

Health and Sport Committee

Public Bodies (Joint Working) (Scotland) Bill

Members took part in a study visit hosted by the West Lothian Community Health and Care Partnership (CHCP) on Monday 30 September 2013. The aim of this visit was to assist the Committee in its consideration of the Public Bodies (Joint Working) (Scotland) Bill at stage one.

The delegation visited REACT (the Rapid Elderly Assessment Care and Treatment Team) at St John's Hospital, Livingston; First Steps to Health and Wellbeing, Broxburn; and finally, met with the Mental Health and Mental Wellbeing Steering Group for Children and Young People at the Civic Centre in Livingston.

Members Present: Richard Lyle MSP, Aileen McLeod MSP and Nanette Milne

West Lothian CHCP staff and officers:

REACT

Scott Ramsay, Consultant Physician & Geriatrician, St John's

Linda Yule, Team Leader, REACT

Suresh Sanders, Community Geriatrician, St Michaels Hospital and REACT

First Steps to Health and Wellbeing

Chris Dickson, Health & Fitness Development Manager, West Lothian Leisure

Shena Brown, Respiratory Facilitator

Mental Health and Mental Wellbeing Steering Group

Susan Johnstone, Team Manager, Children and Young People Team

Mike Moss, Counsellor, Children and Young People Team

West Lothian CHCP

Anne McMillan, Executive Councillor, West Lothian Council

Jim Forrest, Director, West Lothian CHCP

Marion Christie, Head of Health, CHCP

Jennifer Scott, Head of Social Policy, CHCP

Carol Bebbington, Primary Care Manager, CHCP

Pamela Main, Senior Manager Community Care, CHCP

Summary of discussion

West Lothian Community Health and Care Partnership

West Lothian CHCP was set up in 2005 with the aim of enhancing and developing the delivery of integrated health and social care services to the population of West Lothian. The CHCP is headquartered at the West Lothian Civic Centre in Livingston, which also houses the West Lothian Command Centre of Police Scotland, the Sheriff and Justice of the Peace Courts, Crown Office and Procurator Fiscal service, Scottish Children's Reporter Administration and the Scottish Fire and Rescue Service. CHCP staff were very positive in their views of how this co-location of agencies had helped to encourage integrated working.

REACT

REACT is a new service in West Lothian for over 75s to offer an alternative to hospital admission as well as supporting early discharges from hospital and provides rapid assessment of adults in their own homes. The service operates on a 9-5 Monday-Friday basis, however there is also a 24/7 crisis care service.

Members visited the REACT base at St John's Hospital and met with members of the REACT team.

The REACT service has enjoyed notable success in terms of reducing hospital admissions.

Members heard that the initiative had led to greater levels of interaction between primary and secondary care than anywhere else in Scotland. There were also good links with care agencies and the voluntary sector. The nature of the service had increased the degree of personalisation of care provision. For example, it was noted that REACT had the ability to make referrals to care homes. There were also good links with local pharmacists.

Most referrals originate from GPs. After some initial hesitance, the team had observed a growing confidence amongst GPs to work with the team in taking decisions on referrals.

A database is maintained recording qualitative data, including response times, the time spent by patients in the service, details of follow-up contacts, mortality figures and the length of hospital stays resulting from referrals and the related number of bed days saved.

The team consists of:

- 1 (whole time equivalent) consultant
- 1 doctor
- 4 nurses
- 4 physiotherapists
- 4 occupational therapists, and
- 1 speech and language therapist

First Steps to Health and Wellbeing

First Steps to Health and Wellbeing is an exercise referral scheme run in partnership between West Lothian Leisure and the CHCP, based at the Strathbrock Partnership Centre in Broxburn. The aim of the scheme is to increase physical activity levels in referred patients and encourage longer-term commitment to exercise and activity. 28% of participants continue to use West Lothian Leisure sites beyond 12 weeks (the national average is 10%). 90% of those who continue in the project for 12 weeks remain in it at 26 weeks.

The scheme has seen around 7,500 people through its service since establishment in 2007. Sessions are delivered in appropriate venues within communities, for example community halls. In addition, facilities are available on the acute admissions ward at St John's, including a fully-equipped gym.

The service is jointly funded 50-50 by West Lothian Council and West Lothian Leisure, and jointly accountable, reporting to the CHCP. Unlimited access is

available for the first 12 weeks, thereafter monthly membership is £22.50 (half price for benefits recipients) and community activities are charged at £2.50 per session.

Mental Health and Mental Wellbeing Steering Group for Children and Young People

Members met with representatives of the Mental Health / Mental Wellbeing Screening Group, an initiative between health, education and social policy, which aims to streamline mental health and mental wellbeing services for children and young people. The Group works with local groups and organisations across the three policy areas.

Referrals are managed by a screening group, which comprises Children's Counsellors, Resilience Worker and Mental Health link worker services. Referrals are discussed by these specialist workers and they decide what service is most appropriate, and advice is provided and any follow-up action is initiated. Early intervention is central to the Group's work, allowing quick identification of what services are required – a discussion that involves all service providers. The voluntary sector is also involved.

There is continuity of counselling services from early years through school age children to post-school/ younger people. 191 children have been seen in the first 6 months of its existence. The service has achieved a 100% attendance rate as a result of its initial screening processes.

As well as GP referrals, counsellors also have a presence in GP surgeries and attend schools, which have facilities available to them.

Overall, the initiative has been well received by partners in education and health, primarily because it has sped up the process of screening and referral.