



### In this issue:

#### Page 1:

Welcome, Train the Trainers and GP Curriculum

#### Page 2:

New training and resources

#### Page 3:

New consultation videos and Year of Care Programme updates

#### Page 4:

Trainers FAQs and some important news!



*“Year of Care - the spiritual home of care and support planning”*

### Welcome to The HOUSE Journal Lindsay Oliver, National Director YOCP

In this special edition of The House Journal we focus on the important role that trainers and training play in engaging and supporting teams with the changes that need to happen to make care and support planning (CSP) the norm. Included are updates on resources and training modules to help you support local implementation which are available via our secure website.

Training is particularly important given the recent announcement that the RCGP have endorsed care and support planning and that it will appear as a standalone module in the GP curriculum- see note below from David Paynton. This is a huge opportunity for those of us that see the value in this “*new clinical method*”.

It will be critical to ensure that GPs in training see good quality CSP that adheres to the principles, processes and good quality conversations that we all believe are critical to this way of working – we need to spread the word and most importantly spread the practice.

## Year of Care Train the Trainers

**17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> October 2017**  
**North East England, venue TBC**

**£7,800 per team of 3 includes peer review and quality assurance**

Please get in touch with us on 01670 529268 or [enquiries@yearofcare.co.uk](mailto:enquiries@yearofcare.co.uk) to book your places.

## CSP in the GP Curriculum

**David Paynton, National RCGP Clinical Lead for Commissioning**

*“Last summer the RCGP Council gave a standing ovation to a paper confirming that proactive Care and Support Planning (CSP) would be seen as a core part of being a future GP.*

*This was a massive vote of confidence and was a tribute to all the hard work that a number of people have given in promoting person centred care within our profession.*

*As a consequence of a formal adoption by Council we have agreement with the curriculum committee, subject to GMC approval, to introduce a stand-alone module in the curriculum which will then be tested in the final membership examination.*

*Introducing CSP into the exam is a massive step forward, however there are still many training practices that have yet to understand CSP let alone consider implementing it into daily practice. Through working with partners we will be seeking to support the implementation of CSP in training surgeries by the time the new cohort of trainees starts in August 2018.”*

# The HOUSE Journal

## ‘One day version’ of care and support planning training

Year of Care has developed a ‘one day version’ of training. It has been developed in recognition of the need to provide a local one day version of the training which is suitable for practice staff who have not attended the day and a half training yet who are working in teams with established processes in place for care and support planning. It should not be seen as a replacement for the core day and a half of training used to introduce care and support planning to new sites/areas/practices.

This training programme can only be delivered by registered YOCP trainers. Its focus is on the philosophy of the approach and ensuring understanding of care and support planning as well as relevant skills development around the care and support planning conversation. The morning session is suitable for administrators and the whole day is designed for clinicians delivering care and support planning conversations.

The key learning outcomes are

- To understand the Year of Care approach to care and support planning
- To reflect on your own approach/philosophy of care and how this fits with care and support planning
- To understand the care and support planning consultation framework and the core competencies required

If your area has delivered substantial amounts of core training and has supported practices to embed processes then please contact us to discuss how we provide an update/training for your local trainers interested in this training package.

## Transforming Participation guidance

The previous ‘Transforming Participation’ guidance to CCGs has been updated. The old guidance is now split into 2 separate documents, ‘Involving people in their own health and care: Statutory guidance for clinical commissioning groups and NHS England’ (being most pertinent to Year of Care) and ‘Patient and public participation in commissioning health care: statutory guidance for CCGs and NHS England’.

We have updated our policy slide for day 1 of care and support planning training in line with this change. The new policy slide has been uploaded to the secure area of the website to enable you to update your own slide sets.

[www.yearofcare.co.uk](http://www.yearofcare.co.uk)

## Vision practice pack

We are pleased to announce that the Vision practice pack has been updated with a new letter template and instructions together with an information gathering template (guideline) and example protocol for healthcare assistants. The updated pack is now available to download from the secure area of the Year of Care website or to order from the admin team. The pack has been developed using tools designed by NHS Lanarkshire and further IT support from NHS Lothian who we would like to thank for their valuable help and advice in recent months.

## Factsheets

Did you know that there are a variety of factsheets available on the Year of Care website? Please see <http://www.yearofcare.co.uk/summaries> to find lots of useful information on Year of care, care and support planning, the House of Care and evidence and impact.

## Preparation for training

The Year of Care national training team have developed a document called ‘Preparation for Year of Care training in care and support planning’ which is to be shared with training delegates ahead of their attendance at the course. This will help delegates understand what to expect and directs them to some helpful resources. It can be found on the secure area of the Year of Care website under ‘Long term conditions training’- [www.yearofcare.co.uk](http://www.yearofcare.co.uk)

# The HOUSE Journal

## New consultation videos for use in training

Two new consultation videos with a cardiovascular disease focus have been developed with support from the British Heart Foundation as part of their House of Care project and are now available for use in the Consultation Overview section of Day 1, as alternatives to David and Lindsay (Diabetes or COPD) clips. You can find them on the secure area of the Year of Care website.

### Anthony and Nick (22 mins)

Anthony is a gentleman with cardiovascular disease. His angina symptoms are much improved following surgery to insert a stent two years ago. However, he is concerned that his weight has increased, and is keen to explore ways to lose weight to feel better and to improve his overall health.



### Sylvia and Lindsay (24 mins)

Sylvia is a lady with diabetes and angina. She is managing well with her long term conditions however she and her husband are new to the area having moved to be near their son. Recent heart attacks have left her husband reluctant to leave the house or to be left alone, and as a result Sylvia is feeling socially isolated.



**Both clips are useful for illustrating care and support planning in cardiovascular disease, and in the case of Sylvia, multi-morbidity. Sylvia also provides a useful example of supporting patients with social issues. You can find them on the secure area of the Year of Care website.**

## Year of Care goes international

We are delighted that areas outside Great Britain are getting in touch to consider how care and support planning fits into their local care pathways for people with long term conditions. Earlier this year the YOCP team went to **Jersey** and supported teams to consider how this would fit since Jersey isn't part of the NHS. There are different rules to the UK a differently funded and resourced care setting.

In July we are off to **Singapore** where the interest in the Year of Care programme has been overwhelming. We will be delivering an intensive 3 day course of training and support to equip the teams with the knowledge and skills to implement care and support planning. Look out for further details in our next newsletter.

## New philosophy statement

We have altered one of the philosophy statements used during long terms conditions training and have found that it stimulates more discussion.

The new version reads *'the person's psychological and social wellbeing is more important than their physical health'*, replacing the previous version *'it is my role to value the persons ...as much as...'*

If you would like to use this version you can find it on the secure website under the Long term conditions training section to add to your laminates and slides.

# The HOUSE Journal

## FAQs

### Frequently asked questions – training delivery

Can I change the slides?	The slides are copyright and cannot be edited without permission from Year of Care.
Can I use the slides in other presentations?	We are happy for you to use the slides in other presentations but please could you maintain copyright and use of Year of Care logos, and also acknowledge the programme.
Can I change /remove the session content?	The training programme and manual are owned and maintained by Year of Care and so any significant alteration should not happen without discussion with the YOC team. The training programme has been re-iterated and refined over many years.
How do I find out about slide updates and changes to the curriculum?	The curriculum is tried and tested however updates based on specific issues or ideas from local experience are always seriously considered. Changes are made systematically by YOC and details will be emailed to you. Please help us to keep up to date with your most recent email address.
Can I alter the resources in the practice pack?	We understand that some of the resources in the practice pack may need minor modifications, such as including local targets. In this case you can continue to use the Year of Care logo however if you make significant changes to the wording we would ask that you remove our logo, add local logos and make a note as follows: <i>'This product was adapted from original Year of Care material'.</i>
Can I share the resources in the practice pack on a local internet based system?	All of the material is copyright and you have permission to share it within your local area to enable the embedding of CSP. You may wish to do so via a local portal or secure website however the material should not be shared publicly.
What if I need support with training?	Please contact the Year of Care National Trainers.
What if I'm approached by a local CCG or Health Board who would like me to deliver some training?	If an area wants to run a Year of Care programme they need to contact the Year of Care team for set-up support and access to our copyright materials. Please liaise with us.

### Information sharing letters – important

Please note, we have identified an error in the COPD and CVD colour information sharing letters for EMIS Web and SystemOne. We are working to correct this but please update the Diabetes Screening traffic lights with the following values: Low Risk Less Than 42, More Risk 42 – 48, High Risk Above 48.

In addition, you may also like to remove the reference to diabetes in the 'cholesterol & blood fats' section of the COPD and CVD information sharing (results) letters.

### Congratulations Dr Sue Arnott!

Dr Sue Arnott of NHS Lanarkshire has been awarded the Royal College of Physicians of Edinburgh's William Cullen Prize recognising excellence in service innovation at a regional level.

Sue is a GP at the Burnbrae Medical Practice in Shotts, and the Clinical Lead for the Diabetes Managed Clinical Network in NHS Lanarkshire. She is also a Year of Care Trainer and has driven forward the local implementation of the national Improvement Plan for Diabetes leading on the local House of Care project to support patients living with long term conditions.

## Good news