“Protecting the Health of Medway’s Population: now and for the future”

The Director of Public Health for Medway’s Annual Report 2017-18
Introduction

1. What is the Director of Public Health’s Annual report?

2. What is health protection?

3. “Protection on a page” – key messages for each health protection topic
What is the Director of Public Health’s Annual Report?
What is health protection?
1) Seasonal Influenza

Current Situation in Medway: key facts

In 2017/18:

- 72% of older people in Medway had a flu vaccination, similar to the England average (72.6%)
- 45.5% of under 65s with long term conditions in Medway had a flu vaccination compared to 47.2% in England
- 45.8% of pregnant women had a flu vaccination, compared to 47.2% in England
- Uptake of flu vaccination among children in Medway has increased since 2016/17 and meets national targets
- Few outbreaks of flu have been reported in Medway in recent years

Examples of Recommendations / areas for further work

- Health and social care organisations to ensure plans are in place to increase staff influenza vaccination rates
- Partners should focus on work to further increase uptake of flu vaccinations, including focused work on under 65s with long term conditions and pregnant women

How can people in Medway protect their own health? Key messages:

- Stay protected with an annual flu vaccination. It’s free for eligible groups.
- Protect yourself from flu by making sure you “catch it, bin it, kill it”

Examples of actions partners are taking to protect health in Medway

- New service from 2017 for women attending pregnancy scans at Medway hospital to receive flu vaccination at the hospital
- New flu workshop and partnership action plan implemented in 2017
- Partners implemented public “stay well this winter campaigns”

CASE STUDY: Partnership Working to Improve Seasonal Flu Uptake in Medway
2) Infectious Diseases and foodborne illness

Current Situation in Medway: key facts

- Diseases of “public health importance” reported to Kent Health Protection Team (HPT)
- Food poisoning caused by campylobacter and salmonella bacteria are among the most common reasons for illness in Medway reported to the HPT
- 140 outbreaks in Medway over last 5 years
- Gastrointestinal diseases most common cause of outbreaks in Medway, usually norovirus (vomiting bug)
- Care homes, schools and nurseries are common settings for outbreaks (34% care homes; 31% schools; 27% nurseries)
- Numbers of suspected disease that may have been vaccine preventable were small with mumps the most common

Examples of actions partners are taking to protect health in Medway

- Food hygiene inspections, ratings and training (environmental health)
- Support and advice in managing and preventing outbreaks and individuals with infectious diseases (Health Protection Team)

Examples of Recommendations / areas for further work

- Continue to increase the proportion of businesses with “good” food hygiene ratings
- Identify ways of delivering infection control training to schools/nurseries in Medway
- Further work with care homes as “healthy settings”

How can people in Medway protect their own health? Key messages:

- Check the “score on the door” before eating out
- Familiarise yourself with advice on how to safely store and prepare food
- Care homes and schools should follow infection control guidance and notify health protection team of outbreaks
3) Screening

Current Situation in Medway: key facts

- Screening uptake in Medway is better than the national average for breast and cervical screening and similar for abdominal aortic aneurysm (AAA) screening
- Bowel screening uptake is lower in Medway than the England average
- Some groups of people in Medway and nationally don’t attend screening as often as others, e.g. groups from lower socioeconomic groups, those with learning disabilities, some ethnic groups
- In Medway and England, cervical screening uptake is decreasing

Examples of actions partners are taking to protect health in Medway

- NHS England – screening programmes across range of Medway locations
- Cancer steering group – work with GPs/practice staff to raise awareness of screening among patients
- Local campaigns e.g. “Get It Checked, It’s For The Breast”
- Breast screening unit – quality improvement work

Examples of Recommendations / areas for further work

- Targeted work to increase uptake of screening among groups less likely to attend
- Identify ways of including information about screening in conversations with people e.g. through Making Every Contact Count training
- Further roll out of bowel scope screening across Medway and new bowel screening test (FIT)
- Opportunities for campaigns around cervical screening and work to improve uptake in prison populations

How can people in Medway protect their own health? Key messages:

- Be informed about screening. When invited find out about the test and next steps or request an invitation where appropriate
- Reduce risk of cancers with healthy lifestyle changes. See www.abettermedway.co.uk for more

CASE STUDY: Improving breast screening in Medway
4) Emergency Preparedness

Current Situation in Medway: key facts

Risks which have been identified as particularly salient in Medway (and Kent) include:

- Pandemic influenza (also the most significant risk nationally);
- Tidal flooding in relation to the Medway Council area;
- Severe inland flooding;
- Local/urban flooding.

Examples of actions partners are taking to protect health in Medway

- Kent Resilience Forum, Kent Local Health Resilience Partnership and Medway Council develop, maintain and test emergency plans
- In 2016-17, the Kent and Medway pandemic flu plan was refreshed
- Medway Council’s cold weather and heatwave plans are updated annually

Examples of Recommendations / areas for further work

- Audit of the use of the heatwave and cold weather plans to identify areas for improvement
- Medway Council to review the emergency planning governance arrangements between the Council and the Kent and Medway Sustainability and Transformation Partnership

How can people in Medway protect their own health? Key messages:

- Be prepared for emergencies. Take simple actions like making a household emergency plan, prepare an emergency grab bag and attend first aid training.

CASE STUDY: How Medway tackled the “Beast from the East”
5) Sexual Health and Blood Bourne Viruses

Current Situation in Medway: key facts

- Lower rates of sexually transmitted infections in Medway than England average, chlamydia most common infection
- Sexual ill health more common in some groups: young people, lower socioeconomic status, some black and minority ethnic groups; gay or men who have sex with men
- Rates of gonorrhoea, syphilis and HIV lower than the England average, herpes was higher
- Similar hepatitis B and hepatitis C rates to national average
- Lower % entering substance misuse services completed hepatitis B vaccination course (5.1%) than England average (8.7%)
- 288 people living with HIV; similar late diagnosis rate to England

Examples of recommendations / areas for further work

- Increase uptake of HIV screening in sexual health clinics
- Prioritise prevention, harm reduction and delivering interventions through self-managed care
- Promote the role of Antibiotic Guardians, to reduce risk of antimicrobial resistant forms of gonorrhoea
- Increase uptake of human papilloma virus vaccinations

How can people in Medway protect their own health? Key messages:

- Get tested regularly
- Reduce risk with use of condoms
- If offered an HIV screen – take the test
- Consider hepatitis vaccination – if you think you may be at risk e.g. sex workers or those who inject drugs

Examples of actions partners are taking to protect health in Medway

- Sexual health service – range of support, recent developments include on-line testing
- HIV pre-exposure prophylaxis trial
- Needle exchange scheme, hepatitis vaccinations

CASE STUDY: MEDWAY INTEGRATED SEXUAL HEALTH SERVICE
6) Tuberculosis (TB)

Current Situation in Medway: key facts

- TB not a common public health issue for Medway with a rate of 5.1 cases per 100,000 people
- Number of new cases falling in England
- Rates higher among some communities, e.g. non-UK born population, or homeless, with drug or alcohol problems or in prison
- Challenge for Medway, given the low rates of TB is to ensure early identification and treatment of individuals with active disease

Examples of Recommendations / areas for further work

- Make training available to professionals to raise awareness of TB symptoms in vulnerable groups to ensure prompt referral to treatment
- Continue piloting of video observed therapy TB treatment trials

Examples of actions partners are taking to protect health in Medway

- Kent and Medway TB network – TB cohort reviews and partnership working including:
  - TB needs assessment
  - Awareness raising event to raise awareness of TB signs and symptoms among professionals
  - TB treatment pilot using video observed therapy

How can people in Medway protect their own health? Key messages:

- Although TB is uncommon in Medway, it’s good to be aware of the signs and symptoms such as a cough lasting more than three weeks, weight loss or night sweats. Find out more on The Truth About TB website.
7) Healthcare Associated Infections

Current Situation in Medway: key facts

In 2016/17:
  - Rates of C.Diff in Medway are similar to the national average (63 cases)
  - Rates of MRSA in Medway were slightly above national average (6 cases), but rates have fallen since the previous year
  - Rates of e-coli blood stream infections were slightly higher than the national average and have increased over recent years in Medway and nationally

Examples of Recommendations / areas for further work

- Continuing to ensure that services are compliant with and regularly audit against infection control guidance, policy, regulations and quality standards
- Organisations should report compliance against these standards to their commissioners/boards

Examples of actions partners are taking to protect health in Medway

- Kent and Medway Health Care Associated Infection group actions e.g. catheter insertion guidelines
- Training to reduce urinary tract infections in care homes and targeted project to reduce e-coli infection
- Medway hospital: range of work including: protocols, equipment, training and hand hygiene campaigns
- Regular monitoring of blood stream infections

How can people in Medway protect their own health? Key messages:

- Wash hands regularly if staying in/visiting hospital
- Don’t be afraid to talk to staff in hospital about hygiene e.g. asking about hand washing, reporting unclean facilities

CASE STUDY: “HANDS AWARE, SELF TO CARE” CAMPAIGN
7) Air Quality

Current Situation in Medway: key facts

- Quality of air across Medway generally good and meets national air quality objectives, but like many urban areas in the UK, Medway has some areas where air quality isn’t as good.
- Four areas across Medway have been identified for focused action: Pier Road Gillingham; High Street, Rainham; Central Medway; and Four Elms Hill, Chattenden.
- Active travel can help reduce air pollution from transport. In Medway, 59.9% of pupils aged 5 to 10 years walk to school in Medway, higher than the national average.

Examples of Recommendations / areas for further work

- Implement the Air Quality Communications Strategy including community “clean air day” in June.
- Continue to implement Air Quality Action Plan including work to support active travel and use of eco vehicles.

Examples of actions partners are taking to protect health in Medway

- Medway air quality action plan – good progress.
- New air quality guidance for planners and developers in use.
- Air quality communications strategy developed.
- Active travel – walking bus routes, cycling strategy.

How can people in Medway protect their own health? Key messages:

- Reduce contribution to air pollution by walking/cycling instead of driving, conserving energy, not keeping engines running on stationary vehicles, considering electric vehicle.
- Sign up to KentAir air pollution forecast.

CASE STUDY: MEDWAY – CYCLING CITY OF THE FUTURE
7) Vaccinations

Current Situation in Medway: key facts

• Nationally, challenging to meet 95% uptake of childhood immunisations, also the case in Medway
• Areas of good practice in Medway e.g. vaccination uptake for children in care is significantly higher than England average
• Data suggests since 2013, there has been a decline in the uptake of childhood vaccinations in Medway
• Many factors influence uptake: parental attitudes to vaccination, accessibility of vaccination services, systematic arrangements for inviting/reminding parents
• 66.8% of over 65s were vaccinated against pneumococcal infections in 16/17, compared to an England 69.8%.
• 42.6% of 70 year olds were vaccinated against shingles in 16/17, compared to an England 48.3%.

Examples of Recommendations / areas for further work

• Partners should continue to work together to increase vaccination uptake in Medway, including through the Medway Immunisation Programme Board
• Partners should communicate the benefits of shingles vaccination to health professionals and the public
• Identify additional opportunities for professionals to raise awareness of the benefits of childhood vaccinations with families
• Work with quality teams to identify areas for improvement around vaccination uptake including audits against guidance

How can people in Medway protect their own health? Key messages:

• If you or your child are not up to date with your vaccinations, you are at risk of infectious disease. Speak to your health professional
• Stay protected if going to university with a free meningitis vaccination
• If travelling abroad, find out what vaccinations you need to stay healthy

Examples of actions partners are taking to protect health in Medway:

• New school childhood immunisation service starting 2018 includes additional ways for children who haven’t been vaccinated at GP to be vaccinated (improving accessibility)
• New Medway immunisation board: developed and implementing plan to improve uptake children’s imms
• Monitoring and feedback to GPs about uptake, quality improvement work
Summary

• Lots of good work and best practice taking place across Medway around health protection, illustrated in chapters and case studies

• However, there are also areas for further work, identified in recommendations

• Local people and communities themselves also have an important role in protecting their own health and we can use the messages for the public in the report to support local people to be informed about how they can protect their own health
Summary: 8 Ways in which Medway residents can protect the health of themselves and their families
Summary: 8 Ways in which Medway residents can protect the health of themselves and their families

1. Stay protected from food borne illness by checking the “scores on the doors” before eating out and following advice on safe food preparation and storage

2. If you are in an eligible group – have your annual flu vaccination

3. Be informed about screening and reduce risk of cancers with healthy lifestyle changes

4. Be prepared for emergencies. Take simple actions like making a household emergency plan, prepare an emergency grab bag and attend first aid training

5. Get tested. If you are sexually active, have regular sexual health checks and use condoms to reduce risk of infections

6. If staying in hospital or visiting someone, wash hands regularly and don’t be afraid to ask staff about hygiene e.g. if they have washed their hands or to report any unclean facilities to them

7. You can reduce your contribution to air pollution with simple actions like walking/cycling instead of driving and not keeping engines running on stationary vehicles

8. If you are not up to date with vaccinations, you are at risk of infectious diseases. This includes children who have not received all their routine vaccinations, people who are going to university for the first time and haven’t had a meningitis vaccination and people travelling abroad who may need extra vaccinations