

# Improving health locally: A summary of the Local Delivery Plan

The Local Delivery Plan sets out how NHS Lothian will contribute to the national drive to improve Scotland's health. It is a key strategic document listing specific three-year HEAT targets agreed with the government to support its vision for a healthier Scotland as set out in its action plan *Better Health, Better Care*.

## HEAT targets

HEAT spells out the four main target areas, relating to Health improvement, Efficiency, Access to services and Treatment standards. These targets have been identified as individual goals to help us tackle ongoing health issues in Lothian, including waiting times and life expectancy. They also highlight our commitment to identifying where the greatest need lies and the measures we will take to meet these needs.

## Localised plans

As the Local Delivery Plan does not contain the actions needed to deliver the HEAT targets, NHS Lothian is this year producing Localised Local Delivery Plans (LLDPs) that set out the contribution that each of the community health partnerships, University Hospitals Division (UHD) and Royal Edinburgh and Associated Services (REAS) will make to the overall delivery of each one.

## Stretching targets

In keeping with our strategic vision of being one of the top health authorities in the world, NHS Lothian is setting higher ('stretched') targets for ourselves in many different areas. Where a target has been stretched, this is indicated in the full list below.



## HEAT targets for 2009-10

### Health Improvement

- 80% of all three to five year old children to be registered with an NHS dentist by 2010/11. [NHS Lothian to achieve 83%](#)
- Achieve agreed completion rates for child healthy weight intervention programme by 2010/11
- Achieve agreed number of screenings using the setting-appropriate screening tool and appropriate alcohol brief intervention, in line with SIGN 74 guidelines by 2010/11
- Reduce suicide rate between 2002 and 2013 by 20%, supported by 50% of key frontline staff being trained in using suicide assessment tools/ suicide prevention training programmes by 2010
- Through smoking cessation services, support 8% of the Board's smoking population in successfully quitting (at one month post quit) over the period 2008/9 – 2010/11
- Increase the proportion of newborn children exclusively breastfed at 6-8 weeks from 26.6% in 2006/07 to 33.3% in 2010/11. [NHS Lothian to achieve 43.7%](#)
- Achieve agreed number of inequalities targeted cardiovascular health checks during 2009/10. This is a new target for 2009-10.

### Efficiency and Governance

- NHS Boards to deliver agreed improved efficiencies for first outpatient attendance 'did not attend' (DNA), non-routine inpatient average length of stay, review to new outpatient attendance ratio and day case rate by March 2011
- NHS Boards to operate within their agreed revenue resource limit; operate within their capital resource limit; meet their cash requirement
- NHS Boards to meet their cash efficiency target
- To increase the percentage of new GP outpatient referrals into consultant led secondary care services that are managed electronically to 90% from December 2010
- NHS Scotland to reduce carbon emissions over the period to 2011. This is a new target for 2009-10
- Achieve universal use of community health index (CHI) numbers in radiology requests
- NHS Boards to ensure at least 80% of staff covered by Agenda for Change to have their annual Knowledge Skills Framework development reviews completed and recorded on e-KSF by March 2011.

## An example of the Local Delivery Plan in action

NHS Lothian is one of four sites in Scotland piloting the innovative 'Keep Well' programme. Targeted at residents in some of the most deprived areas of Edinburgh, this initiative contributes to the target on reducing heart disease mortality through primary prevention.

Keep Well invests in primary care to provide anticipatory care to people aged between 45-64 years living in disadvantaged areas and at risk of serious preventable ill-health. The programme is specifically aimed at reducing chronic heart disease and diabetes. There are over 23,000 people in the target group, with the programme offering them comprehensive health checks and advice on a range of health issues, from stopping smoking to healthy eating and alcohol misuse. Keep Well also includes work with Khush Dil to engage South Asians with the project.

Scottish Government funding of £2 million over two years allows NHS Lothian to employ several clinical nurse managers and outreach workers, and to provide support for GP practices. Community pharmacies are also involved.

Currently 14 GP practices are involved in the pilot, carrying out health checks in areas such as Craigmillar, Leith, Sighthill and Wester Hailes. By the end of March 2009, more than 12,900 people had completed Keep Well assessments (over 55% of the target population), from over 54,000 contacts made.

GP practices are contacting people in settings such as shopping centres, bingo halls and pubs to ensure that the Keep Well programme reaches the people it is aimed at. In addition, 2009-10 will see several new developments, including more outreach work, better engagement with ethnic minorities, prison leavers and the travelling community, and a new pilot in West Lothian.

## Treatment

- Improve QIS clinical governance and risk management standards
- Reduce the annual rate of increase of defined daily dose per capita of anti-depressants to zero by 2009/10, and put in place the required support framework to achieve a 10% reduction in future years
- Reduce the number of readmissions (within one year for those that have had a psychiatric hospital admission of over seven days by 10% by the end of December 2009). [NHS Lothian to achieve a 20% reduction](#)
- To achieve agreed reductions in the rates of hospital admissions and bed-days of patients with primary diagnosis of chronic obstructive pulmonary disease (COPD), asthma, diabetes or coronary heart disease (CHD), from 2006/7 to 2010/11
- Improvement in the quality of healthcare experience
- Increase the level of older people with complex care needs receiving care at home
- Each NHS Board is to achieve agreed improvements in the early diagnosis and management of patients with a dementia by March 2011. [NHS Lothian to deliver an increase of 33%](#)
- To support shifting the balance of care, NHS Boards are to achieve agreed reductions in the rates of attendance at A&E, between 2007/08 and 2010/11. This is a new target for 2009-10
- To reduce all staphylococcus aureus bacteraemia (including MRSA) by 30% by 2010; to introduce and comply with local antimicrobial policies by 2010; and to reduce the rate of C.diff infection in hospitals by at least 30% by 2011. This is a new target for 2009-10
- By 2010/11, NHS Boards will reduce the emergency inpatient bed-days for people aged 65 and over, by 10% compared with 2004/05. This is a new target for 2009-10.

## Access to services

- Provide 48-hour access or advance booking to an appropriate member of the GP Practice Team by 2010/11. This is a new target for 2009-10
- The maximum wait from urgent referral with a suspicion of cancer to treatment is 62 days; and the maximum wait from decision to first treatment for all patients diagnosed with cancer will be 31 days from December 2011. This is a new target for 2009-10. [NHS Lothian to achieve it a year early, by March 2010](#)
- Deliver 18 weeks referral-to-treatment times from 31 December 2011. No patient will wait longer than 12 weeks from referral to a first outpatient appointment from 31 March 2010. No patient will wait longer than 12 weeks from being placed on a waiting list to admission for an inpatient or day case treatment from 31 March 2010. This is a new target for 2009-10
- To offer drug misusers faster access to appropriate treatment to support their recovery. This is a new target for 2009-10
- NHS Boards to deliver faster access to Child and Adolescent Mental Health Services. This is a new target for 2009-10.

**For full details of the Local Development Plan and HEAT targets visit [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk) via Home > News and Publications > Strategies**

To view the Scottish Government's action plan on health *Better Health Better Care*, visit [www.scotland.gov.uk](http://www.scotland.gov.uk)

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