

## South East London Cardiovascular Disease Prevention Decathlon

The Health Innovation Network, in partnership with South East London Integrated Care System and King's Health Partners, are launching the Cardiovascular Disease Prevention Decathlon, a lifestyle intervention pilot for people living with hypertension in South East London.

### Ask of pilot PCNs

The pilot PCNs will be asked to:

- Identify and coordinate a venue within their PCN / neighbourhood area for the delivery of the programme from November 2023 to March 2024.
  - The venue must be available at the same time each week, for two hours a week, through the entire duration of the 10-week programme.
  - The venue must have an environment suited for both the structured education sessions as well as space for the physical activity element.
  - Must have capacity to comfortably fit 20-25 individuals and support the delivery of physical activity.
- Nominate a lead for the programme within the PCN and liaise with the CVD Prevention Decathlon Implementation group, as well as the partnering PCN.
- Develop strategies for shared learning between the two pilot PCNs.
- Undertake patient level EMIS searches to identify people with poorly controlled hypertension and high cardiovascular risk, e.g. QRISK  $\geq 20\%$  and offer and action a referral into this programme.  
Share relevant data, outcomes and learnings with the partner PCN involved in the pilot and participate in an evaluation.

Participating PCNs will be financially supported for case finding.

### Benefits of participation

- Additional support to people living with hypertension within the pilot PCNs.
- Improved hypertension self-management approaches to drive improved patient outcomes.

Expressions of interest:



- Opportunities to inform programme development prior to wider rollout.

## Expression of interest (EOI)

To express interest in this pilot, please provide the following information:

1. Demonstrate PCN leadership commitment to the facilitation of the CVD Prevention Decathlon and to maintain a focus on delivering this over the required time, including the ability to engage with other piloting PCN for shared learning.
2. Identify the lead/s for the programme and ensure they have sufficient capacity to support the programme - including managing patient referrals, attending fortnightly stand-up meetings, monitoring patient progress, contributing to shared learnings and a post-programme evaluation.
3. Demonstrate a need for a hypertension intervention programme within the PCN/neighbourhood area through pathfinder data or similar data sources.
4. Undertake clinical searches on GP IT systems across the PCN to assist in identifying areas of unmet need / health inequalities.
5. Commit to securing a venue at a regular interval to support the in-person elements of the programme. The venue must be available at the same time, each week for two hours a week, through the entire duration of the 10-week programme. The venue must have an environment suited for both the structured education sessions as well as space for the physical activity element.
6. Provide a preference of a partner PCN, including a description of a plan for shared learning and collaboration. This may be done via a joint EOI with the preferred partner PCN.

## Timeframe and support

Please use the following link to submit your EOI [here](#).

Please complete EOI and submit by close of business on 24 November 2023.

Selected PCNs will be notified early December.

Advice and support for completing this EOI may be accessed via Claire Torkelson, Project Manager, Health Innovation Network [claire.torkelson@nhs.net](mailto:claire.torkelson@nhs.net).

