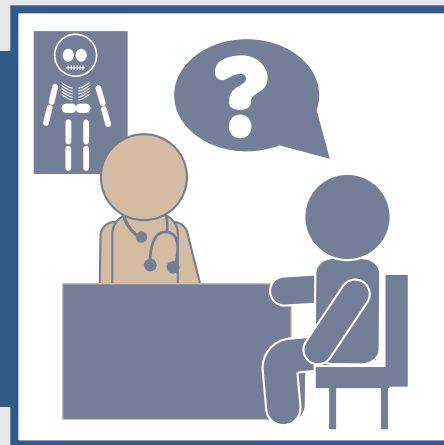
Read the article now at [www.prudenthealthcare.org.uk/reablement](http://www.prudenthealthcare.org.uk/reablement) and watch Ruth Crowder talk about reablement, recovery and rehabilitation.

# Focusing primary care services on people by applying prudent healthcare

Dr Sally Lewis, Aneurin Bevan University Health Board

This article recognises the value that prudent healthcare can add to primary care services. There is a growing burden of chronic disease combined with new innovations in healthcare. Primary care clinicians will need to become more skilled at making treatment decisions with patients.

Clinical guidance for primary care can no longer be 'single issue' as that is unhelpful when working with an ageing population with increasing co-morbidities. Primary care clinicians also need to know where to direct people for information and support to maintain healthy behaviours and manage long term conditions as effectively as possible.



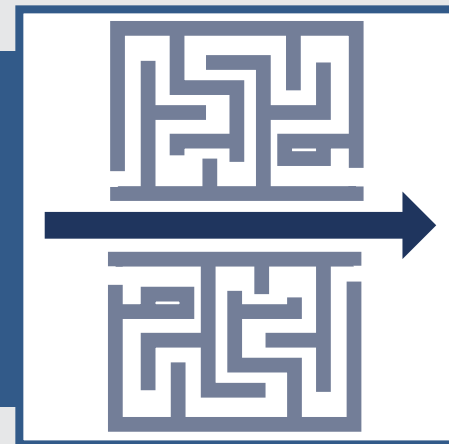
Read the article now at [www.prudenthealthcare.org.uk/primarycare](http://www.prudenthealthcare.org.uk/primarycare) and watch Dr Sally Lewis outline how prudent healthcare can add value to primary care services.

# Information technology – an essential tool in delivering prudent healthcare

Professor Ronan Lyons, Clinical Professor of Public Health,  
Swansea University

This article explores how the intelligent application of information technology can help NHS Wales achieve better outcomes for patients and improve the experience of people receiving care. Well-structured IT systems that share information can reduce complexities in the system, speed up treatment processes and enable more people to receive treatment in non-hospital environments.

IT is essential in assessing quality, through measuring levels of harm, to tracking patient outcomes and thereby ascertaining whether treatments have delivered the desired outcomes and provided value for money. This should include patient input in a co-productive approach. The article includes five key considerations for creating an IT infrastructure that delivers all these benefits.



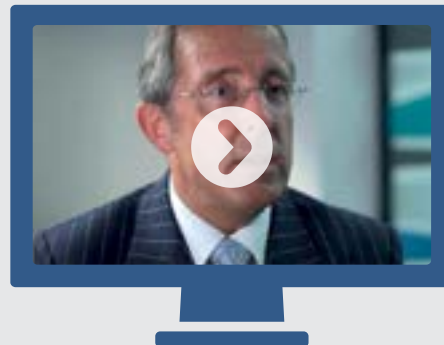
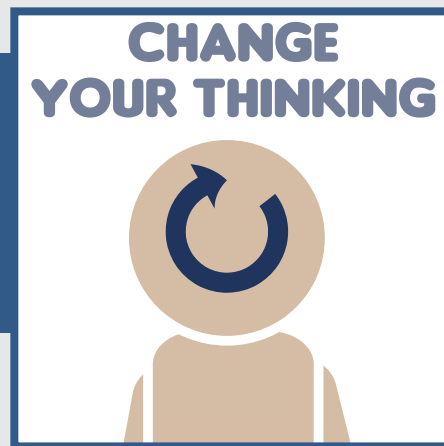
Read the article now at [www.prudenthealthcare.org.uk/IT](http://www.prudenthealthcare.org.uk/IT) and watch Professor Ronan Lyons discuss how information technology is an essential tool in delivering prudent healthcare.

# Innovation – the driving force for prudent healthcare

Chris Martin, Former Chair, Hywel Dda Health Board & Ifan Evans, Welsh Government - Department for Health & Social Services

There are great people working in NHS Wales with great ideas about how to improve services and offer better care. NHS Wales can also learn from the many people who use services, many of whom have insights into how care could be provided in a more effective and efficient way.

Through a focus on prudent innovation, NHS Wales can enable and encourage staff and service users to turn innovative ideas into reality. This will result in better care and outcomes. This article addresses some of the obstacles to innovation and identifies what needs to change to create an innovation culture focussed on improvement.



Read the article now at [www.prudenthealthcare.org.uk/innovation](http://www.prudenthealthcare.org.uk/innovation) and watch Chris Martin discuss how innovation is a driving force for prudent healthcare.

# Introducing prudent principles in precision medicine

Dr Berwyn Clarke, Pandion Biotech Consulting Ltd

This article describes how 'precision medicine' uses genetic data and other diagnostic biomarkers to select the most appropriate treatment for individuals. This delivers better outcomes for people, is safer, and is also more cost-effective because people receive the right treatment first time.

Wales has a good foundation for the introduction of precision medicine, because of its national approach to services and its research excellence in key areas. Precision medicine and prudent healthcare are complementary, but it is vital that NHS Wales engages with industry and academia to deliver the most suitable treatment to people.



Read the article now at [www.prudenthealthcare.org.uk/precision](http://www.prudenthealthcare.org.uk/precision) and watch Dr Berwyn Clarke discuss how the principles of prudent healthcare are being introduced into precision medicine.

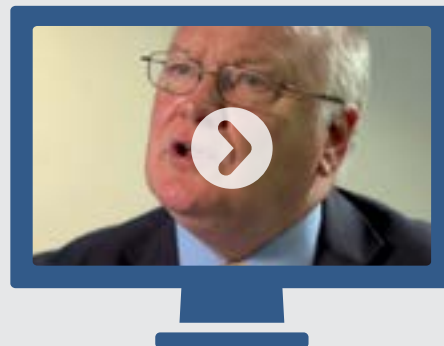
# Better health outcomes and safer care through prudent prescribing

Professor Phil Routledge, Professor of Clinical Pharmacology, Cardiff University

Medicines continue to have a vital role in the management of a range of medical conditions. However, medicines can contribute to harm, particularly when a person is taking more than one prescribed drug. 'Polypharmacy' needs to be closely monitored. Prescribers also need to work in closer partnership with patients.

There are several measures that help make using medicines safer, and one of the most important is a strong reporting culture where adverse events are recorded and are used to drive improvement.

This article looks at some of the initiatives already being rolled out to promote prudent prescribing in NHS Wales. It also suggests five 'next steps'.



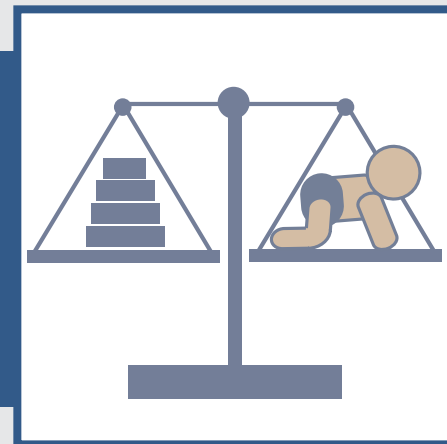
 Read the article now at [www.prudenthealthcare.org.uk/prescribing](https://www.prudenthealthcare.org.uk/prescribing) and watch Professor Phil Routledge discuss how prudent prescribing can deliver better health outcomes and safer care.

# Better health for all our children – prudent healthcare for future generations

Dr Shantini Paranjothy, Clinical Senior Lecturer, Cardiff University

This article examines how a renewed focus on pregnancy and early years of child development can help NHS Wales deliver prudent healthcare. This is key to tackling health inequalities and helping people to take a proactive approach to protecting their own health, which are part of the citizen focus of prudent healthcare.

Welsh Government policy and NHS Wales organisations need to prioritise pregnancy and early years support to deliver health benefits and create a more equitable and healthier society in the long run. This means being open to new ways of working and investing in measurement and evaluation of child health, for example, tracking levels of obesity in children.



Read the article now at [www.prudenthealthcare.org.uk/children](http://www.prudenthealthcare.org.uk/children) and watch Dr Shantini Paranjothy outline prudent healthcare for future generations.

# Visit

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to find out more about  
the themes discussed in  
this booklet.

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