

# Next Steps on the NHS Five Year Forward View



easy read

## About this document



This document uses easy words and pictures.



You might want to read through it with someone else to help you to understand it more.



There is a **Word Bank** at the back of the booklet to help with hard words. Any **words in bold** can be found in the Word Bank on page 27.

# The NHS in 2017



Next year the National Health Service (NHS) will be 70 years old.



The NHS is now under more pressure than ever because of:

- People living longer
- The growing population of the country



But more people are better after treatment than ever before, and people are happier with the NHS than any time in the last 20 years.



Waiting times for treatments are low compared to times in the past, but they are now rising.



While the amount of funding the NHS gets is rising slowly each year.



So now is a good time to look at some of the choices the NHS has to make to go forward.



This document looks at how the main NHS services can improve over the next 2 years.

# Urgent and Emergency Care



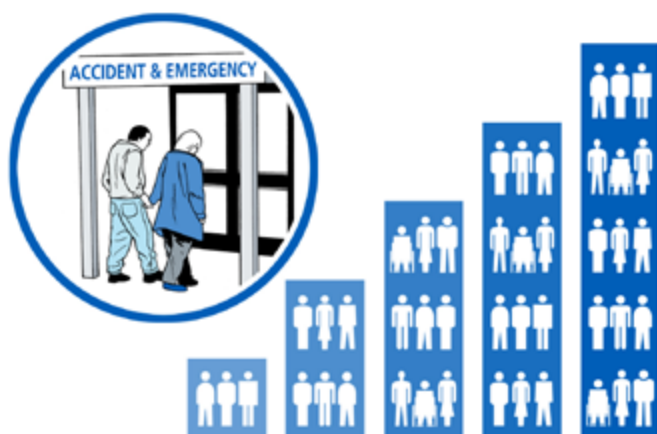
We all want to know that the NHS will be there for us and our families when we need it most.



We all want the NHS to provide urgent and emergency care 24 hours a day, 7 days a week.



NHS staff are working hard and with great skill to make this happen.

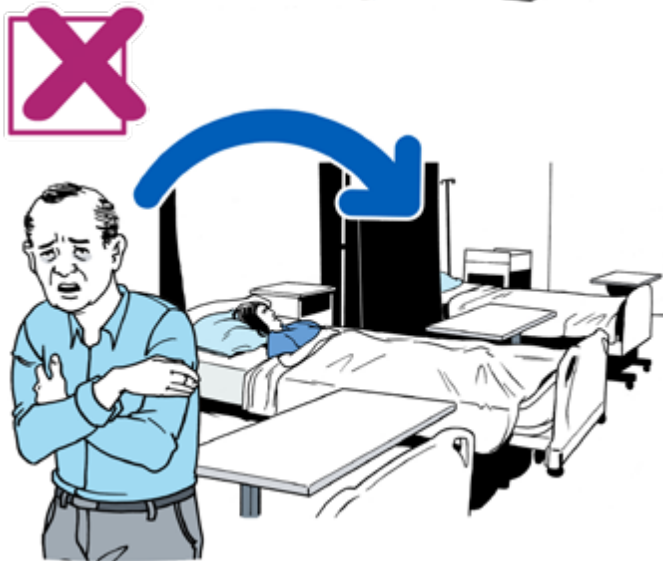


But some urgent care services are struggling to cope with more people needing emergency services.

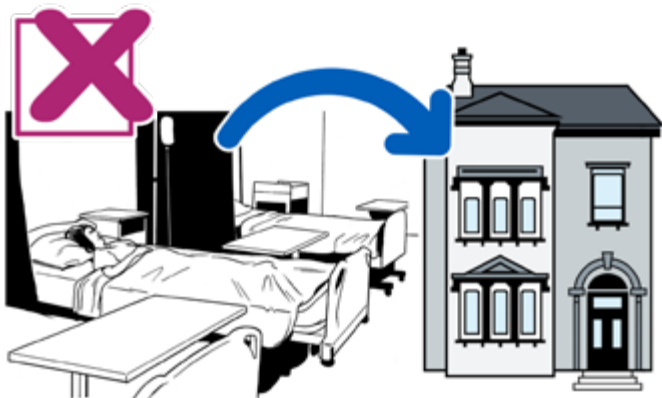




Up to 3 million **Accident and Emergency (A&E)** visits could have been better dealt with somewhere else.



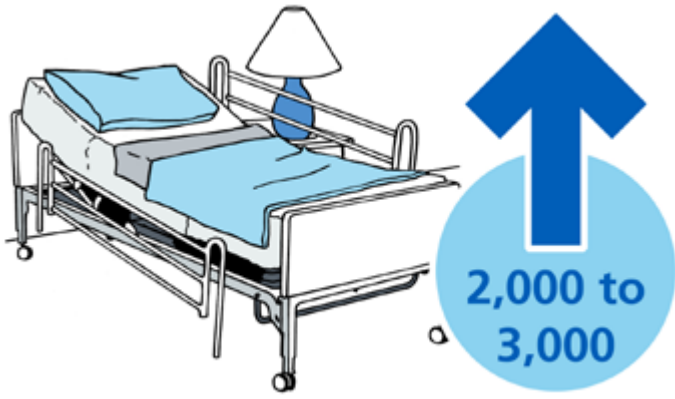
There are difficulties admitting sick patients into hospital beds.



And there are difficulties discharging patients back home.



That's why over the next 2 years the NHS will change things to take the strain off A&E.



Hospitals need to work closely with community services and councils to make 2000 – 3000 hospital beds available.



Also, patients with less serious conditions will be offered better options such as:

- Going to new Urgent Treatment Centres
- GP appointments
- More nurses, doctors and paramedics handling calls to NHS 111



# Primary Care



Most NHS care is provided by **general practice**.

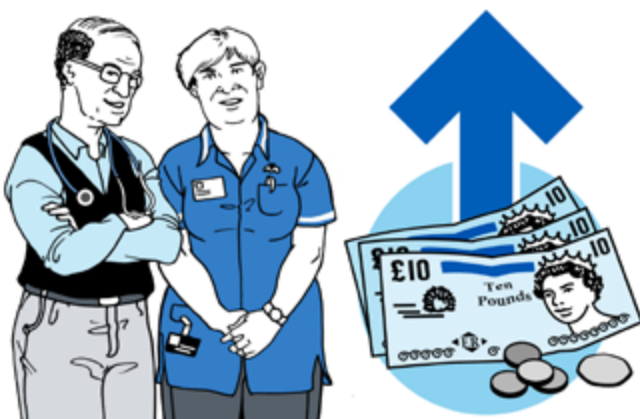
One of the things the public want most is to know that they can get an appointment with a GP when they need one.



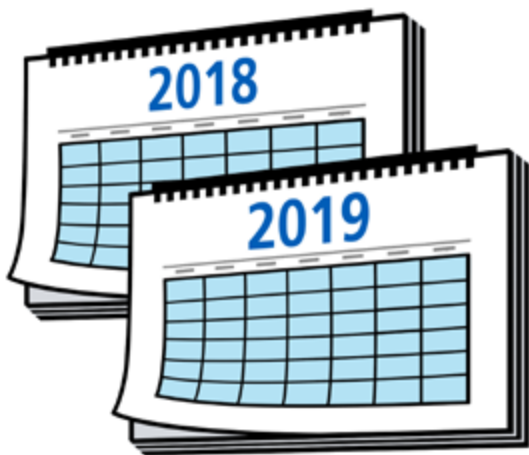
That means having enough GPs with all the things they need so they can deliver the quality of care they want to give.



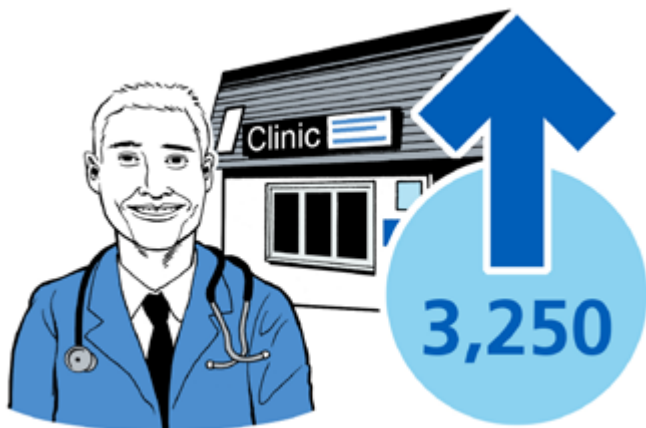
We have started to give more funding to **primary care**.







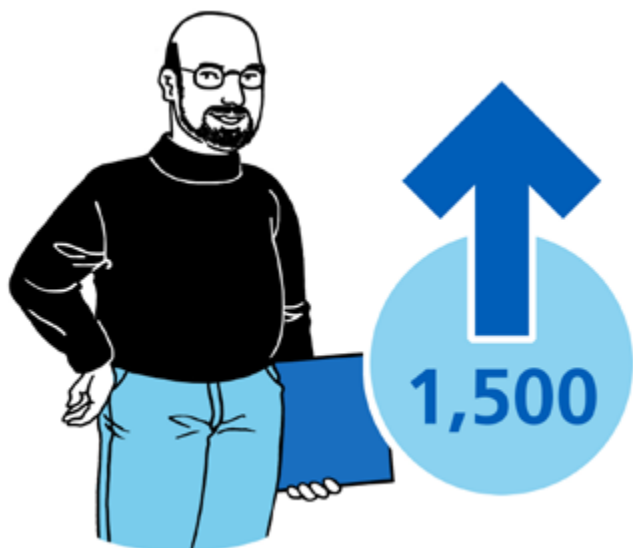
Over the next 2 years we will have:



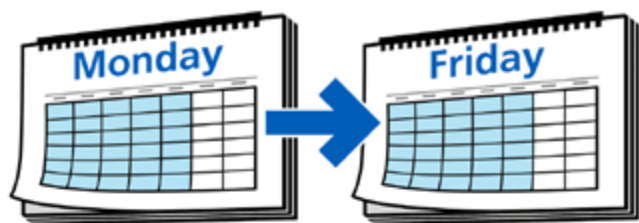
- 3,250 new GPs



- an extra 1,300 **clinical pharmacists**



- an extra 1,500 mental health therapists working alongside GPs.



There will be improved access to book a GP appointment during the working week.

Bookable GP appointments will be available at evenings and weekends covering half the country by March 2018.

They will be available everywhere in 2 years time.

# Cancer



Cancer is still one of the public's most feared illnesses.



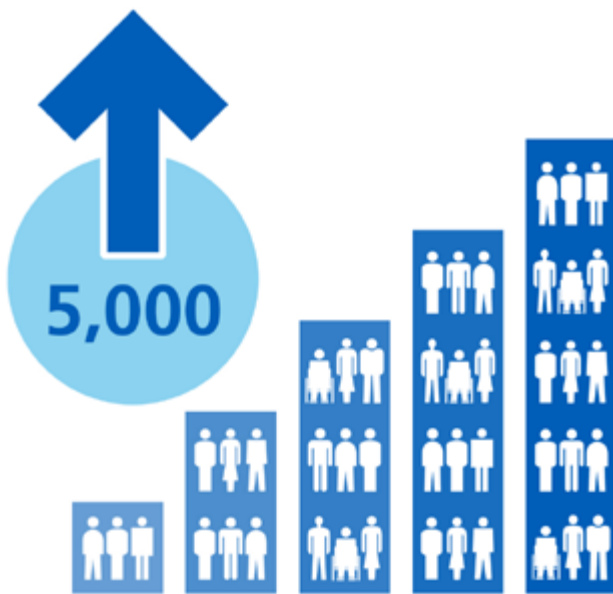
Cancer affects more than 1 in 3 of us in our lifetimes.



This means most of us will face the anxiety of ourselves or a loved one receiving a cancer **diagnosis** at some point in our lives.



Fortunately cancer survival rates are at record highs, and an estimated 7000 more people are surviving cancer after NHS treatment than 3 years ago.

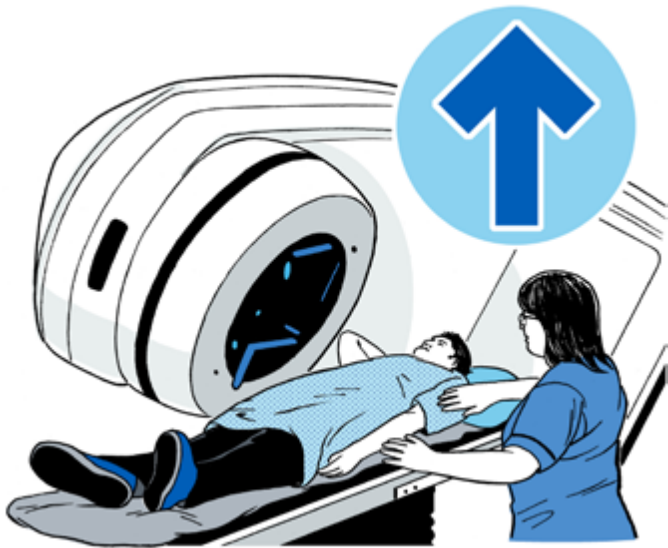


Over the next 2 years we expect at least an extra 5000 people to survive cancer.

To do this we are:

- Spotting cancer earlier

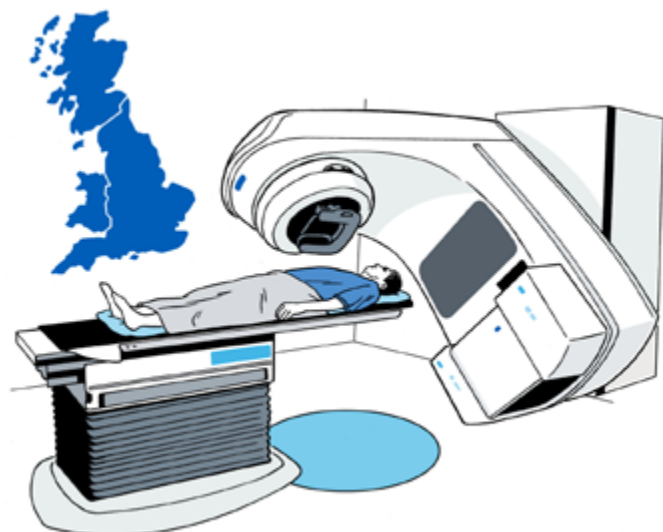




- Making more cancer care available



- Opening new **Rapid Diagnosis and Assessment Centres**



- Providing new and upgraded **linear accelerators (LINACS)** across the country



# Mental Health



At some point, many of our lives will be affected by mental health problems.



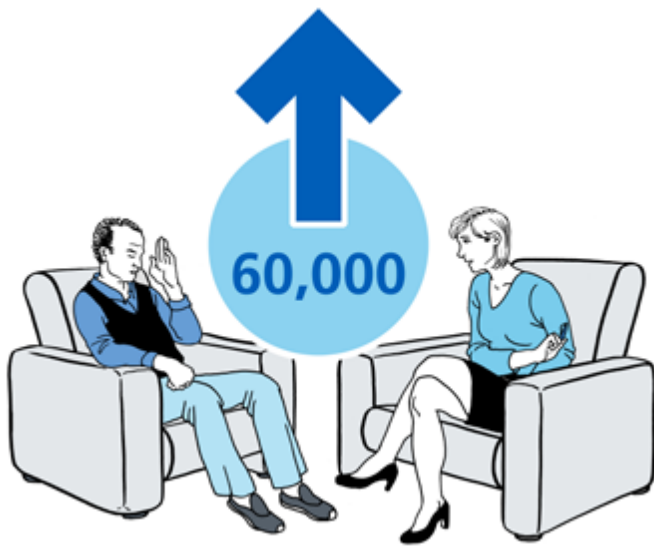
In the past, treatment options for mental health haven't been as good as treatments for physical conditions, especially for children and young people.



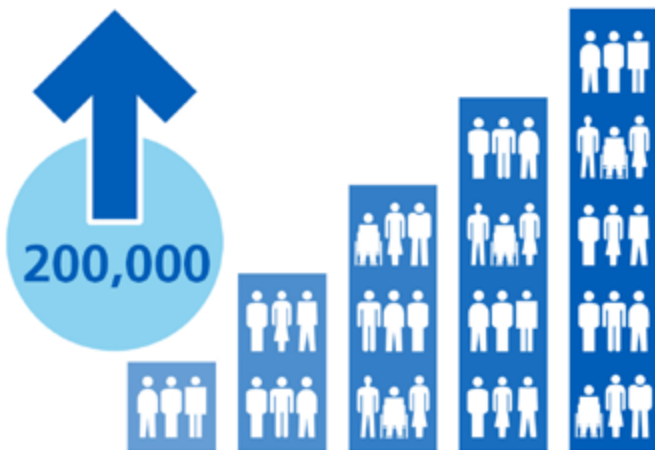
The public rightly want this to change.



More money is going to be spent on mental health treatments. This will allow:



- 60,000 more people to access psychological, or 'talking' therapies, for common mental health conditions over the next year.



- This will rise to 200,000 more people by 2018 / 19.



- For people with more severe mental health problems we will also address physical health needs by providing an extra 280,000 health checks in 2018 / 19.



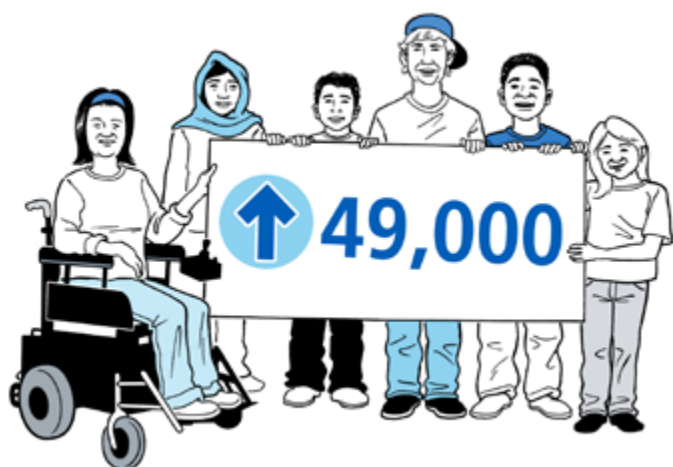
New mothers will get better mental health care.



There will be 4 new Mother and Baby Units across the country.



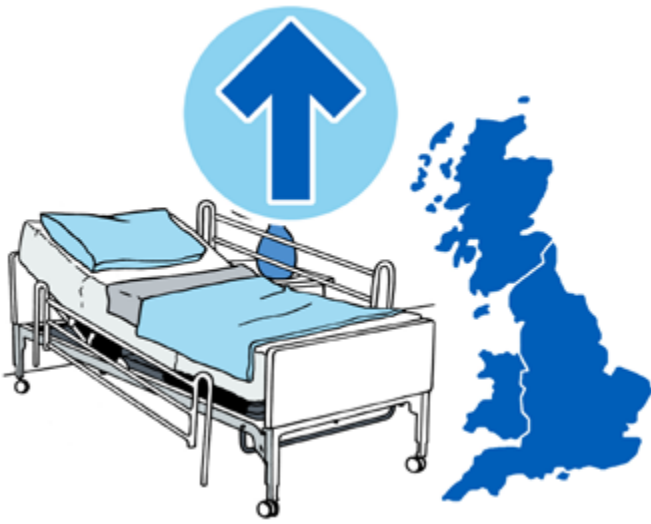
20 new specialist **perinatal mental health teams** will provide help to 9000 more women by 2018 / 19.



An extra 49,000 children and young people will be treated by community services.



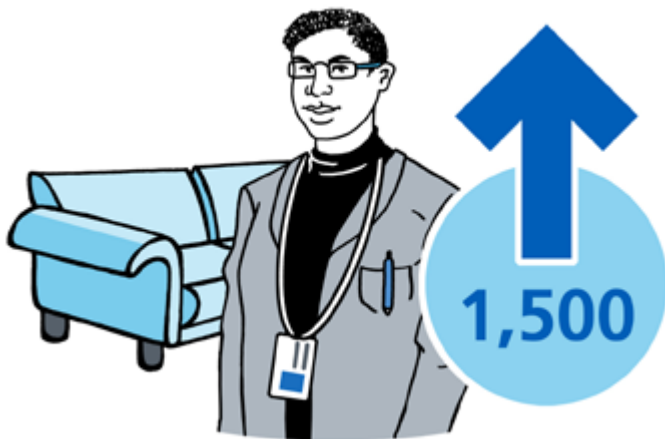
Both children and adults will benefit from having to travel less when they need inpatient care.



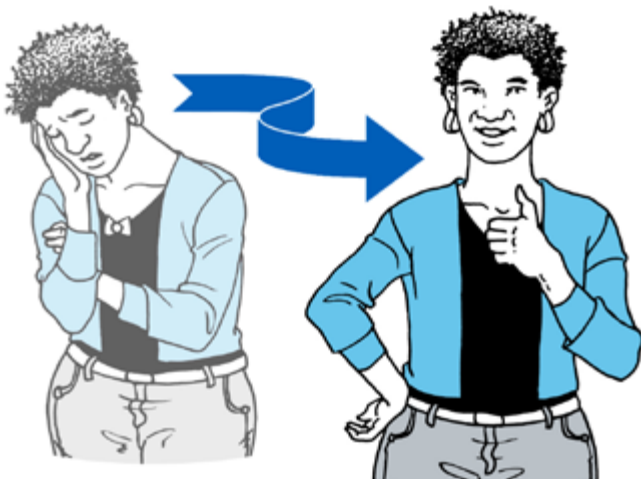
This is because there will be more specialist beds and they will be spread out in the best places around the country.



There will be 24-hour **mental health liaison teams** in A&Es.



There will be 1,500 therapists in **primary care**.



This will make sure more people get the best care when they need it.



# Joining up local health and care services



As people live longer lives the NHS needs to change to meet their needs.

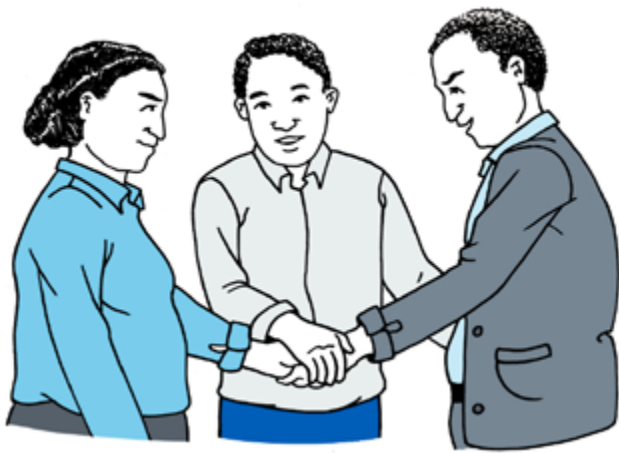


The NHS needs to help frail and older people stay healthy and independent.



We need to avoid hospital stays for frail and older people where possible.





The NHS Five Year Forward View called for GP, community health, mental health and hospital services to work together better.



Home care and care homes should also work together in a better way.



The parts of the country that have started to do this have shown good results, especially for people over 75. These areas were called the 'vanguards'.



We now want to speed up this way of working to more parts of the country.

## Sustainability and Transformation Partnerships



To do this, we are creating local partnerships between the various care providers and organisations providing the funding for care so that they can work together better. These partnerships are called 'Sustainability and Transformation Partnerships' (STPs).



Some areas of the country are now ready to join up their funding and services in this way. We are calling these areas 'Accountable Care Systems'.



Patients, the public, commissioners and providers, as well as local authorities and other providers will have more freedom, power and responsibility for planning how best to provide care.

# Efficiency



Efficiency means getting the most from the money we spend on the NHS.

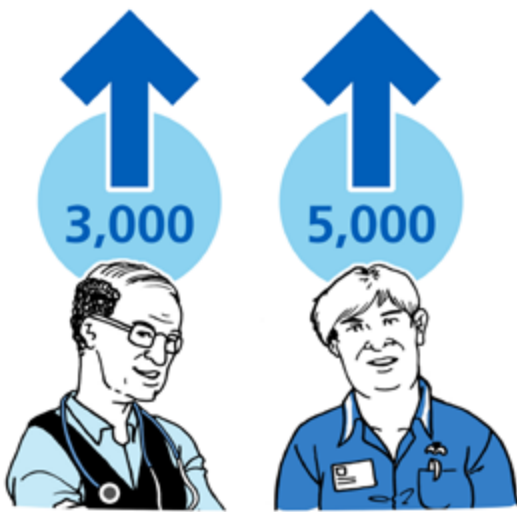


We will be doing more to make sure patients get even more from every pound of our budget.

# Strengthening our Workforce



None of the great work the NHS does is possible without its outstanding staff.



We now have 3000 more doctors and 5000 more nurses than 3 years ago.



But NHS staff still face great pressure from more demand.



An important part of the Next Steps on the NHS Five Year Forward View is how we will support NHS staff.



Health Education England (HEE) will ensure that more doctors, GPs and nurses are trained to help take pressure off of current staff.



# Patient Safety



The NHS wants to be one of the safest health services in the world.



One of the ways we will do this is through more thorough inspections.



We also want to be clear and open about how we work.



To do this we are bringing in better ways and more protection for NHS staff and students who want to raise concerns.



## Using New Technology



We want to use technology to help patients take more of an active role in their own health and care.



New technology will also help NHS staff and other care staff do their jobs better.



Here are some examples of how new technology will help:

- Simplify and improve the process of booking hospital appointments.
- Make patients' medical information available to the right NHS staff wherever they are.





- Increase the use of digital apps to help people manage their own health.

## Conclusion



This plan shows the practical and realistic next steps the NHS will take over the next few years.



It will help to deliver a better, more joined up NHS in England.



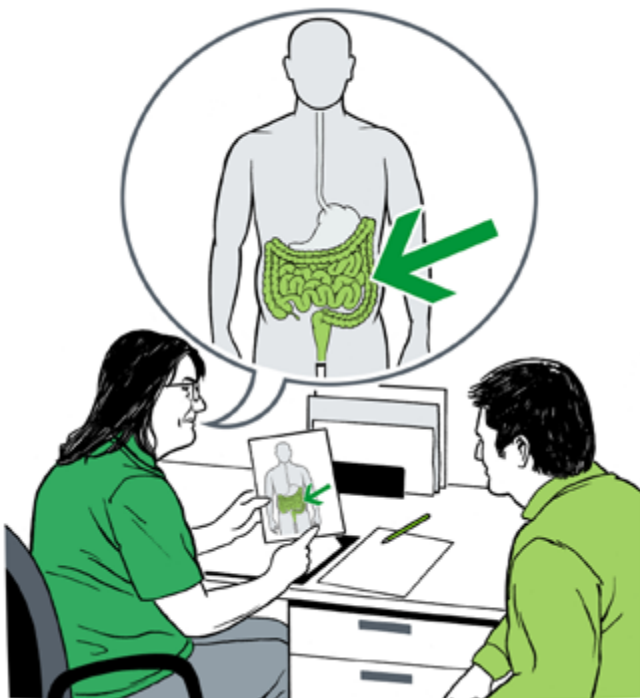
This plan will help the NHS concentrate on the things that matter most to the public.



The goal of this plan is to make sure the NHS can continue to deliver high quality health care now and in the future.



# Word Bank



## Accident and Emergency (A&E)

A hospital department which provides quick treatment to people who are seriously injured in an accident or who are suddenly taken seriously ill.

## Clinical pharmacists

NHS staff who know a lot about medication, and provide patient care that promotes health, wellness, and disease prevention.

## Diagnosis

Finding out whether you have an illness or not.





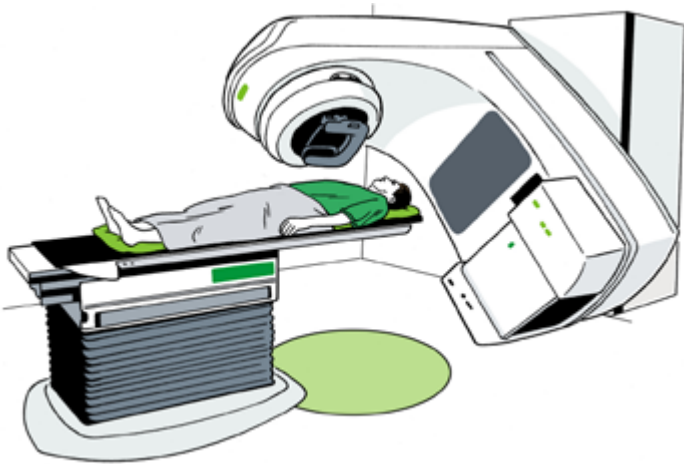
## General Practice

The work of a doctor based in the community who treats patients and refers patients with serious conditions to a hospital.



## Inpatient care

The care of patients whose condition means they have to be cared for in a hospital.



## Linear accelerators (LINACS)

This is a machine that is used to treat patients with cancer.



## Mental health liaison teams

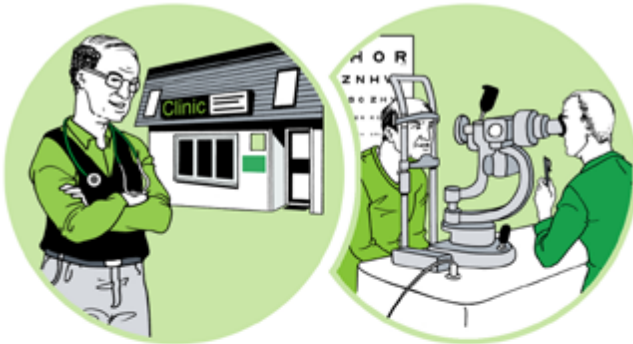
A team that works in hospitals. They provide assessment and treatment to patients who may be experiencing distress whilst in hospital.





## Perinatal mental health teams

A team that provides specialist support for women who have mental health difficulties during pregnancy and the first year following a child's birth.



## Primary Care

This is many people's first point of contact with the NHS. As well as GP practices, primary care covers dental practices, community pharmacies and high street optometrists.



## Rapid Diagnosis and Assessment Centres

These are centres that offer screening clinics for breast, prostate and skin cancer. Most patients get their results or a form of diagnosis on the same day as their tests.



This easy read document has been produced by CHANGE  
[www.changepeople.org](http://www.changepeople.org)