

Cheshire East Health and Care System 'Blueprint 2030'

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Summary

This document sets out a System Blueprint for the Cheshire East Health & Care system in 2030. Here, we describe, in a simple way, the vision of a Health and Care system which will enable the people of Cheshire East to live a healthier, longer life: with good mental and physical wellbeing: living independently and enjoying the place where they live. Beginning with the end in mind, by creating a blueprint we will have a better sense that the precious time, energy and resource we commit is taking us in the right direction.

In summary, by blueprint we mean the picture and narratives that set out what level and range of service every person in Cheshire East should expect from health and care services.

Production of this document has been a result of 4 unique Cheshire East Place workshops, whereby system colleagues have worked in partnership in the belief that by working together as a health and care system we can achieve the best outcomes for individuals, carers and the populations that we serve. Over the 7 month period, system partners have worked on developing a description of what our “system” will look like by 2030, taking into account:-

1. The vision, priorities and approach set out in our Health and Wellbeing Strategy
2. Previous and existing strategies, namely Caring Together, Connecting Care and Mid Cheshire 10 patient groups (Mid Cheshire 4 Business Models & patient segmentation work) extracting the best from the best.
3. What our population and people say that they need, drawn from several sources.
4. Previous “system pictures”, considering what an individual/population facing picture needs to look like.
5. Our golden threads, namely the 8 Ps (Place, Prevention, Proportionate Universalism, Partnership working and co-production, Proactive Care, Person-centred approaches, Programmes of Care and Progress)
6. Several underpinning assumptions, in summary, people’s needs are changing, the way we provide (and further need to provide) hospital and community services is changing through new research, evidence and technology: people are empowered to manage their own care and we cannot afford to do nothing.

Throughout the workshops we recognised that forming and delivering a health and care system blueprint is a complex process. Therefore, this version of the System Blueprint will be a working document, and subject to endorsement from the Place Leadership Group and partner organisations.

We will also need to engage local people in this; though throughout the process we have reflected on what we already know from previous and on-going work.

An implementation plan has been developed. A key part of this will be to align demand and capacity modelling with a clear timeline for our priorities and work programmes through to 2030.

Introduction

Following initial agreement from Cheshire East Place Leaders to develop a Cheshire East System Blueprint in April 2023, a small System Blueprint Workshop Design Group worked together to develop a comprehensive set of timely activities to bring partners together to produce this. This was delivered primarily through 4 system workshops in July, September, October and December. From the outset the Group were clear in terms of what needed to be achieved in a short space of time, with the overall output being a clear, agreed blueprint for Cheshire East Health & Care System.

Design principles

The following design principles formed part of the initial proposal to develop a system blueprint, all of which underpinned the approach taken.

- Be person-centred, outcomes focused, evidence based.
- Ensure the best use of resources across settings.
- Create the environment for a great place to work.
- Take account of inequalities in access and outcomes.
- Be developed inclusively across partners and people.

In addition, and fundamental within the planning phase, was a clear commitment to reflect and value the contribution from all sectors, ensuring that no one organisation be destabilised to the point of unviability and deliver on a blueprint which would enable longer term planning.

Cheshire East System Blueprint

The Cheshire East blueprint is a conceptual framework which outlines the components of the system required to achieve our ambition of empowering individuals to focus on their own health and wellbeing, and on requiring health and/or care provision keeping care and management in the community setting wherever possible. The framework has been developed and needs to be viewed through the lens of the future, namely 2030, taking digital solutions into account.

There are three component parts to our Cheshire East System Blueprint, all interlinked and interdependent:-

- Healthy Households,
- Healthy Neighbourhoods
- Health & Care

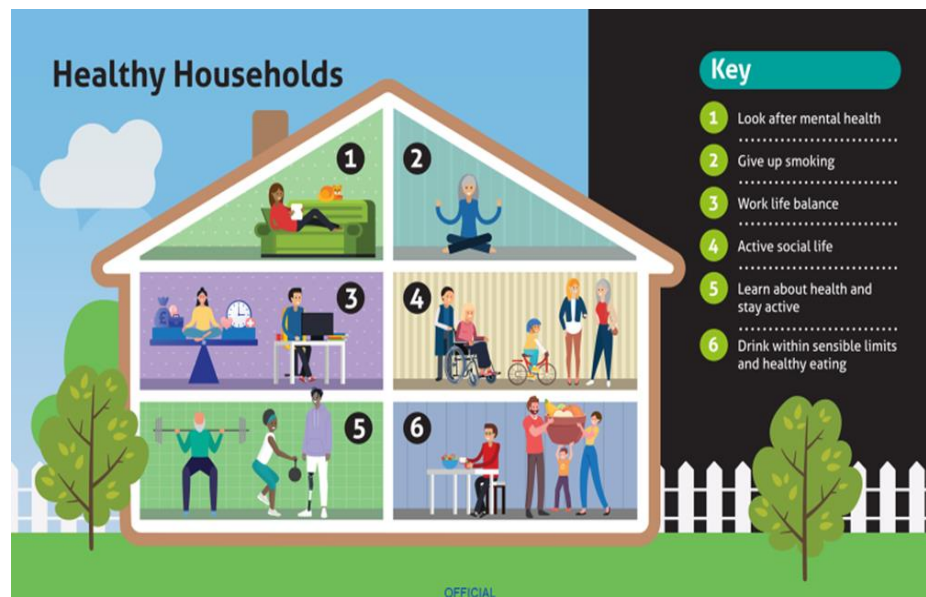
Each of these elements is described below.



Figure 1: The blueprint architecture

Healthy Households

Our ambition for the people of Cheshire East is to live well for longer, starting within the household, where evidence-based information and digital solutions are readily accessible for them to make the best choices and to support everyday life irrespective of age or affordability.



Postcard from the future

Smart Homes (Empowering positive lifestyle choices)

- Wearable devices
- Internet of Things (IOT) – with user friendly language
- Voice controlled systems linked to heating & smart plugs
- Connectivity on prescription
- Access on-line to NHS 111, video conferencing & Attend Anywhere
- Voice over friendly checks
- Access to telephone & telehealth – digital connectivity for health
- Safe & warm homes – access to online support

Smart Health & Wellbeing (community access to digital services)

- Intelligent Management of Long-Term Conditions (monitoring kit)
- NHS Apps & Patient Knows Best (Apps on prescription)
- Home Testing & Home Screening
- Online triage & appointments
- Smoking, weight loss, alcohol advice & substance misuse
- Access to care & wellbeing professionals (motivational conversations)
- SMI health checks
- Access to personal health budgets

Smart Medicine

- Symptom checker via NHS 111 & managed advice (specialist advice)
- Live Well (Advice & Guidance)
- AI BOT
- Personalised medicines
- Genomics
- AI that picks up internet patterns & notifies wellbeing coordinator

To.. The Residents of Cheshire East.

Destination

That more people live and age well, remaining independent

- Provide services that enable people to improve their health and wellbeing
- Reduce the numbers of adults and children who are overweight or obese
- Support residents through the cost-of-living crisis, including fuel and food poverty
- Support people with disabilities and/or long-term health conditions (mental health and/or physical health)



Healthy Neighbourhoods

Our ambition is to support neighbourhoods to build an asset-based approach, where we help people to help themselves. We want people to live as part of a community, connected to the people who are important to them and benefit from a range of local, flexible, high-quality services and support them to live a good life together.



This may require a radically different approach to how we work together as health and care organisations, the types of conversations we have and the willingness to distribute resources to local assets, for example our Voluntary Sector organisations are critical partners in developing health neighbourhoods.

Postcard from the future

- Expert patient programmes
- Local Pharmacy (minor ailment management), long term condition management including Blood Pressures & Health Promotion
- Access to social prescribing
- Family Hubs (MDT approach to management) & local early years provision
- Community Clinics/Groups eg, heart failure, falls, dementia, weight management
- Access to Personal Health Budgets
- Pre-surgery classes & post-surgery classes
- Targeted health & wellbeing cafes (locally determined & managed by local people)
- Growth of voluntary sector agencies to deliver supportive activities (using leisure centres, local green spaces & local infra-structure, eg family hubs)
- Accessible support offers (eg neurodiverse, mental health support, addiction support)
- Infrastructure to get out and about, including affordable travel
- GP who knows me
- Sexual Health services, ie contraception, pre-conception information
- Local access to specialist advice & local diagnostics (full range)
- Care coordination & local care pathways designed for individuals
- Local support for Lasting Power Of Attorney, Wills & bereavement
- Wider access to case-finding programmes in local areas (eg blood pressure "pop up" events - taking health checks out into the community) & locally sensitive delivery Immunisations & Vaccinations

To..
**The Residents of
Cheshire East.**

Destination....

Cheshire East is a place that supports good health and wellbeing for everyone

- Improving the quality of residents' living environment and access to green spaces
- Promoting active travel
- Reducing isolation and loneliness
- Communities providing opportunities for all people to connect and feel a part of their 'place'
- Voluntary, Community, Faith & Social Enterprise as full partners.



Health and Care

Our ambition is for local people to be in receipt of local provision when they require health and/or care services, creating a shift from traditional centralised provision. In so doing we will place the empowered person central to their health and care system, facilitating responses to people's urgent and planned care needs by bringing services together where traditionally they have been disparate and seeing the whole person rather than an individual condition or need.



Level & range of service Postcard from the future

Health & Wellbeing

- Lifestyle and social prescriptions
- Empowered self-management of long-term conditions

Family Hubs & Women's Health

- Family Hubs with Multi-Disciplinary Teams to support children's health management
- Local Women's health centres

Seamless Proactive Management

- Population health management approaches, identifying those at risk and intervening early

Seamless Planned Care Pathways

- Planned virtual MDTs between primary/secondary/community professionals - all specialities (Hub & Spoke)
- Timely access to planned care centres (physical & mental health) & best practice length of stay for all conditions/procedures

Seamless Emergency & Urgent Care Pathways

- Artificial Intelligence systems in all Care Homes - alert function linked to UCR
- Fully integrated health & care urgent crisis response in each Care Community - 7 day access
- Same Day Assessment & Diagnostics (central function for those acute/high level need)
- Integrated urgent care - new urgent care pathways linking acute & community professionals.
- Virtual Wards & Supported Discharge

Timely access to Diagnostics

- Local access to full suite of community diagnostics in each Care Community
- Smart triage & central specialist diagnostics, with remote monitoring functions

Seamless End of Life Care/Pathways

- Shared records to enable good symptom management
- Seamless services across health, social, VCSFE, legal services. Timely access to medication/equipment for transition to palliative
- Expert support from specialists in palliative care
- MDT approach to management of palliative care and access to hospice care

To..
The Residents of
Cheshire East.



Destination....

That more people live and age well, remaining independent; and that their lives end with peace and dignity in their chosen place.

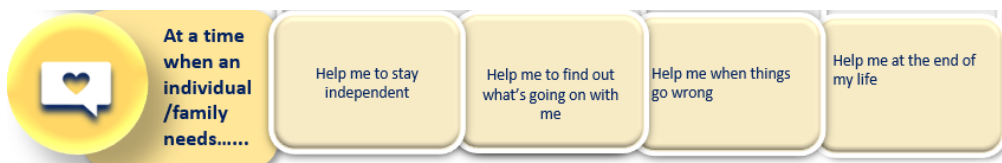
- Improving access to prevention and early intervention signposting, guidance and advice
- Delivering the Home First Programme: Hospital prevention, which includes the Community 2 Hour Response, Virtual Wards, Falls Prevention, Rapid Home Care and Community Voluntary Sector support

Cheshire East System Blueprint – Framework for Delivering Health & Care

Our collective ambition throughout has been to construct a system which keeps the empowered person central, structuring provision around the individual/families with the primary focus on health and wellbeing and local provision for local people. In recognising that with greater empowerment brings about greater expectations, the delivery mechanism for the blueprint focuses on what the individual can expect at a point in time when services are required (from the lowest level of service provision through to higher level of service provision).

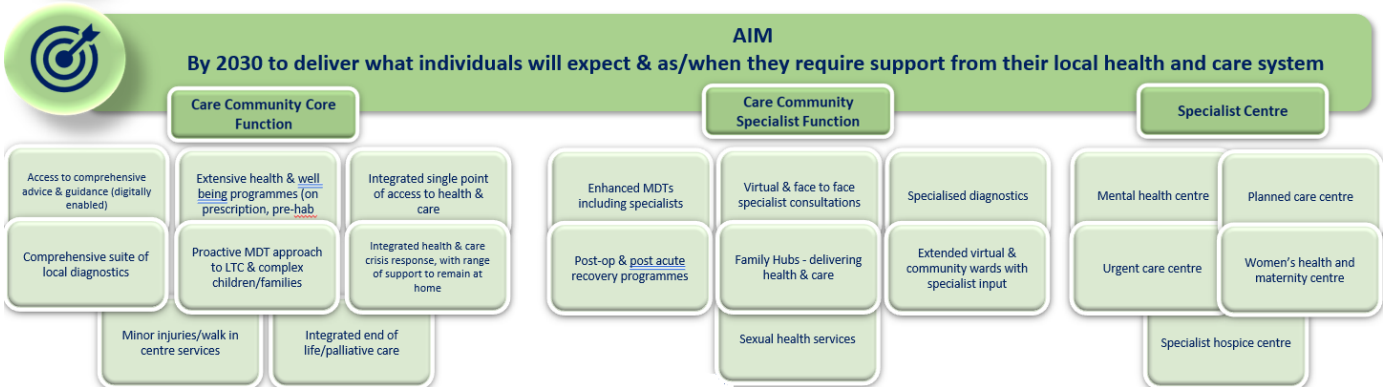
The following framework sets out:-

- The four segments of need
- What an individual or family can expect
- How services will be delivered



By bringing all the above component parts together, we now have a Cheshire East Health & Care system blueprint which clearly articulates “what needs to be where”. When we deliver the Health & Care system blueprint, we will revolutionise the way in which we jointly deliver health and care, shifting the focus to delivering much more in our Care Community settings, bringing specialist functions much closer to local delivery, and using our specialist centres in a more effective way.

Cheshire East System Blueprint – High Level Health & Care



Cheshire East System Blueprint – Testing the Concept

The blueprint has been taken through many tests and “checking in” activities with system partners throughout the 4 system workshops.

Significantly, the Mid Cheshire 10 patient groups (+ 2 additional specific to mental health) have been used throughout as ‘real-life’ individuals using services with a view to determine what their service provision could look like in the future. To give strength to the proposed system blueprint the following is one example of an individual and the changes she will experience when the blueprint is fully live.

Thinking about Olive



Fully tested using the 10 + 2 patient groups (segmentation, 4 business models)



Telehealth options



Infrastructure to get out and about to combat social exclusion (affordable taxi)
Bereavement for individuals & family
Local dementia support
Robust pharmacy review



Manage heart failure meds management of community pharmacy/meds optimisation
Staffing consistency/communication
GP & District Nurse knowsher
Key worker that can be trusted and link with family
Care agency manager
Community heart failure clinic
Dementia services

To summarise, over several months Cheshire East Health and Care partners have contributed to 4 unique workshops to determine the Cheshire East System Blueprint. Colleagues have worked in partnership, with the belief that by working together as a health and care system we can achieve the best outcomes for individuals, carers, and the populations that we serve. The road to making the blueprint real involves several comprehensive steps, the first of which includes gaining endorsement from Cheshire East System Leaders and partner organisations.

Simultaneously, the original System Blueprint Design Group will be taking an implementation plan to the Strategy, Transformation and Partnership Group which will then oversee the steps required to implementation.

Blueprint High Level Plan (themes)	End Date
Engagement and Approvals	31/03/2024
Test and create alignment with current strategic plans	31/03/2024
Population health care needs assessment	31/07/2024
Implementation (programmes & enablers) Plan	31/07/2024
Monitoring and review (metrics & outcomes plan)	31/03/2024

Organisations represented at workshops

- Cheshire East Council
- East Cheshire NHS Trust
- Mid Cheshire NHS Trust
- Cheshire & Wirral Partnership Trust
- East Cheshire Hospice
- Healthwatch
- Wirral Community Health and Care NHS Trust
- Primary Care Networks
- St Luke’s Hospice Cheshire
- CVS Community & Voluntary Services Cheshire East