

HIN Annual Review 2015/16



Annual Review

This annual review showcases the Health Innovation Network's ground-breaking work over the last year, with our clinical programmes and exciting digital innovations. In the last year we've made progress on our clinical programmes to transform care in diabetes, musculoskeletal disease, alcohol and dementia – and added a new focus in accelerating the uptake of digital health into the NHS. We're passionate about our work around education, and our NHS Internship Scheme was a finalist at the HSJ Value in Healthcare Awards. It tells the story of what we've been doing in a few key areas, how we've done it and some of our future plans.

The Health Innovation Network acts as a catalyst of change – identifying, adopting and spreading innovation across the health and care system in south London, based on a culture of partnership and collaboration with our healthcare, research and industry partners. We are the Academic Health Science Network (AHSN) for south London.

We hope you enjoy reading this, and the resources we've included.

Find out more about us here:
www.hin-southlondon.org





Highlights from
Chairman
Richard Barker



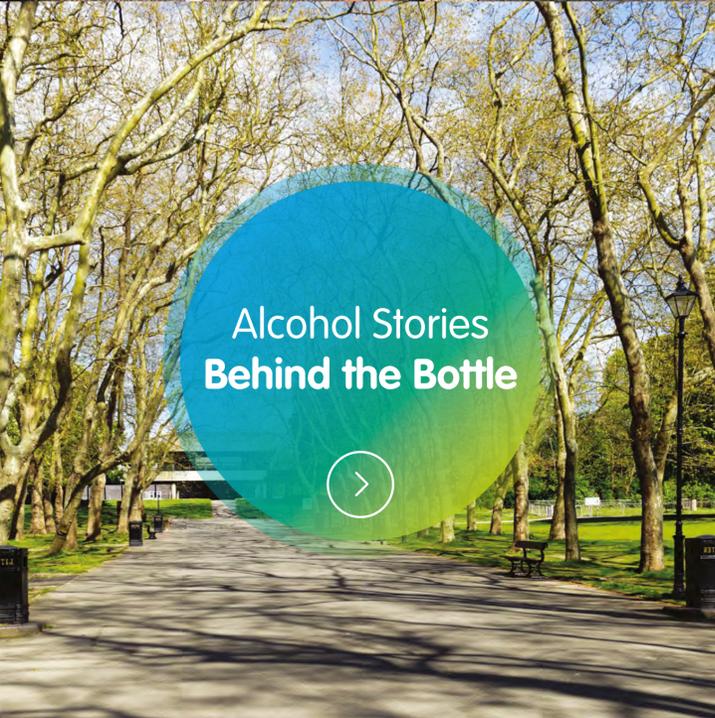
Chief Executive
Report



The Diabetes
Improvement
Collaborative



ESCAPE-Pain



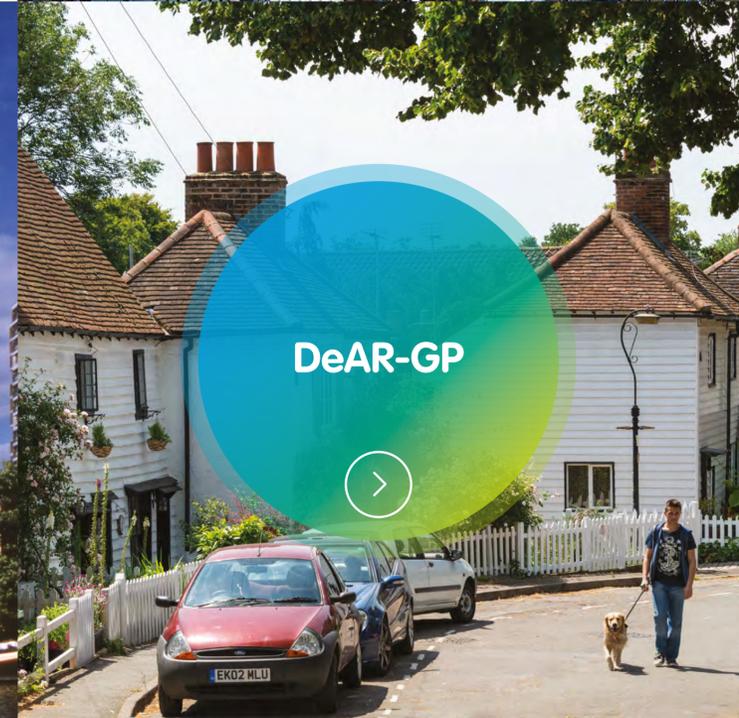
Alcohol Stories
Behind the Bottle



NHS Internship
Scheme



DigitalHealth.
London



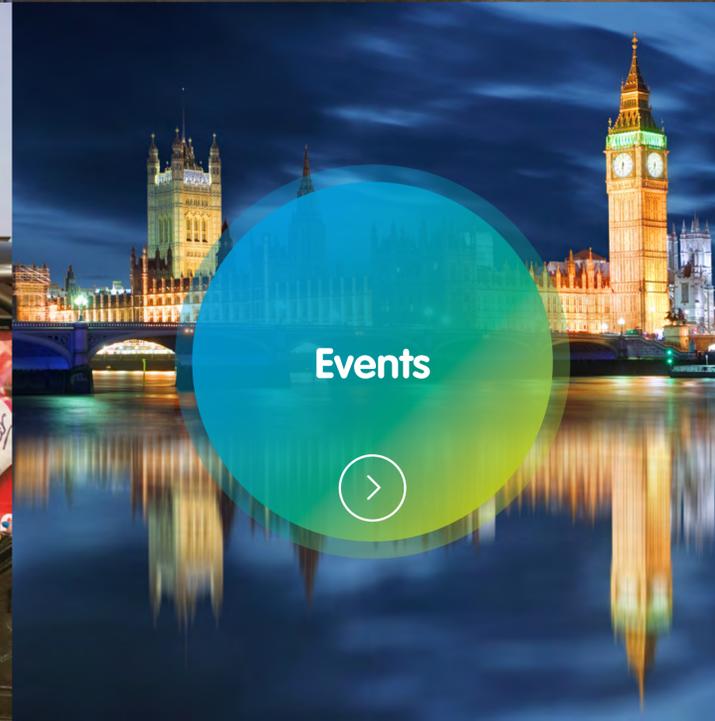
DeAR-GP



Technology:
Digital Content
Prescribing



South West
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Events



Patient Safety
Communities of
Practice



Highlights from Chairman Richard Barker

The health and care system in England has continued to see real changes throughout 2015/16, and the Health Innovation Network found itself at the heart of a drive to deliver improvements across the system, quickly and at scale.

Academic Health Science Networks are key change agents able to accelerate the spread and adoption of innovations to help realise Five Year Forward View oriented improvements. As the only bodies that connect NHS and academic organisations, local authorities, the third sector and industry, we are the catalysts for creating the right conditions for change across our whole south London health and social care economy. Our clear focus is on improving health for both patients and people in the wider community.

We welcomed our new Chief Executive this year, Tara Donnelly, and she and the Health Innovation Network team have risen to this challenge in a number of ways. Over the last year we've driven forward our clinical programmes to transform care in major chronic conditions such as diabetes, musculoskeletal disease, and dementia – and added a tremendous new focus in accelerating the uptake of digital health within the NHS. The launch of DigitalHealth.London brings a significant new dimension to our work to stimulate economic growth while advancing modern pathways of care.

Furthermore, the appointment of our new Medical Director, Tony Newman-Sanders, together with our strengthened board membership, significantly extends our visibility and relationships across south London. We now have board representation across our 12 south London boroughs – and you can find out more and see the full board here.

I am delighted to see the great work the team have done under Tara's energetic leadership, and look forward to moving ahead with our major programmes – to help transform the NHS and, of course, to prepare for our future re-licensing.

Professor Richard Barker OBE - **Chairman**



Chief Executive Report

My first year with the Health Innovation Network has been an exciting and challenging one for all sorts of reasons. We have achieved an enormous amount, both with – and for – our members and partners across south London, and indeed colleagues across England.

The Health Innovation Network team started 2015/ 16 on a strong foundation, building on the great work achieved across all clinical programmes and cross-cutting themes in the first two years of our licence. The results of the first NHS England national stakeholder survey of all AHSNs showed that an exceptional 91% of respondents recommended working with us, and over 82% said how helpful and knowledgeable they have found HIN staff.

An impressive 75% of respondents told us how valuable our support had been in the area of quality improvement, a key focus in both our dementia and diabetes programmes, as well as our patient safety collaborative. Innovating for growth and building a culture of collaboration was also highlighted as a strength, with 78% saying they valued our role in identification, adoption and spread of innovation, combined with their confidence that we're effective at building a culture of partnership and collaboration.

I was delighted to join the team in September to help continue this great work. I also recognised the survey findings about where we needed to get better, and for us, one of these was the visibility of our profile and the other was commercial development and wealth creation. The latter has proved challenging for all AHSNs and a tough one to crack, but I am happy to say that we're now making real progress here in a number of areas, particularly by harnessing our strength in all things digital. I hope you'll have seen evidence of our profile rising too and you can read more about our full survey results [here](#).

The Health Innovation Network has been undertaking digital innovation and information services activities since its inception. Our purpose is to speed up good things happening in health and care in south London and we seek to become known for our digital innovation work, which we've been integrating in our work across our programmes.

Continued on next page ›



A few highlights of our digital innovation work include the diabetes team's work across acute trusts in south London to increase access to continuous insulin infusion pumps – bringing significant quality of life and complication minimising benefits. Our results indicate that we may well have achieved the fastest ever increase in up-take of this technology, with usage up by almost a third (31%). Meanwhile, the musculoskeletal team has developed a fantastic patient-facing [website](#) to help those suffering from chronic joint pain. We have also been the UK test site for app and digital content prescribing, and helped clinicians get patients using apps for everything from support for long term conditions, to managing their fitness and wellbeing. The system can be used just as easily to prescribe other digital content such as films, slide packs or animations. It is early days, but initial findings are positive responses from patients and staff alike.

[DigitalHealth.London](#) launched in February, and the Health Innovation Network is proud to be a founding partner of this virtual digital institute, set up in response to the London Health Commission's recommendation for the creation of a digital health hub. It draws upon leading NHS experts with world-class insight to pioneer the development, commercialisation and adoption of digital technologies in health and social care to improve health outcomes. The first major programme is the [Accelerator](#), which we host here at the HIN, and will enable digital health businesses to foster better engagement with the NHS and the wider health sector.

I have also really enjoyed meeting with senior leaders during the past year, and visiting the many wonderful and hugely inspiring – although invariably under great pressure – sites and facilities where our members deliver services for our incredibly diverse south London population. From helping nursing staff and people with dementia at Kingston Hospital's Dementia Awareness picnic to standing on St George's Helipad, it's been fascinating getting to know our members. In the spirit of collaboration and partnership, we've also held a number of networking events at our new offices near Borough Market. In the last year, we've held more than 40 diverse and exciting events, with over 1,700 delegates taking part.

I look forward to the great things that we have ahead for the next year, and the opportunities and challenges this brings us at the Health Innovation Network – as we continue speeding up the best in health and care, together, for the population of south London.

Tara Donnelly - **Chief Executive**



The Diabetes Improvement Collaborative

- Around 9,000 adults in south London have Type 1 (T1) diabetes and depend on insulin to regulate their blood glucose, through multiple daily injections, or a pump connected to their body.
- Insulin can be given through multiple daily injections, or a pump connected to the body.
- While nationally 15% -20% could benefit from a pump, a UK audit showed just 6% were using one in 2013. In south London, 2014 uptake was between 3% - 15% depending on borough.
- The Health Innovation Network created a Diabetes Improvement Collaborative of over 60 health professionals and service users, who worked together from June 2014 to November 2015 to improve outcomes for people with T1 diabetes – focusing on improving access to technology, starting with insulin pumps.
- Since June 2014, data shows insulin pump uptake in south London has increased by 31% – meaning over 370 additional patients now access pump therapy.
- By April 2016, approximately 12% of local T1 patients were using a pump, versus a 2013 UK average of just 6% of patients.

Congratulations on this great work... I am hugely grateful for the focus you are bringing to the diabetes space." Prof Jonathan Valabhji, National Clinical Director, Obesity and Diabetes



For more info contact
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Stroke Prevention, at
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Find out more
see the film here

ESCAPE-pain

- ESCAPE-pain is a NICE-endorsed rehabilitation programme for people with chronic joint pain which integrates self-management and coping strategies with an exercise regimen individualised for each participant.
- One in five people over 50 years have osteoarthritis (chronic joint pain) in one or more joints, rising to one in two people over 80 years. Pain and inactivity from the condition has a huge health and socioeconomic impact.
- The ESCAPE-pain programme improves physical and mental health for patients living with chronic joint pain in the knee or hip. It is delivered in groups, for 10-12 sessions, twice a week over 5-6 weeks.
 - › The Health Innovation Network has led the spread of ESCAPE-pain from just a few UK sites in 2013 to 24 sites in 2015-16, with 13 of these based in south London. Thousands of people have now benefitted.
 - › Potential savings are huge: £10m if delivered to just 5% of the eligible OA population in south London alone.
- A website has been developed to help more health professionals deliver ESCAPE-knee pain, increasing the programme's spread

National awards for the ESCAPE-pain programme:



If you'd like to set up a service, please contact andrea.carter@nhs.net



See the ESCAPE-Pain website here

Alcohol Stories Behind the Bottle

- Alcohol related health conditions cost the NHS in England £3.5 billion per year, which is equal to £120 for every taxpayer.
- In south London the impact of alcohol is significant – the recent Screening and Brief Intervention Programme for Sensible Drinking study (SIPS) found that 40% of attendances at King's College and St Thomas's Hospital emergency department were alcohol related.
- The Health Innovation Network's Alcohol team ran a ground-breaking competition called 'Stories Behind the Bottle' in 2015. It tackled head-on the stigma that people with alcohol problems can sometimes face from healthcare professionals.
- The competition – to make a short training film for healthcare staff – brought together service users, filmmakers and students.
- A series of films were made, and the winning entry – by Roehampton University film student Dasha Scevcenko – challenged assumptions and gave a voice to patients who were alcohol dependent.



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Find out more about the
alcohol programme here

NHS Internship Scheme

- The Health Innovation Network's Internships scheme provides paid graduate internships in NHS vital support services. We work with some excellent south London universities on this innovative scheme, to attract top graduate talent into the NHS.
- We now have over 50 internship placements running across 14 organisations, and 15 job roles from business support to quantitative surveying. Over 300 students are now on our books for internships. The internships range from one day per week to fulltime year positions.
- The NHS is the fifth largest employer in the world and offers exciting opportunities behind the frontline, but gaining access to these jobs can be difficult for young people who are not 'in the know', lack access to networks and come from diverse backgrounds.
- The NHS Internship Scheme:
 - › Creates an easy way to find fresh talent for hard to recruit roles
 - › Reduces costs of temporary and contract staff
 - › Increases productivity and efficiency
 - › Increases diversity in NHS workforce
 - › Unblocks barriers to graduate recruitment in the NHS
 - › Raises awareness of career opportunities for universities and their students
 - › Building a sustainable model for export to the wider NHS



Interested in an intern?
Contact
louise.brennan5@nhs.net



Working with

Goldsmiths
UNIVERSITY OF LONDON



**University of
Roehampton**
London



**London South Bank
University**

**KING'S
College
LONDON**



Find out more about
the programme here

@HINSouthLondon

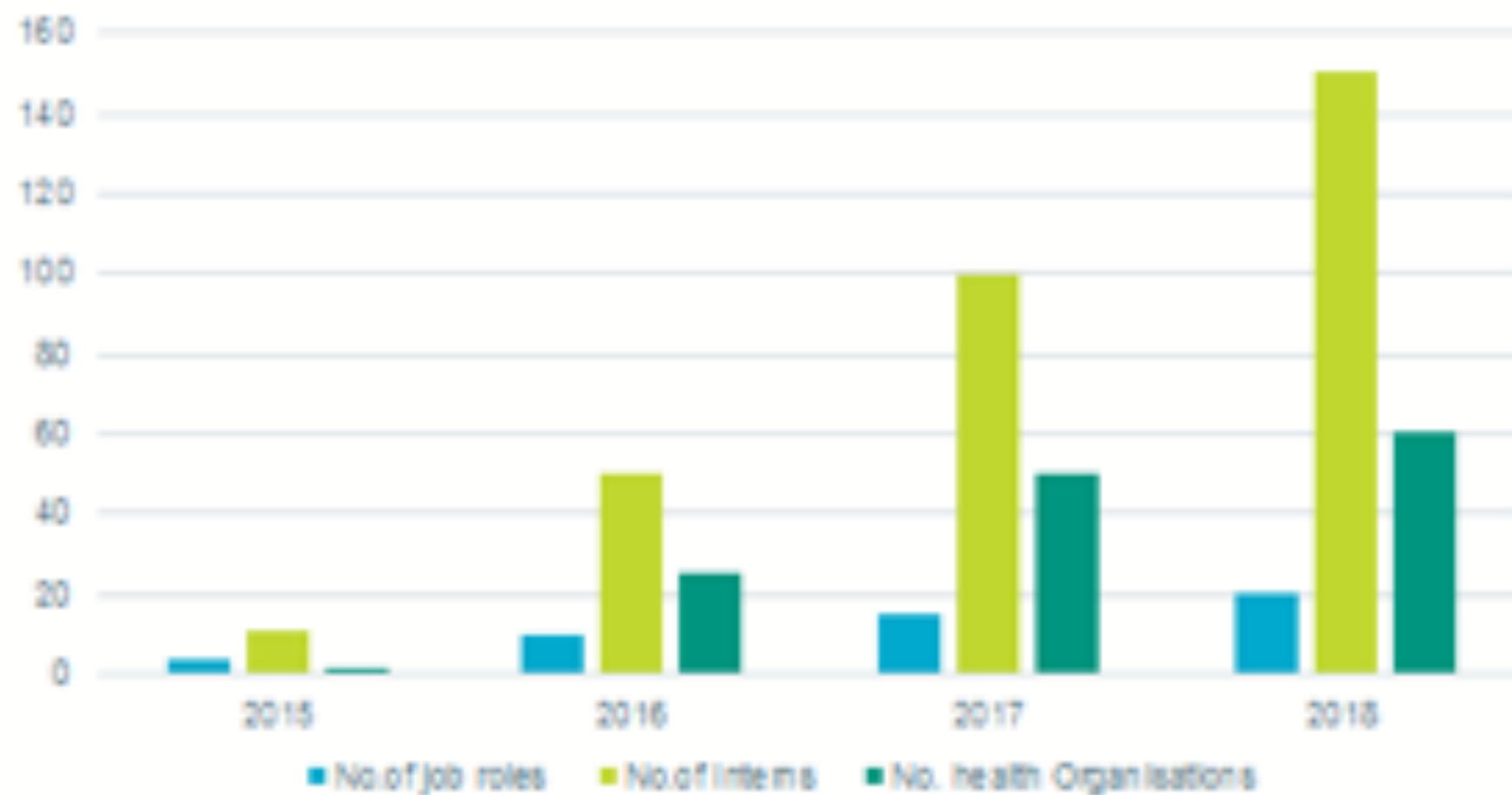
www.hin-southlondon.org



Watch our NHS Internship Scheme videos



Size of pilot scheme and future projections



DigitalHealth.London

- DigitalHealth.London accelerates the development, commercialisation and adoption of digital health solutions, by creating a network of key stakeholders in London.
- This ecosystem is being developed as a response to the 2014 report by the London Health Commission, Better Health for London, which recommended the creation of a digital health hub in the city.
- To achieve this, DigitalHealth.London is:
 - › Creating transparency in the health and care system on both supply and demand side
 - › Building an informed and active network focussed on meeting the most pressing NHS needs
 - › Facilitating the right connections between NHS/ Social care and industry, to accelerate the adoption and commission of digital innovations.
- The first major programme is the DigitalHealth.London Accelerator –which enables digital health businesses to foster better engagement with the NHS and the wider health sector, in order to refine and develop products and services that meet the needs of the system.
- The Accelerator brings significant investment to the capital, and has had great interest from companies and stakeholders keen to participate.
- DigitalHealth.London is a collaboration between MedCity, the AHSNs and AHSCs in London: Imperial College Health Partners, Imperial College AHSC, UCLPartners, the Health Innovation Network and King's Health Partners, as well as NHS England Digital Team and Digital Catapult. It is supported by the Mayor of London and London health charities, GSTT Charity and CW+.

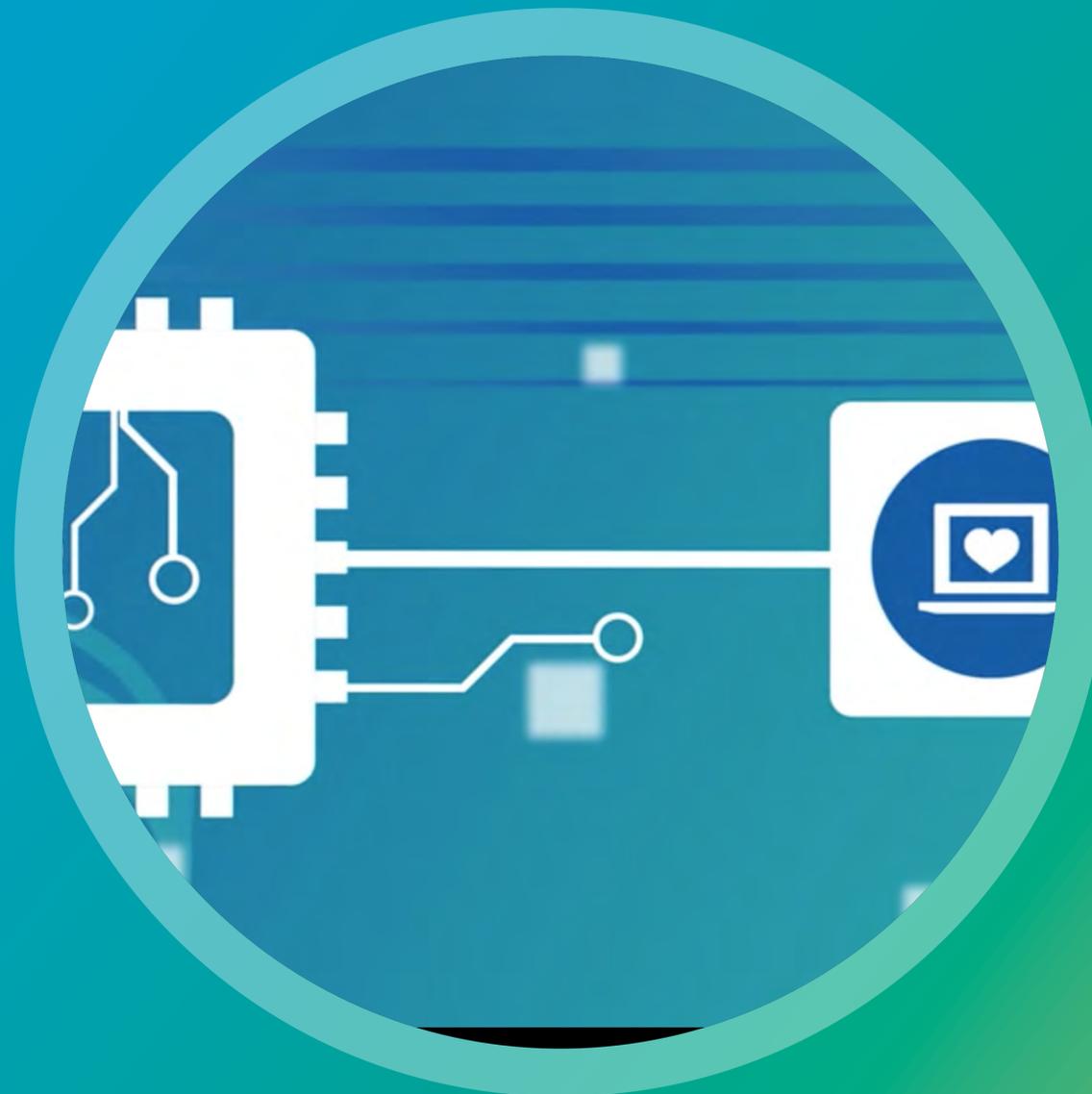


Find out how you
can get involved
www.digitalhealth.london



Find out about the
Accelerator
[www.digitalhealth.london/
accelerator](http://www.digitalhealth.london/accelerator)

Watch our **DigitalHealth.London** video



DeAR-GP

- Co -designed by the Health Innovation Network, the Dementia Assessment Referral to GP tool (DeAR-GP) supports care workers in care and nursing homes to identify people who are showing signs of dementia and refer them to their GP, or another healthcare professional for review.
- DeAR-GP has been developed and trialled with care homes who successfully identified residents showing significant signs of memory loss or confusion who did not have a diagnosis of dementia.
- Once completed by a care worker, DeAR-GP is reviewed by a clinician who can assess the resident further. Our pilot study showed clinicians found 87% were either: diagnosed with dementia, referred to the memory device, or found to have a previous diagnosis unbeknown to the care home.
- Diagnosis supports person centred care planning and helps understanding between care workers, family members and friends; facilitating better care and support of people with dementia.
- DeAR-GP acts as a communication aid between care workers and health professionals providing the results of a brief cognitive test. A diagnosis will aid the understanding of care workers and family members and friends; leading to better care and support of the person with dementia.
- Supported by the Alzheimer's Society and Dr Alistair Burns, National Clinical Director for Dementia, who has commended its use to all CCGs.



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[Download the
DeAR-GP tool here](#)

Technology: Digital Content Prescribing

- There are over 165,000 health apps available on the two main app stores – from mental health support, to fitness and wellbeing – these can be of real benefit to health.
- Clinicians are interested in prescribing digital content as part of a range of interventions, but need some assurance of quality and safety.
- Working with IMS Health, the Health Innovation Network is piloting their AppScript tool to help clinicians prescribe digital content.
- The AppScript scoring system gives one solution to help clinicians sift through so many apps, and prescribe those with a high rating.
- High scores are achieved by apps with clinical evidence, good patient and clinician feedback and endorsement from the NHS or other reputable organisations.
- In addition to prescribing apps, the system can be used just as easily to prescribe other digital content such as films, slide packs or animations, which support patients beyond the consultation room.
- The project contributes to the National Information Board's work in the national agenda, focusing on the accreditation of mobile health apps.
- The pilot sites build practical knowledge for implementation of the new way of working.



For more info contact
alice.morrissey@nhs.net



Find out more about
the project here:

Watch our Digital Content Prescribing video





South West London System

- South West London System (SWLS) integrated into the Health Innovation Network this year.
- SWLS has funded cutting-edge innovation projects, supported the education and training of the health and social care workforce, and helped to deliver cross-boundary care.
- SWLS delivered a unique leadership development programme – Leading and Managing Change Across Boundaries – focused on leading across sectors and organisational boundaries, and building partnerships across professions and organisations. This was designed for staff in or preparing for leadership positions, in specialist, strategic or general roles.
- They also funded six new small grants programmes, which ranged from a nurse preceptorship development programme for SWL and St George's MH Trust, to improving communication with people who have learning disabilities for Kingston and St George's Universities.

Lewisham Station



For more info contact
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See their full annual
review here

Events

- Our engagement with members continues to grow and we held more than 40 diverse and exciting events in the last year, with over 1700 delegates. We also created over 60 online collaboration groups (Jive) and over 600 users signed up.
- The South London Innovation Grants and Recognition Awards highlighted the very best projects and plans supporting the spread and adoption of innovations in health care across local communities. At an inspirational awards evening over £300,000 in grants were awarded.
- The musculoskeletal programme's Great ESCAPE event attracted stakeholders from across the sector, with enthusiast discussions around best practice and lessons learned, for those keen to innovate in the future.
- The Diabetes Improvement Collaborative held a showcase event where participants shared their excellent progress and plans for future development.
- The South London Care and Nursing Home Network ran a series of excellent events with national speakers that strengthened engagement with care homes, showcased innovative and collaborative approaches, and gave participants new ideas to take back and explore at their own care homes.
- The Patient Experience event improved the way that diverse groups and those often excluded can be involved in improving service design and delivery more effectively.
- The Community of Practice (CoP) Engagement event focused on the theory around CoPs, reflected on their progress to date, and planned their next steps.



To find out more,
please contact
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Patient Safety Communities of Practice

- Our Patient Safety Communities of Practice (CoPs) are self-organising and self-governing groups of people who share passion for what they do and the desire to be better practitioners.
- CoPs are founded on research into the invisible but effective ways that people learn in their jobs – through informal conversations, and seeing each other's ways of working.
- The Health Innovation Network's CoPs launched in April 2015, and are boundary-crossing, integrative and rigorous in their practice sharing.
- CoPs are attended by a breadth and diversity of healthcare professionals from providers across the system in south London.
- Our nine CoPs so far are:
 - › sepsis
 - › duty of candour
 - › medicines optimisation,
 - › maternity (moderate postpartum haemorrhage)
 - › delirium
 - › medicines safety
 - › culture change
 - › pressure ulcers
 - › acute deterioration



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