

2023 CVD Prevention Fellowship Welcome Event

Tuesday 18th July 2023

12.30 – 1.30

 @HINSouthLondon

 healthinnovationnetwork.com

 Health
Innovation
Network
South London

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Welcome

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Ambra Caruso

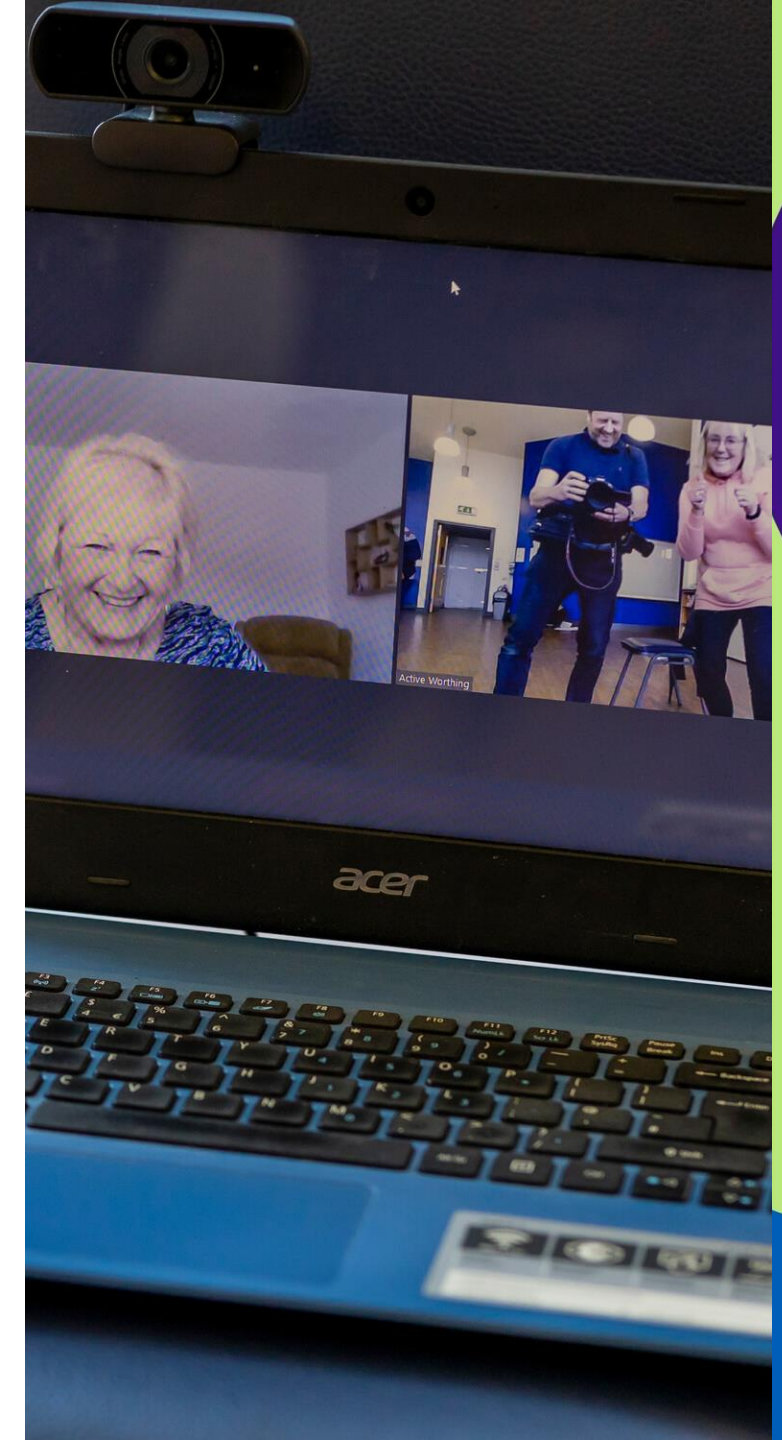
Senior Programme Manager
Health Innovation Network

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Housekeeping

- Please keep your microphone on mute when you're not speaking
- We will be recording today's session and for anyone who isn't able to join
- Feel free to use the chat for any questions

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Agenda

1. Welcome – Ambra Caruso
2. Why we run a CVD Fellowship – Dr Roy Jogiya
3. 2022 Fellow - Anne-Marie Kitchen-Wheeler
4. Structure of the Fellowship – Nathan Beencke
5. Quality improvement projects – Ambra Caruso
6. What's next?

The Health Innovation Network (HIN) – South London

Collaboration across south London

Acute Trusts in south west London

- ▶ Croydon Health Services
- ▶ King's College Hospital NHS Foundation Trust
- ▶ St George's Healthcare

Other Patient & Charity Organisations

- ▶ Healthwatch
- ▶ Others

Local Authorities

- ▶ Public Health
- ▶ Social Care

Acute Trusts in south east London

- ▶ Guy's and St Thomas' NHS Foundation Trust
- ▶ King's College Hospital NHS Foundation Trust
- ▶ Lewisham & Greenwich NHS Trust

Higher Education Institutes

- ▶ Goldsmiths College
- ▶ Greenwich University
- ▶ King's College London
- ▶ Kingston University
- ▶ Roehampton University
- ▶ Southbank University
- ▶ St George's University of London



Mental Health Trusts

- ▶ Oxleas NHS Foundation Trust
- ▶ South London and Maudsley NHS Foundation Trust

Industry and Commercial Partners

- ▶ Trade Associations
- ▶ Individual Companies

Primary Care

- ▶ General Practice
- ▶ General Dental Practice
- ▶ Pharmacists

Third Sector

- ▶ Hospice
- ▶ Community Providers

Aims of the CVD Prevention Fellowship

- Improve clinical knowledge of CVD Prevention
- Improve understanding of quality improvement methodologies
- Put these new knowledge and skills into practice by running a CVD quality improvement project in your practice or PCN

2022 Fellowship

7

85 Primary Care Clinicians

19 Education Sessions Delivered

98% feel more confident delivering care to CVD patients

40 Quality Improvement Projects Delivered



Feedback from 2022 Fellows

8

Really great project and new QI skills. Good opportunity to network with colleagues in wider area.

I would like to say thank you for the opportunity to join this group and learn more.

It has been a great project to be part of - has really helped to drive some changes that have long been needed. Thank you.

I am glad I have done the fellowship. I feel it has definitely helped me to improve patient care for my CVD patients.

It's been a brilliant project and has really inspired me to make improvements in the health of the local community.

Great programme and great learning opportunity for primary care to upskill the workforce. Thank you.

Very educational and supportive fellowship programme. Hope this will be repeated next year.

It has been a great project to be part of - has really helped to drive some changes that have long been needed. Thank you.

Well done to all. Great effort and well delivered. Thank you for being aware and supportive of the workload in primary care and adapting your course as we go along to reflect this. Very supportive approach from you all and very approachable.

Welcome to the 2023 Fellowship



51

New Fellows



1.8m +

Patients across those
PCNs



32

PCNs represented



12

Every South London
Borough represented

HIN Team

- Oliver Brady
- Ambra Caruso
- Dr Roy Jogiya
- Kristina Leonnet
- Margaret Connolly
- Rod Watson
- Nathan Beencke



slido



**Scan the QR code or join at slido.com
#CVDFFellows**

ⓘ Start presenting to display the joining instructions on this slide.

02

Why run a CVD Fellowship

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Dr Roy Jogiya

Clinical Director for CVD Prevention, Health Innovation Network
Consultant Cardiologist Kingston and
St Thomas Hospital's NHS Foundation Trusts

The impact of CVD

- Most common cause of premature death
- Covid-19 has impacted many components of CVD prevention
- The total annual healthcare cost of CVD is £9 billion

Top Five Biggest Killers in the UK

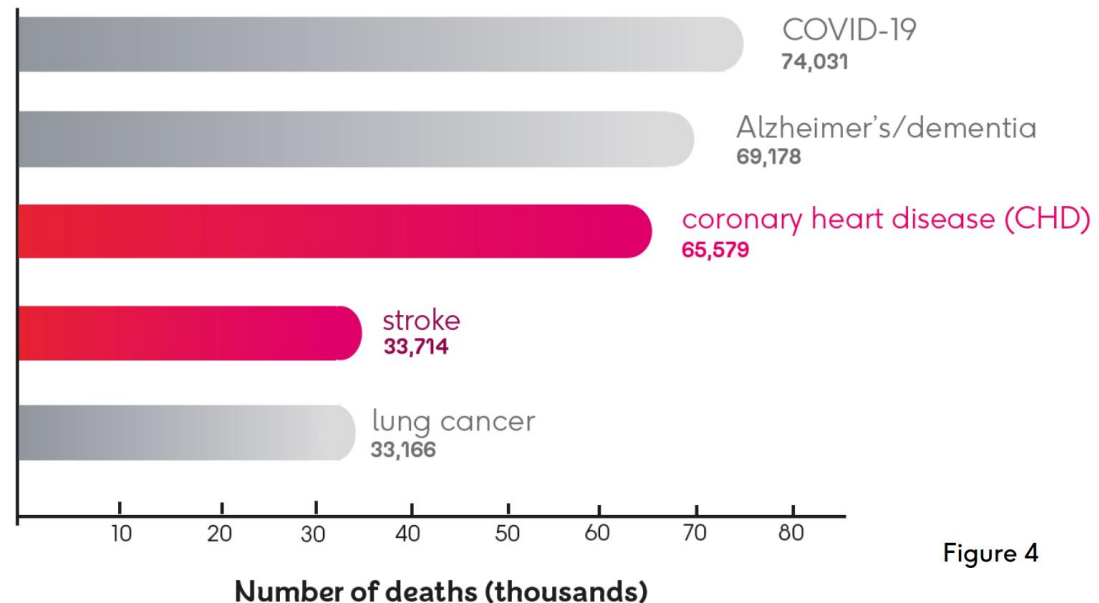
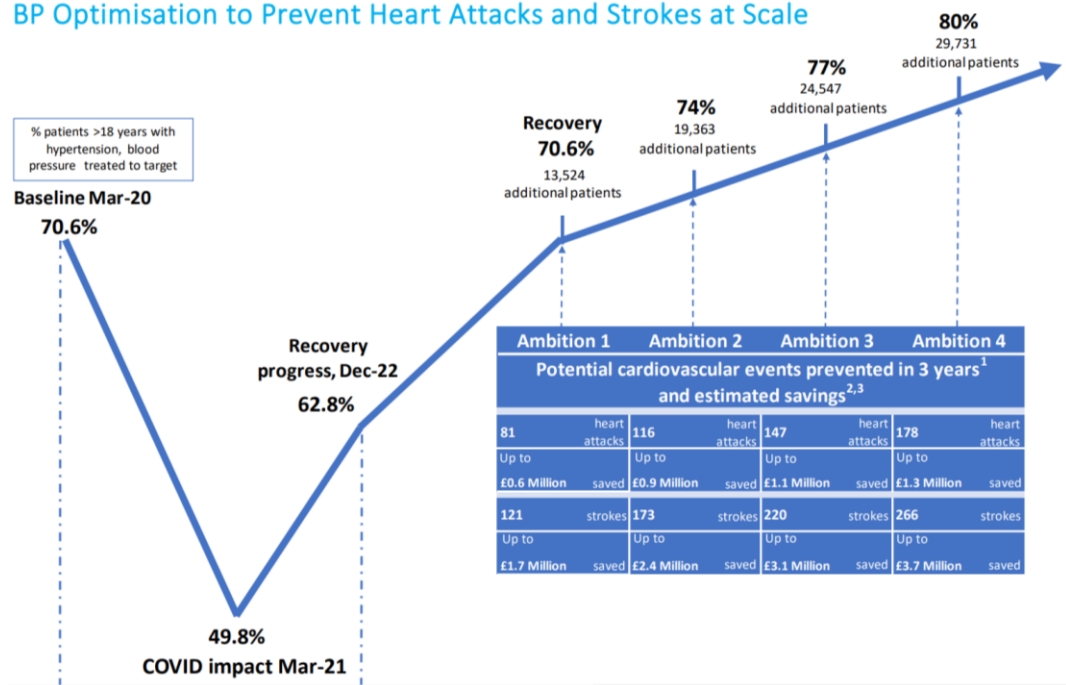


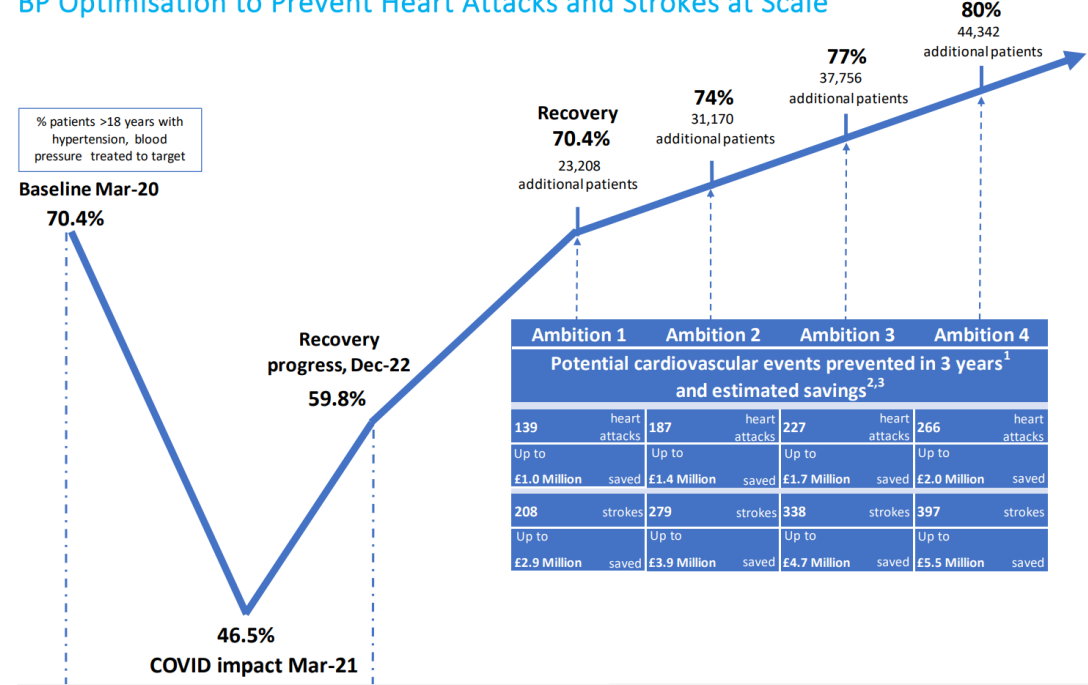
Figure 4

The impact of Covid-19

Size of the Prize South West London Health and Care Partnership BP Optimisation to Prevent Heart Attacks and Strokes at Scale

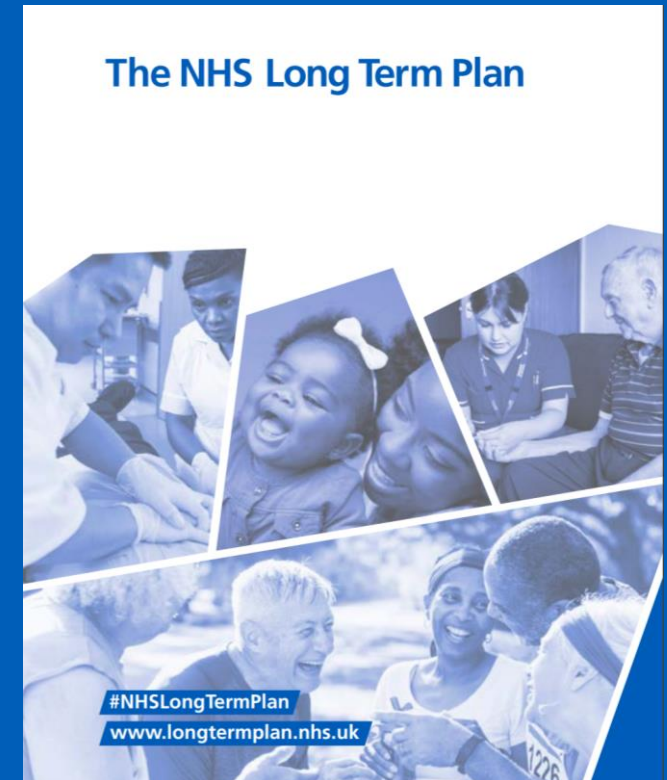


Size of the Prize Our Healthier South East London BP Optimisation to Prevent Heart Attacks and Strokes at Scale



The NHS long term plan makes CVD prevention a key clinical priority

- Commonest cause of premature death in deprived areas
- CVD is the single biggest area where the NHS can save lives over the next 10 years
- Early detection and treatment of CVD can help patients live longer, healthier lives
- ABC (AF, Blood pressure and Cholesterol)
 - Undetected, high-risk conditions such as high blood pressure, raised cholesterol, and atrial fibrillation (AF)



ABC Management of Cardiovascular disease

Atrial Fibrillation

High Blood Pressure

High Cholesterol*



Risk

5-fold increase in stroke risk, often of greater severity

Contributes to half of all strokes and heart attacks

Marked increase in premature death and disability from CVD



Unmet need

30% undiagnosed, over half untreated or poorly controlled

5 million undiagnosed, 40% poorly controlled

Most people at high CVD risk do not receive statins



Opportunity

Anticoagulation reduces strokes by 2/3 in AF

Every 5 mmHg reduction lowers risk of CVD events by 10%

Statin therapy can reduce risk of CVD events by 20–24% for people with 10-year risk $\geq 10\%$

By 2029:*

Atrial fibrillation

- 85% detection rate
- 90% anticoagulation rate

High blood pressure

- 80% diagnosed
- 80% treated to target

High cholesterol

- 75% people aged 40–74 risk assessed
- 45% people aged 40–74 with $\geq 20\%$ 10-year risk of CVD receive statin treatment
- 25% FH diagnosis and treatment[†]

Aims of the fellowship

- Update knowledge + empower prescribing
- Improve collaborations + meet wider team
- Continue the return to normal post Covid-19 CVD care
- Offer best practice within QOF
- Innovate new ways of working

Any questions?

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2022 CVD Prevention Fellow

Anne-Marie Kitchen-Wheeler

Senior Clinical Pharmacist
Elm House Surgery

2022 Fellow: Anne Marie Kitchen-Wheeler

This project aimed to improve the identification and management of hypertension:

1. Improve diagnosis of hypertension through follow up of raised BP within 3/12.
2. Code hypertension if diagnosed increased hypertension register.
3. Update with normal BP where previous was one off. CVD 01 to do will decrease. Target should be <10% register i.e., 200



Fellow Name: Anne-Marie Kitchen-Wheeler
PCN: Beckenham PCN
GP Practice(s): Elm House Surgery

Bromley



PROJECT AIM & TARGET GROUP

This project aimed to improve the identification and management of hypertension:

1. Improve diagnosis of hypertension through follow up of raised BP within 3/12.
2. Code hypertension if diagnosed-increased hypertension register.
3. Update with normal BP where previous was one-off. CVD-01 to do will decrease. Target should be <10% register i.e., 200 patients.

Hypertension register 31.3.22: 2096 patients CVD-02 search 39% CVD-01 to do Raised BP 927 patients. This includes patients with diagnosed and undiagnosed hypertension.



OUTCOMES FROM THE PROJECT

- 927 pts requiring follow up now reduced to 366. (72% original outstanding list now excluded). There are 120 patients requiring an intervention as follow up BP was raised
- We have increased the hypertension register from 2096 to 2157: an increase of 2.91%
- The CVD-01 search shows only 10% of the patients with raised BP listed after 1/10/19 having hypertension diagnosed or excluded and this is due to difficulty in entering review correctly so clears this search



CHALLENGES/ISSUES BARRIERS FACED

- The numbers involved at this practice are very large. When we messaged patients to have BP checked we weren't ready for the number of responses. We changed to accommodate this so all BP returns are processed by clinical pharmacists. Second and subsequent rounds have been much better managed
- There are issues with coding patients with normal BP is not removing them from searches. Coding instructions/advice on using the IIF searches at the start of the financial year was absent. This has led to a lot of wasted time and incorrectly recorded consultations/reviews



SUCCESSES OF THE PROJECT

- Developed good practice at the main GP practice re the management of hypertension and follow up of raised BP
- I have grown in my competency as a clinician managing hypertension and hyperlipidaemia. I involved other clinicians and they developed their clinical skills and confidence
- There has been a focus on training and encouraging patients to record their BP at home - now routine
- Working with community pharmacies for ABPM has improved communication and got the community pharmacists more clinically involved which I believe they have enjoyed



LEARNINGS FROM THE PROJECT

- High BP reading follow ups need to be systemised and this has become our new practice
- Some of the coding can be frustrating e.g. a normal blood pressure cannot be coded without HBPM or ABPM. I have learned how to code for exceptions but revisiting reviewed patients to code correctly is time consuming. I will pass my learnings on to others

Any questions?

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Structure of the Fellowship

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Nathan Beencke

Programme Support Officer
Health Innovation Network

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Structure of the Fellowship



Lunchtime Webinars

10 webinars

At lunch time

Usually at 12 or 12.30



Quality Improvement Day

9.30am – 4.00pm

Friday 8th September

At Kings College London

Macadam Building

More about this later...



Improvement Collaborative Sessions

Lunchtime group sessions to develop and progress your project

Small groups with a project manager from the HIN and with clinical support

Clinical webinars

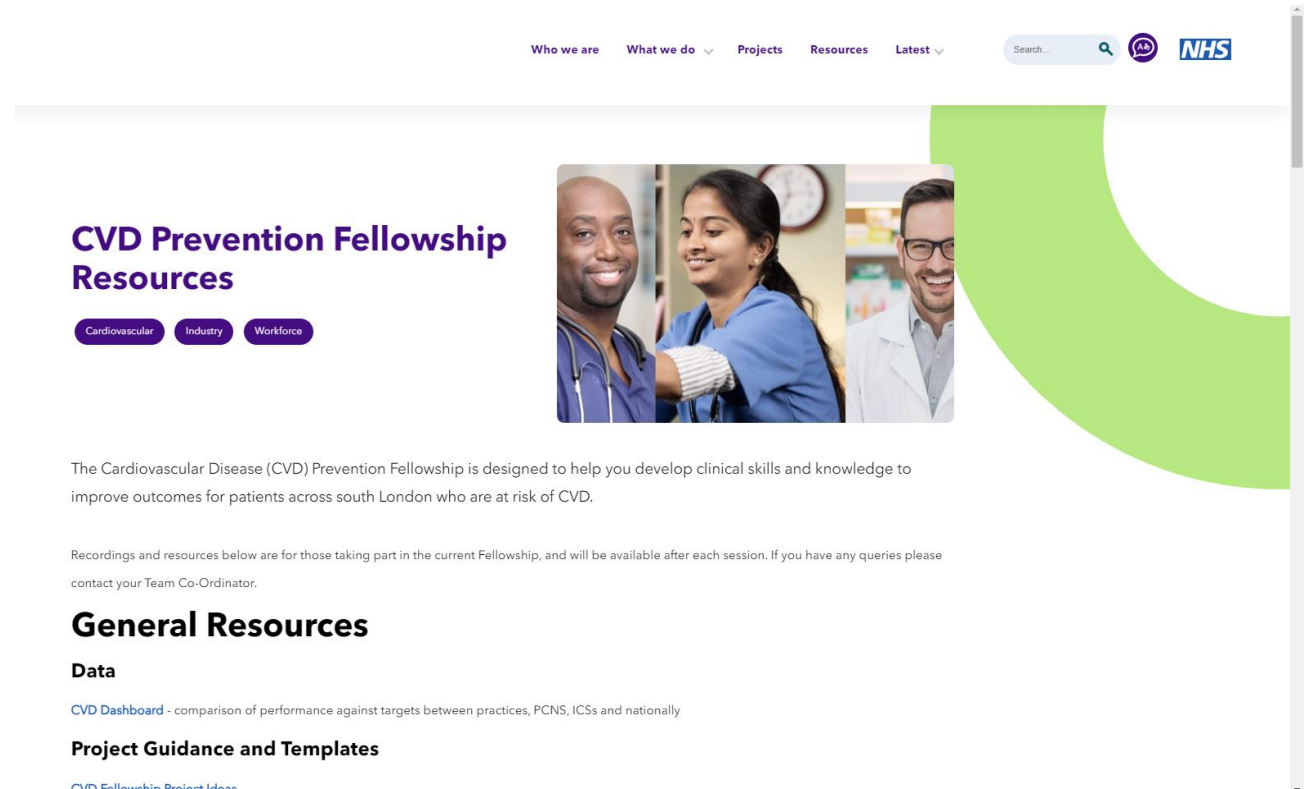
Date	Webinar Topic	Speaker
July 28, 2023 12.30 - 1.30pm	Hypertension	Dr Tarek Antonios
September 20, 2023 1.00 - 2.00pm	Atrial Fibrillation	Dr Jonathan Behar
October 3, 2023 12.00 - 1.00pm	Lipid Management and Familial Hypercholesterolemia	Prof Anthony Wierzbicki
25 November 1, 2023 12.30 - 1.30pm	Chronic Kidney Disease and CVD <i>(New for 2023)</i>	Dr Catriona Shaw
November 21, 2023 12.00 - 1.00pm	Heart Failure / Ischaemic Heart Disease	Dr Kalpa Silva
December, 2023, TBC	Behaviour Change	Dr Nupur Yogarajah
January 2024, TBC	Mental Health <i>(New for 2023)</i>	TBC
January 2024, TBC	Obesity <i>(New for 2023)</i>	TBC
February 2024, TBC	The Future of CVD Care <i>(New for 2023)</i>	Dr Antonio De Marvao

Quality improvement sessions

Date	Topic
August 22, 2023 12.30 - 1.30pm	Searches, Data & Dashboards
September 8, 2023 9.30am - 4pm	Quality Improvement In-Person Training Day
October 10, 2023 12.30 - 1.30pm	Improvement Collaborative
November 14, 2023 12.30 - 1.30pm	Improvement Collaborative
December 12, 2023 12.30 - 1.30pm	Improvement Collaborative
January 9, 2024 (1 hour)	Improvement Collaborative
February 5, 2024 9.30am - 12pm	Final event

Website

- Webinar recordings
- Webinar slides
- Resources
- Project packs

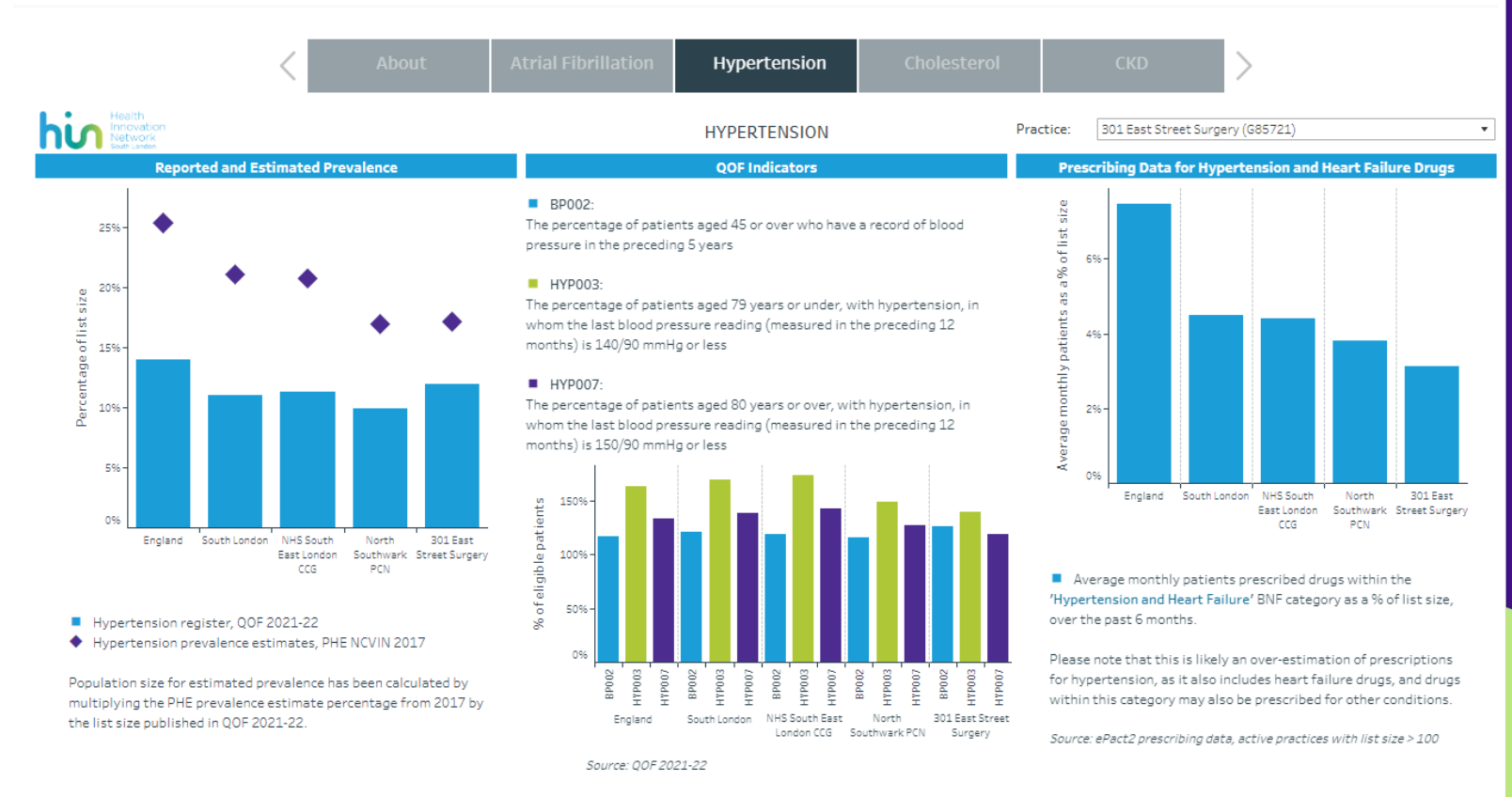


The screenshot shows the top navigation bar with links for 'Who we are', 'What we do', 'Projects', 'Resources', and 'Latest'. A search bar and the NHS logo are also present. The main content area features a large image of three healthcare professionals (two men and one woman) in a clinical setting. Below the image is the heading 'CVD Prevention Fellowship Resources' and three filter buttons: 'Cardiovascular', 'Industry', and 'Workforce'. The text below the image states: 'The Cardiovascular Disease (CVD) Prevention Fellowship is designed to help you develop clinical skills and knowledge to improve outcomes for patients across south London who are at risk of CVD.' It also includes a note: 'Recordings and resources below are for those taking part in the current Fellowship, and will be available after each session. If you have any queries please contact your Team Co-Ordinator.' The page lists 'General Resources' with a sub-section for 'Data' containing a link to 'CVD Dashboard - comparison of performance against targets between practices, PCNS, ICSs and nationally'. Another sub-section for 'Project Guidance and Templates' contains a link to 'CVD Fellowship Project Ideas'.

Tableau Dashboard

- Created by the HIN Insights team
- Practice level data
- Hypertension
- Atrial Fibrillation
- Cholesterol
- CKD

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Any questions?

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Quality Improvement Projects

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Ambra Caruso

Senior Programme Manager
Health Innovation Network

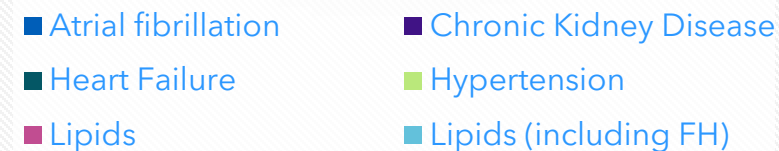
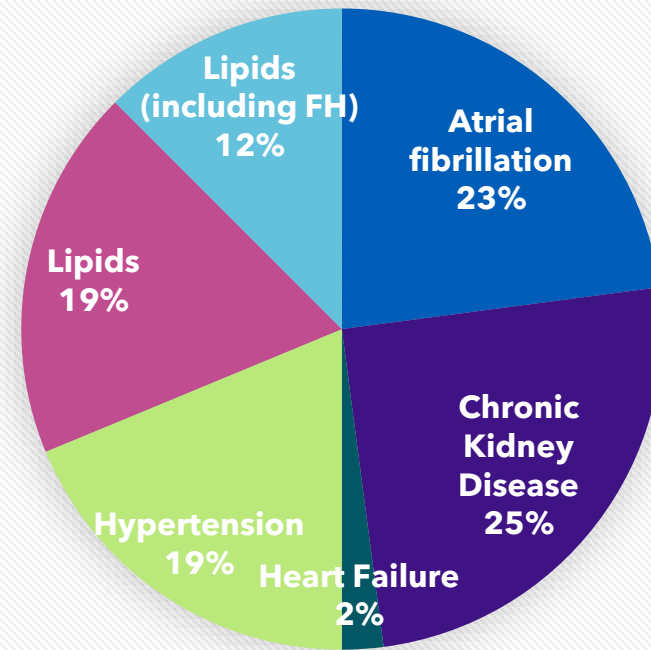
Project topics

- Should be contained and achievable in the time frame
- 2022 QI project case-studies are available on the [Fellowship website](#)

Resources:

- Case study form
- Data collection form
- Project pack
- Data dashboard [Cardiovascular Health Dashboard | Tableau Public](#)

Current project themes



QI Project Ideas

- Coding for Familial Hypercholesterolemia
- Lipid optimisation for secondary prevention
- Lipid optimisation for primary prevention
- Hypertension coding - BP Optimisation Programme
- Hypertension optimisation - BP Optimisation Programme
- Q risk scores >10% with patients not on statins
- Atrial Fibrillation detection and anticoagulation
- Hypertension Detection
- CVD protective medication optimisation in CKD

In person day

- Introduction to quality improvement
- Stakeholder engagement
- Masterclass on project design
- SMART objectives and project aims
- Networking lunch
- Experts by experience; co-designing your project
- Process and journey mapping

Any questions?

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What's next?

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What's next

- First webinar is Friday 28th July
- Welcome pack will be sent out shortly
- With the remaining event invites
- **Please complete the questionnaire if you haven't already**
 - Link will be in the chat

Event	Date	Time
Hypertension Webinar Dr Tarek Antonio	Friday 28 th July	12.00 - 1.00pm
Searches, Data & Dashboards	Tuesday 22 nd August	12.30pm - 1.30pm
Introduction to Quality Improvement <u>In Person Event</u>	Friday 8 th September	9.30am - 4.00pm
Atrial Fibrillation Webinar Dr Jonathan Behar	Wednesday 20 th September	1.00pm - 2.00pm
Lipid Management and Familial Hypercholesterolemia Webinar Prof Tony Wierzbicki	Tuesday 3 rd October	12.00pm - 1.00pm

Any questions?

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