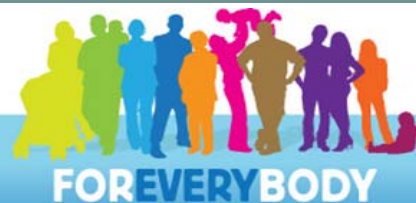


HEALTHY LIVING PHARMACY



Healthy Living Pharmacies Plymouth Project: 2011 - 2012 *Putting 'community' back into Pharmacy*

HEALTHY LIVING PHARMACY FRAMEWORK				
PUBLIC HEALTH MODEL				
NEED	CORE	LEVEL 1 <i>Promotion</i>	LEVEL 2 <i>Prevention</i>	LEVEL 3 <i>Protection</i>
Smoking	Health promotion, self care, signposting, OTC supply	Pro-active health promotion. Brief advice, assess willingness, signpost to services	NHS stop smoking service, cancer awareness, Health Check	COPD and cancer risk assessment with referral. Prescriber for stop smoking service.
Obesity	Health promotion, self care, signposting, OTC supply	Pro-active health promotion. Brief advice, assess willingness, signpost to services	NHS weight management service, cancer awareness, Health Check	Prescriber e.g. obesity, CVD, diabetes. Cancer risk assessment
Alcohol	Health promotion, self care, signposting	Pro-active health promotion. Brief advice, assess willingness, signpost to services	NHS alcohol intervention service, cancer awareness, Health Check	Structured care planned alcohol service. Cancer risk assessment
Physical Activity	Health promotion, self care, signposting	Pro-active health promotion. Brief advice, assess willingness, signpost to services	NHS Health Checks, healthy lifestyle consultation service	Structured physical activity plans, activity prescriptions
Sexual Health	Health promotion, self care, signposting, OTC supply	Pro-active health promotion. Brief advice, signpost to services	NHS EHC & chlamydia screen and treat PGD service	Assessment, support, contraception & vaccination
Men's Health	Health promotion, self care, signposting	Pro-active health promotion. Brief advice, signpost to services	NHS Health Check. PGD treatment	PwSI/Prescriber in men's health
Substance Misuse	Health promotion, self care, signposting	Supervised consumption, needle & syringe exchange	Harm reduction, Hep B & C screening	Client assessment, support and prescribing. Hep B vaccination
Other	Health promotion, self care, signposting	Oral health, travel health, sun & mental health awareness	Cancer screening and treatment adherence support, vaccination	Prescriber for travel health and immunisation and vaccination
Minor Ailments	Health promotion, self care, OTC supply, signposting	NHS service (advice and treatment with P & GSL medicines)	NHS service (PGD treatment)	NHS service (prescribed POMs)
Long-term Conditions	Health promotion, self care, signposting, dispensing supply, risk management	Medicines adherence support (targeted Medicine Use Reviews)	Parameter monitoring, clinical review and management	Prescriber/PwSI for LTCs
ENABLERS - QUALITY CRITERIA				
Workforce Development	Core capabilities	Health Trainer Champion Leadership skills	Behavioural change skills Leadership skills	PwSI/Prescriber Leadership skills
Environment	GPhC standards	Advanced IT and premises	Enhanced IT and premises	Enhanced IT and premises
Engagement	Operational	Primary Care	Community	Public Health & Clinical leadership



Plymouth's Healthy Living Pharmacy

Project Team

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Healthy Living Pharmacy Resources:
<http://tiny.cc/hlp>

Why Healthy Living Pharmacies in Plymouth?

Three leading causes of death in Plymouth residents are due to:

- **Circulatory Disease**
- **All Cancers**
- **Respiratory diseases**

16 years of life difference: health inequalities

- Life expectancy: In 2008-2010 the life expectancy difference between Plymouth's neighbourhoods (with the highest and lowest values) was 16.9 years.
- Greatest single intervention to reduce health inequalities in Plymouth is through smoking cessation and tobacco control measures.

Ensuring well-being as we grow older

- By 2025 we will have a 40% increase in the number of people over 65 years old and 60% increase in those over 85.
- We are generally healthier but lifestyle trends threaten the quality of our lives as we grow older.

Behaviour Change

- Portsmouth HLPs have shown impressive results in implementing behaviour change and brief interventions; making a real difference for the public's health.

What is a Healthy Living Pharmacy?

- NHS Portsmouth developed and implemented the 'Healthy Living Pharmacy' (HLP) concept during 2009/10; it has since seen quality and productivity improvements in community pharmacy services.
- HLP's have a proactive team supporting health and wellbeing and the community's health is at the centre of all it does.
- HLPs promote healthy living and wellbeing as a core activity so the public have better access to health and wellbeing services including stop smoking, alcohol interventions, Sexual health services, NHS health checks and targeted respiratory Medicine Use Reviews.
- HLPs in Portsmouth showed 140% increase in smoking quits.
- 76% of respiratory patients who were smokers went onto a Quit Programme.
- The HLP initiative is recognised as best practice by the Department of Health and HLP Pathfinder sites are rolling out across England.

What does it involve?

- Participating Community Pharmacies receive training and support to become an 'accredited' Healthy Living Pharmacy.
- Training includes HLP Leadership for Pharmacists and the RSPH Understanding Health Improvement Course for the Healthy Living Pharmacy Champions.
- Costs of training, excluding staff back-fill, will be sponsored by the HLP Project Team.
- HLP's will be expected to fulfil all 'Essential' and 'Advanced Service requirements' plus provision of two services from Level 2 of the HLP Framework and pro-active engagement with public health campaigns.

Benefits of becoming a 'HLP'

Based on the experience in Portsmouth, we believe there are a number of benefits to you in becoming a HLP, including:



- All HLPs will receive local training and support.
- Improved involvement and engagement of the pharmacy team including developing a Healthy Living Champion.
- Improved quality, productivity and customer loyalty.
- Ability to demonstrate to future commissioners what community pharmacy can deliver; may lead to continued commissioning of services or more services being commissioned.
- Integration with care pathways.
- HLPs will be identifiable to the public and healthcare professionals.
- Increased public awareness of community pharmacy health and wellbeing services.
- Engaged and motivated community pharmacy teams delivering proactive health and wellbeing interventions and improved performance in service delivery.
- Enhanced engagement with other healthcare professionals.
- Access to materials developed by NHS Portsmouth <http://tiny.cc/hlp>

How to apply

- To apply to become a HLP in Plymouth you will need to complete an application form, available from **Devon LPC** - email: sue@devonlpc.org
- Or you can download the application form: **Devon LPC website** www.devonlpc.org