



Prospectus for Specialty Registrars in Public Health



Excellence | Accountability | Respect | Teamwork | Integrity | Compassion



Welcome...



Welcome to this prospectus which gives you an overview of Lancashire Care NHS Foundation Trust and how we can provide you with an excellent training placement.

This trust exists to support the health and wellbeing of local people by providing high quality holistic services that meet a wide range of physical and mental health needs.

We are committed to providing services that recognise the interaction between a person's mental and physical health. We can do this because we provide such a wide range of services, across a wide geographical area, beyond Lancashire in some cases.

We initiated the public health function in 2014, and since then have implemented some key public health interventions. For example the making every contact count programme provides physical health knowledge to staff working in mental health services, and knowledge about mental health and well-being to staff working in physical health services.

We recognise the importance of research in service provision and so there are opportunities to develop academic skills, by getting involved in research projects. Much of our work is across multiple organisations so we also offer opportunities to develop leadership skills in an innovative public health setting.

We hope you will consider continuing your public health training here.

Professor Heather Tierney-Moore, Chief Executive
Professor Max Marshall, Medical Director

What's in this prospectus...

This prospectus is in four sections. Section one provides an overview of the services provided by LCFT. It shows the scale and scope of the context in which you could achieve your learning outcomes.

Section two describes the Trust's vision and values. This is integral to how we organise ourselves and deliver our objectives.

Section three is written by Suzanne Gilman, the first StR to work here. She provides an insight into her experience working here. She also highlights that this placement is only suitable for those who are post Part B.

Finally section four lists the type of projects that are available.

I'd be delighted to discuss your training opportunities at LCFT with you. Please email me on jane.beenstock@lancashirecare.nhs.uk or telephone on 01772 695320.

Jane Beenstock
Consultant in Public Health

1. Trust services

First established in 2002, Lancashire Care NHS Foundation Trust (LCFT) is the only provider of health and wellbeing services that covers the whole county of Lancashire. The Trust's focus is on providing integrated care to the 1.5 million people that live in Lancashire, which is tailored and responsive to local need. The Trust specialises in mental health and secure provision.

The Trust employs 6,638 members of staff and has an annual turnover of over £344 million. Historically a provider of mental health services, the Trust now offers a wide range of health and wellbeing services with income being split across the provision of community health and wellbeing services including mental health services.

The majority of the Trust's services are commissioned by local Clinical Commissioning Groups (CCGs). Other sources of income for the Trust come from the provision of specialist services, which are commissioned by NHS England and services commissioned by the local authorities.

The CCGs share boundaries with Lancashire County Council social services with the exception of Blackburn with Darwen, and Blackpool which align to their respective unitary authorities.

Trust Facts and Overview



We are supporting transformation across the health economy

Data correct at time of publication. Figures relate to 2016/17



Research and Development

The Trust continues to play a major role in supporting research and innovation and is dedicated to improving the health of its patients, service users and the local population through developing and participating in high quality research and supporting new innovations. Developing an active research culture brings a host of benefits for service users, patients, clinicians and the NHS as a whole. It drives innovation, gives rise to better and more cost-effective treatments and creates opportunities for staff development.

Additionally, it enables Trust clinicians to stay abreast of the latest treatment possibilities and the evolving evidence base and active participation in research leads to improved patient outcomes.

The Trust supports the Research and Development Department and works closely with clinicians and internal and external researchers to develop and deliver a range of research studies and increase the number of service users and patients participating in research each year. During 2016-17, the Trust was able to offer 76 different clinical research studies to patients with more than 2,125 service users and patients participating in quality-assured research.

Lancashire Care has been recognised as the number one care trust nationally for volume of research studies and has a growing research culture with an increasing number of clinical services becoming research active in 2016/17. Participation in clinical research demonstrates the Trust's commitment to improving the quality of care offered to patients and making a contribution to wider quality improvement. The Trust is committed to research that improves patients' health outcomes and their experience of services. The Trust had 76 active National Institute for Health Research studies this year, an increase on the 60 active in 2015/16, with 1,247 patients newly recruited in year. There were 20 individual clinical services involved in recruitment for studies compared to 15 last year. Overall, the Trust has recruited more than 10,500 participants in the last six years which demonstrates a clear focus on research and the strong commitment to continuous improvement in service delivery.

The Trust has increased the number of commercial clinical drug trials from six studies in 2015/16 to nine in 2016/17, thereby increasing the number of patients who can access novel treatments. The Trust has plans to expand access to clinical trials for dementia and mental health service users as well as rheumatology patients in the forthcoming year.

Innovation

Innovation is about taking a new approach to work which will result in an improvement in quality, a reduction in cost and/or a time saving. The Trust is host to the North West Coast Innovation Agency, the Lancashire and Cumbria Alliance (LCIA) Test Bed and the North West Learning Disability and Autism Operational Delivery Network.

Some recent developments include:

- The Lancashire Test Bed – One of seven selected by NHS England this has been established to help people living with a long term condition to self-manage their conditions whilst remaining in the community through the use of innovative technology.
- Going digital – Digital solutions introduced through the ORCHA platform on our website to complement existing models of care and to support people to manage their conditions.
- Electronic patient records (ePR) – During 2016/17 the foundation stones were laid to implement e-PR across the Trust.
- Perinatal – Lancashire Care has been chosen as one of only four Trusts in the country to develop and provide a new specialist perinatal unit providing inpatient services for new mothers who are experiencing mental health issues where they can be cared for alongside their baby.
- MyPlace – Working in partnership with Lancashire Wildlife Trust, this project has been established to get young people involved in environmental projects to support their recovery from mental health issues.

2. LCFT's values and vision

The values represent what we as an organisation, and the individuals who make up that organisation, are about. Our values are the guiding principles for how we work together at Lancashire Care to provide the best possible experience and outcomes for the people that use our services.

It is our aim that everything we do fits in with, and reinforces, these values:

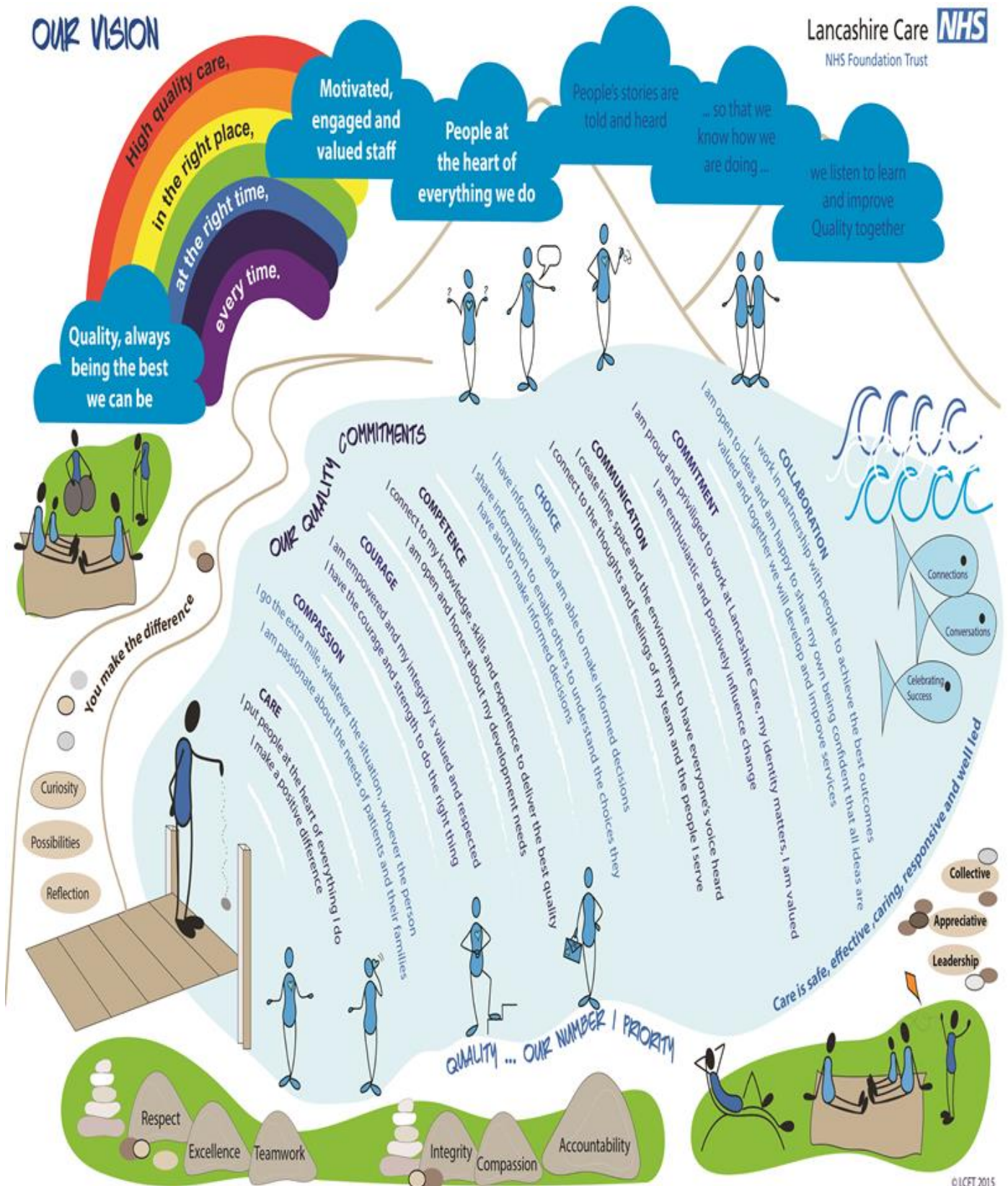
- **Teamwork** – share it
- **Compassion** – offer it
- **Integrity** – show it
- **Respect** – earn it
- **Excellence** – reach for it
- **Accountability** – accept it



We are true to our values by:

- Treating people with dignity and respect
- Caring for each other and showing compassion
- Remaining professional at all times
- Dressing smartly and appropriately
- Ensuring that our work areas are clean and tidy
- Working effectively with partners
- Sharing good practice and celebrating success
- Being appreciative – focusing on the positives and what is working well
- Taking responsibility for the standard of care or service that you provide
- Taking positive action to make improvements where you see the need

Our vision is depicted in the form of the following infographic. It incorporates our quality statements and commitments.



3. A specialty registrar's perspective...

As a senior registrar I was looking for a placement that could offer something slightly different in my penultimate year of training. Lancashire Care has been a great opportunity to gain new knowledge and skills in an NHS healthcare provider organisation.

In this placement registrars can get involved in providing leadership for large scale programmes to more discrete project based work such as carrying out literature reviews or health needs assessments. The Trust is very research focused with lots of opportunities to develop your academic interests with strong links to local universities. There is also a library and resource centre with a library team on hand to support you with your research project.

I have been with the Trust for just under 12 months and during that time I have been leading and supporting various programmes of work. The Making Every Contact Count (MECC) programme has involved collaborating with the University of Manchester to develop staff e-learning resources on behaviour change approaches. More recently I had the opportunity to present the Trusts work on MECC at a national PHE conference. I have also worked with colleagues to establish a community of purpose group to support the Trusts developing parity of esteem agenda. This work has involved developing systems for sharing results of physical health checks between services in primary and secondary care.

LCFT has a small public health team and you will work fairly independently. The placement is therefore best suited to registrars who have passed both part A and B exams. I have found the Trust to be a welcoming and supportive environment for training and would recommend this to colleagues as a placement.

Suzanne Gilman
Specialty Registrar

4. Training Opportunities at Lancashire Care NHS Foundation Trust – project examples

Is the Trust's literature about the smoke free initiative fit for purpose?

- Identify a suitable framework or set of standards for the review.
- Review the leaflets for staff and/or service users against these criteria. Could also conduct focus groups.
- Make recommendations about content and format for future leaflets.

What are the three key messages that should be promoted to the public about the impact of stopping smoking on mental health? (myth buster)

- Review the literature and identify the most important facts.
- Test out the facts with members of the public.
- Write the most salient facts in accessible language.
- Explain in words and pictures the impact of nicotine on the brain.

Activities to develop a support package for doctors about the nicotine management policy

1. A literature review of attitudes and views of medical staff about stopping smoking in mental health in-patient units. This would provide a summary of medical staff views that can be used to inform an educational package that will mobilise the medical workforce to take action on this issue.
2. Focus groups with medical staff to identify what would help and hinder them when implementing NICE guidance PH48. And/or use the theory of domain framework, adapting existing questionnaire.¹ This would need a literature review to see how this questionnaire has been updated. The output would be a list of recommendations for an educational package that will mobilise the medical workforce to take action on this issue.
3. An e-learning package for doctors that supports them in their implementation of NICE guidance PH 48 in mental health settings is required. Write a script for an e-learning package that covers:
 - Impact of stopping smoking on mental health
 - Sample conversations to have with service users
 - How to prescribe and advocate use of NRT
 - Impact of stopping smoking on other medication

¹ Jane Beenstock¹, Falko F Sniehotta^{1*}, Martin White¹, Ruth Bell¹, Eugene MG Milne²³ and Vera Araujo-Soares. *What helps and hinders midwives in engaging with pregnant women about stopping smoking? A cross-sectional survey of perceived implementation difficulties among midwives in the North East of England*. 2012. Available from <http://www.implementationscience.com/content/7/1/36> [accessed 21/09/17]

4. Write a summary of the key points about the nicotine management policy and NRT for doctors. This could be a leaflet or flowchart given to all doctors at induction.
5. Make a video with the following content.....
 - Introduction from medical director – why this is important to our role as doctors
 - Slides with some facts about tobacco and people with a mental health condition. Plus impact on stroke risk because of other medication. Metabolic syndrome.
 - Section on prescribing NRT (slides that have already been produced and voiceover, or film one of smoking cessation team)
 - Something about service users expect to be asked, maybe voice of service user, use one of the stories from the board meeting
 - Pharmacist talking about impact on other medication and consequent prescribing changes
 - Doctor talking about section 17 leave
 - MM – there are three options to offer on admission, always write NRT prescription, even if not taken up at start.
6. Write and produce a 10/15 minute explanatory animation suitable for a lay audience about how nicotine addiction works and why NRT helps. Research and write a script, with graphics, that explains in lay person language:
 - The mechanisms in the brain that change as a result of nicotine addiction
 - How the illusion of calm is created by having a cigarette
 - How mental health is improved with managing addiction to nicotine (addressing the myth it gets worse)

Making every contact count

As part of the Making Every Contact Count (MECC) programme, LCFT are working with the University of Manchester to develop e-learning resources for staff development on behaviour change and specialist topics. There is an opportunity for a registrar to support this programme by developing content for an e-learning package on specific topics including: addressing health behaviours in individuals at high risk of metabolic syndrome; implementing the Lester Tool.