

NHS Long Term Plan

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Summary

Health & Wellbeing Board

6th February 2019

1. Overall Direction & Priorities

A key theme of the plan is more local action on **prevention & health inequalities** – wider action will help people to stay healthy and also moderate demand.

Focus will be on:

- Enabling everyone to get the best start in life;
- Helping communities to live well; and
- Helping people to age well.

The plan also includes measures to:

- Contribute to narrowing **health inequalities**
- Improve **out-of-hospital care**
- Provide better care for **major health conditions**
- Support older people through more **personalised care**
- Make **digital** health services a mainstream part of the NHS

2. A New Service Model

New 5 Year funding settlement – average growth of 3.4% over next 5 years

The NHS will increasingly be:-

- More **joined up and coordinated** in its care
- More **proactive** in the services it provides
- More **differentiated in its support offer** to individuals

Five service model changes to progress over the next 5 years:-

- **Boost 'out of hospital' care** – dissolve the divide between primary and community health services
- **Reduce pressure on emergency hospital services** - expanding & reforming urgent & emergency care services
- **Expand the choices and control people have over their own care** - more personalised care
- **Digitally enabled primary and outpatient care** - to go mainstream across the NHS
- **Greater focus on population health** – moving to Integrated Care Systems everywhere

3. Out of Hospital Care

- **Primary and community services** get a major boost as part of a drive towards integrated care and population health
- The plan confirms a **£4.5 billion uplift** to primary medical and community health services
- All of England will be covered by **integrated care systems (ICSs)** by April 2021
- Key responsibilities placed on **primary care networks (PCNs)** (formed of GP practices typically covering 30-50,000 patients, signing an additional contract as an extension to their current contracts).
- **Funding flows and performance frameworks will be reformed** to support both ICSs and PCNs.
- ICSs will work on an **earned autonomy** basis
- NHS leaders have avoided the temptation **to be overly prescriptive** about the size and structure of ICSs.
- Taken together, this all reinforces the **strategic direction toward place-based population health.**

4. Improving Care Quality & Outcomes

- **There is a major push on a range of clinical priorities, including:**
 - ✓ Children & Young people (including cancer, mental health, learning disability & autism)
 - ✓ Cancer
 - ✓ Cardiovascular disease
 - ✓ Stroke care
 - ✓ Diabetes
 - ✓ Respiratory disease
 - ✓ Adult Mental Health
 - ✓ Short waits for Planned Care
- **Delivery of the commitments are to be measured by mix of high-level indicators or milestones e.g.**
 - ✓ by 2028, the NHS will diagnose 75 per cent of cancers at stage 1 or 2
 - ✓ in 2019 the NHS will roll out the Saving Babies' Lives Care Bundle to every maternity unit.
 - ✓ the NHS will prevent up to 150,000 heart attacks, strokes & dementia over 10 years
 - ✓ by 2023/24 an additional 380,000 people will be able to access IAPT services
 - ✓ by 2022 the lung health check model will be extended
- **The commitments taken together form a challenging delivery framework for the NHS.**

5. Children & Young People

- Continue to make **improvements in maternity services** to help improve outcomes for the most vulnerable mothers and babies.
- Roll out the **Saving Babies Lives Care Bundle** across every maternity unit in 2019.
- Improve access to and the quality of **perinatal mental health** care.
- **Expand** mental health services for children & young people and **faster funding growth** than either overall NHS funding and total mental health spending.
- Develop and implement networked care to **improve outcomes** for children and young people **with cancer**.
- Creation of a **Children & Young People's Transformation Programme** to oversee delivery of the commitments in the plan.
- From 2019/20 **clinical networks will be rolled** out to ensure the NHS improve the quality of care for children with long-term conditions such as asthma, epilepsy and diabetes.
- This will be achieved though sharing best clinical practice, supporting the integration of paediatric skills across services and **bespoke quality improvement projects**

6. Cancer & End of Life

- The plan sets a new ambition that, **by 2028 the proportion of cancers diagnosed at stages 1 & 2** will rise from around half now to three-quarters of cancer patients.
- The NHS will modernise the **Bowel Cancer Screening Programme**.
- Implement human papilloma virus **primary screening for cervical cancer** across England by 2020.
- Begin introducing a new **faster diagnosis standard** from 2020.
- Roll out of the **Enhanced Care in Care Homes** initiative.
- An **expansion of community services** to support urgent care needs and reduce unwarranted emergency admissions.
- A **commitment to greater personalisation** with training to support proactive and person centred care planning and to include expansion of personal health budgets at end of life.
- Through **an increase in social prescribing** the range of support available to people will widen, diversify and become accessible across the country.
- Introduce through an increase in training, **proactive and personalised care planning** for everyone identified as being in their last year of life

7. Cardiovascular & Stroke

- **Improving detection rates** for hypertension, cholesterol and atrial fibrillation.
- Expand approaches to improve effectiveness of the **NHS Health Check**.
- Improve effective treatment for conditions such as **AF, hypertension and cholesterol** through pharmacists and the emerging primary care networks.
- **Improved care model** for people with heart failure and valve diseases adopting a person centred approach, better access to specialist advice and diagnostics.
- New technology, & educating the public to recognise and **respond to cardiac arrest**.
- **Expansion of cardiac rehabilitation** provision to ensure 85% of those eligible can access this by 2028.
- A commitment that all stroke units will **meet the 7 day standard within 5 years**. That **90% of patients** will be cared for on a specialist stroke unit.
- An expansion of the **provision of thrombectomy** to enable all patients who would benefit receive this treatment.
- A focus on **improvements in stroke rehabilitation**.
- Improved access to **CT perfusion scans, MRI scanning and use of artificial intelligence** supported by telehealth to support clinical decisions.

8. Diabetes

- Provision of **weight management services in primary care** for people with type 2 diabetes, hypertension or a BMI of 30+.
- Expansion of the **NDPP programme** - doubling capacity over the next 5 years.
- A focus on addressing **health inequalities** in diabetes care.
- Pilot of very low calorie diet for up to 5000 people with type 2 diabetes
- Commitment to expand provision of **structured education and digital self-management support tools** for people with type 1 and type 2 diabetes.
- From April 2019, funding of **flash glucose monitors** for people with type 1 diabetes that fall within the criteria.
- All **pregnant women with type 1** to be offered continuous glucose monitoring by 2020/1.
- Commitment to continue investment in the **diabetes transformation programme**.
- Additional funding to ensure every hospital can provide **access to MDT foot teams and in-patient specialist nursing team**

9. Respiratory

- The NHS will do more to **detect and diagnose** respiratory problems earlier.
- From 2019 the NHS will build on the existing NHS RightCare programme to **reduce variation in the quality of spirometry testing** across the country.
- PCNs will **support the diagnosis** of respiratory conditions.
- More staff in primary care will be trained and accredited to provide the **specialist input required to interpret results**.
- The NHS will do more to support those with respiratory disease **to receive and use the right medication**.
- Pharmacists in PCNs will undertake a **range of medicine reviews**, including educating patients on the correct use of inhalers & contributing to multidisciplinary working.
- As part of this work, they can also support patients to **reduce the use of short acting bronchodilator inhalers** and switch to dry powder inhalers where clinically appropriate.
- Pharmacists can also support **uptake of new smart inhalers**, as clinically indicated.

10. Mental Health, LD & Autism

- Renewed commitment to **grow investment in mental health services** faster than the NHS budget overall
- Continue to **expand IAPT services for adults and older adults** with common mental health problems, with a focus on LTC
- **New and integrated models** of primary and community mental health care will support adults and older adults with severe mental illness.
- Services for people experiencing a **mental health crisis will be expanded.**
- **Reducing suicides** will remain a priority.
- Action will be taken to tackle the **causes of morbidity and preventable deaths** in people with a learning disability and for autistic people.
- The NHS will **improve uptake of the existing annual health** check in primary care for people aged over 14 years with a learning disability - at least 75% of those eligible.
- The NHS will **pilot the introduction of a specific health check** for people with autism.
- The stopping over medication of people with a learning disability autism or both and Supporting Treatment and Appropriate Medication in Paediatrics (**STOMP-STAMP**) programmes **will be expanded** to stop the overmedication.

11. Enablers

A comprehensive new workforce implementation plan

- NHS England has also promised to recruit tens of thousands more doctors, nurses and other health professionals.
- A workforce implementation plan will therefore be published later in 2019.
- NHS Improvement, HEE and NHS England will establish a national workforce group to ensure that such workforce actions agreed are delivered quickly.

Digitally-enabled care will go mainstream across the NHS

- Technology will play a central role in realising the Long Term Plan, helping clinicians use the full range of their skills, reducing bureaucracy, stimulating research and enabling service transformation.
- People will have more control over the care they receive and more support to manage their health, to keep themselves well and better manage their conditions.
- Citizens to have access to high quality NHS information and digital services through the transformed nhs.uk website. and the national roll-out of the NHS App.
- The Local Health and Care Record (LHCR) programme has started the work to create integrated care records across GPs, hospitals, community services and social care.
- People will be helped to stay well, to recognise important symptoms early, and to manage their own health, guided by digital tools.

12. Enablers

Improving population health

- During 2019, the NHS will deploy **population health management solutions** to support ICSs to understand the areas of greatest health need & match services to meet them.
- Over the coming years these solutions will become increasingly sophisticated in identifying those groups of **people who are at risk of adverse health outcomes** and predict which individuals are most likely to benefit from different health and care interventions, as well as shining a light on health inequalities.

Finance & Investment

- Putting the NHS back onto a **sustainable financial path** is a key priority in the Long Term Plan & is essential to allowing the NHS to deliver the service improvements set out.
- This means:
 - ✓ The NHS (including providers) will return to financial balance
 - ✓ The NHS will use the **five-year funding settlement** to ensure rigorous and disciplined financial management across all NHS organisations.
- Despite the overall efficiency of the NHS, there is still waste and an opportunity to improve efficiency.