

# 30 DAY challenges

**HORIZONS** Transforming PERCEPTIONS of NURSING and MIDWIFERY **NHS**

<b>JUNE 2018</b> Sign up to the TWELVE 30 DAY CHALLENGES & become an ambassador	<b>JULY</b> Write a blog to celebrate achievements and innovation in nursing and midwifery	<b>AUGUST</b> Run a "BREAKING THE BARRIERS" media to promote positive perceptions for nursing and midwifery	<b>SEPTEMBER</b> Add your title and qualification to your email signature and social media bio	<b>OCTOBER</b> Celebrate the diversity of people who are nurses and midwives
<b>NOVEMBER</b> The senior nurse and midwife challenge: conversations with other nursing & midwifery teams	<b>DECEMBER</b> Mentor a junior colleague of "shadow" or "reverse" mentor a senior nurse or midwife	<b>JANUARY 2019</b> Give a talk to young people about what "extraordinary careers" nursing & midwifery are	<b>FEBRUARY</b> Run a "great ideas" challenge for tackling unmet health and care	<b>MARCH</b> Run a local randomised coffee trial across health and care
<b>APRIL</b> Arrange a meeting with your MP	<b>MAY</b> Share the story of nursing & midwifery for your organisation to celebrate the professions	<b>JUNE</b> Reflect on your top 30 day challenges as part of your REVALIDATION	<b>30 DAY challenges</b> Sign up here <a href="http://bit.do/futurenursing">bit.do/futurenursing</a>	



## Transforming perceptions of nursing in health and social care

We need **YOUR** support

Why not become an ambassador today?

Sign up at <https://NHS70.Crowdicity.com>

The role of the nursing and midwifery Ambassador is to:

- Act as a local ambassador for nursing and midwifery, representing our professions in a positive light and by doing so, building awareness and positive perceptions
- Create a bridge between activities to promote nursing and midwifery locally and the nationwide campaign
- Speak for local organisations and the nurses and midwives in them within the national campaign
- Bring back the ideas and calls to action from the national campaign and customise, remix and reshape them so they will work in a local context
- Lead the local version of the campaign and get people engaged, taking action and building positive perceptions

Durham, Darlington, Easington, Sedgefield & Tees, Hambleton, Richmondshire & Whitby, Northumberland, Tyne and Wear and North Cumbria: Ken Haggerty and Kathryn Dimmick  
[k.haggerty@nhs.net](mailto:k.haggerty@nhs.net) & [k.dimmick@nhs.net](mailto:k.dimmick@nhs.net)

### How to contact us

Our team of NHS England (North) Care Sector Leads support the Independent Care Sector and encourage quality improvement initiatives, preventing delayed transfers of care and improving the flow of care sector clients through hospital systems. Contact any of us to share your news highlights:

Lancashire & South Cumbria:  
Annlouise Stevens  
[annlouisestevens@nhs.net](mailto:annlouisestevens@nhs.net)

Cheshire, Merseyside, Warrington & Wirral: Suzanne Noon  
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Behind every Delayed Transfer of Care there is a person, in the wrong place, at the wrong time

Better Care Fund and Newton Europe 2018

You can also follow us on Twitter  
[#careandshare](https://twitter.com/careandshare)





The portal is such a time saver and eye opener! Did you know:

- Registered users of the Portal can now print off a simple report to give to people that lists care homes with appropriate vacancies in their area of choice – no more wasting time contacting care homes that don't have suitable vacancies!
- The Portal offers a Contact Directory which lists contact details for Care Homes, CCGs, Local Authorities and Hospital Trusts
- The Portal can run reports highlighting the gap between spare bed capacity and the numbers of delayed transfers of care (DTOC) as beds or days; it can also compare data between peer organisations so they can do sense checks on their DTOC performance
- The Portal has the potential to have a positive impact on DTOC in 3 key areas:
  - Those awaiting residential home placement or availability
  - Those awaiting nursing home placement or availability
  - Patient or family choice

Here's our most recent Care Home Live Bed State Portal User Feedback (April 2018):

Our monthly user survey reported the following very positive feedback:

- ✓ 83% of users used the Portal as a method for quickly finding homes with vacancies
- ✓ 72% of new users found registration either very easy or fairly easy
- ✓ 20% of users used the Portal for finding contact details
- ✓ 72% of new users found searching for homes with vacancies either very easy or fairly easy
- ✓ 61% of users were likely to recommend this tool to other organisations

### Care Homes

With such positive feedback, a free service and now over 1200 Care Homes seeing the value of being registered on the portal register your home today by following the link: <https://carehomes.necu.nhs.uk>

### CCG/Local Authorities/Trusts

For a brief demonstration of the Portal to understand if it can help form a part of your winter planning and resilience please contact delivery manager Stuart Flanagan [Stuart.flanagan1@nhs.net](mailto:Stuart.flanagan1@nhs.net)



**49,500 nurses work in social care – they are part of an overall workforce comprising 1.55 million people.**

**Leading Change Adding Value** is a framework for all nursing, midwifery and care staff, whatever their role, wherever they work.

They have a crucial role to play in closing the three gaps identified in the Five Year Forward View – **the health and wellbeing gap, the care and quality gap, and the funding and efficiency gap**, by making sure the activities we do are of **high value**. The framework highlights the need to focus on **unwarranted variation** – variations in health and care outcomes, patients' experience and use of resources that cannot be justified by reasons of geography, demography, or infrastructure.

Nursing, midwifery and care staff form the largest proportion of the health and care workforce, they have a **key, leadership role** in delivering a positive impact on outcomes, experience and better use of resources – the triple aim outcome measures.

Nursing and care staff practicing within social care settings deliver **relationship-centred care**. They work in partnership, both with colleagues and with people using services, in providing a consistent and high quality experience.

In embracing Leading Change, Adding Value and its' ten commitments, there is an opportunity to drive essential change to improve their own and their teams' abilities to create new ways of working and build a strong foundation for the future.

**For people using social care the ten commitments within the framework when underpinned by the 6Cs make sure that people can say:**

- I can live the life I want and am supported to manage any risks
- I have choice and control and feel safe
- I have the information and advice I need to stay healthy and as independent as I want
- I am still connected to my local community through friends and family
- I have a voice to control the planning and delivery of my care and support
- I have caring compassionate support delivered by competent people
- My family is supported to care which helps us all to cope

An e-learning tool is available to find out more about the framework and to enable nursing, midwifery and care staff to apply the framework to their role. Hard copy versions are also available: <https://www.england.nhs.uk/leadingchange/lcav-in-action/capabilities/>

Find out more at: [www.england.nhs.uk/leadingchange](http://www.england.nhs.uk/leadingchange)



### How we can help those in our care: Preventing Diabetes

#### Peter's story

79 year old retired police officer Peter Stevens was struggling with shortness of breath and numbness in his feet before his GP detected high sugar levels in his blood, advised him to make some lifestyle changes and referred him to the local Healthier You: NHS Diabetes Prevention programme.

In the first five weeks of the programme Peter lost almost a stone in weight and has lowered his cholesterol level. His wife Cynthia has also been referred to the programme. Together the couple regularly attend sessions near their home which look at the causes and remedies of Type 2 diabetes, encourages patients to achieve a healthy weight, be physically active and eat a balanced diet.



**Cynthia said:** "It's great to attend the group together. We can encourage and support each other at home and between us we have no excuse for forgetting any details. Being with other patients in the group also generates a bit of competitive spirit so its good fun to go each time and see how we are all progressing."

**Peter, a keen rugby player in his younger days, added:** "Making quite minimal lifestyle changes like eating fruit instead of cakes and biscuits and taking regular short walks, delivers significant results. It's a small price to pay to avoid the danger of becoming diabetic."

### People with dementia in rural communities are increasingly isolated, says Alzheimer's Society

Alzheimer's Society have launched the first ever dementia friendly guide for rural communities, calling on individuals, community groups and organisations in rural areas to **address isolation** for people with dementia, **take action** and **better support** people affected in their area. **Dementia is the UK's biggest killer with someone developing it every three minutes.** Two thirds of people with dementia are based in rural areas, with the percentage of older people occupying rural areas as high as 56%, leading many to feel very isolated.

**The Dementia: Rural Communities Guide** is building upon the work Alzheimer's Society has led, working with key individuals and organisations, to create **dementia friendly villages, towns and cities across England.** By working together we can ensure that those having dementia will be able to **access support, guidance and basic elements of community life like transport, shops, healthcare, pharmacies and banks**

For more information on how to get involved and to download the guide, please visit: [alzheimers.org.uk/rural](http://alzheimers.org.uk/rural) or email [programmepartnerships@alzheimers.org.uk](mailto:programmepartnerships@alzheimers.org.uk)

## NHS at 70

### Celebrating Nursing in Health and Social Care

Did last month's newsletter get you thinking about blogging? Remember to share your blog about any aspect of nursing. When you have written it please post it and include a statement along the lines of: "Here is my contribution to [#70nursebloggers](https://twitter.com/70nursebloggers) and insert the link to your blog. It will then be added to the [@WeNurses](https://twitter.com/WeNurses) or [#70nursebloggers](https://twitter.com/70nursebloggers) and Twitter lists



**Jane Cummings promised to help promote your blog!**

**Watch her on the LIVE streaming event on Tuesday 3 July from 9.45am; visit <https://www.england.nhs.uk/livestreams/>**



### NEWS ALERT!

The NHSE Quick guide to support roll out of Hospital Transfer Pathway- ‘Red Bag’ scheme will be published on June 12

The [innovative red bag scheme](#) is a simple change which is proving to have benefits for care home residents and the NHS, facilitating **smoother handovers and reducing length of stay**.

NHS Sutton clinical commissioning group (CCG) found that residents with a red bag spent four days less in hospital than those without a red bag, saving £167,000 a year.

Over 40% of Health and Wellbeing Boards have reported that they have already implemented the red bag scheme and an NHS Quick Guide will be published imminently to support wider roll-out. To accompany the NHS Quick Guide, NHS England is organising [a series of webinar sessions](#) throughout June and July 2018, for care providers, NHS Trusts, and commissioners. Alternatively use this link: <https://www.events.england.nhs.uk/search/30/Red%20Bag%20implementation%20support>



The [Hospital to Home \(H2H\) team](#) is able to provide more information about the Hospital transfer Pathway and the webinars. For updates on the work the H2H programme is doing, please follow our twitter account @NHSHosp\_to\_Home

In support of the Red Bag scheme a Senior Carer from a care home in the North East said:

“I would just like to say that I use the red bag scheme whenever I send someone to hospital, I find it very useful and the families who have given me feedback on using the red bag scheme think that it is a good idea also to have this bag travel with them which ever department they go to. I personally like the list of things to include in the bag that is attached; it makes sure that you don’t forget anything”

### What’s happening in July?

Our next 30 day challenge is to write a blog celebrating our achievements and innovation in nursing in the health and social care sector. Not sure how to write one? Look this one up – it gives a really interesting and historical account of how black and minority ethnic nurses have been instrumental in helping shape the NHS of today:

<https://www.england.nhs.uk/blog/bme-nurses-and-midwives-instrumental-in-helping-shape-the-nhs-of-today/>



If you want more guidance don’t forget to join the ‘Why Nurses and Midwives should blog’ seminar on 13 June and the ‘How to get started’ seminar on 20 June from 9-9pm.

Find out more (and get involved) HERE: <https://buff.ly/2sHFzft>



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