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Fit for the Future

Working together to keep people well



Cambridgeshire and Peterborough Sustainability and Transformation Partnership

The system is a partnership between the organisations who plan, pay for and provide health and care on behalf of patients and the population within a geography covering 900,000 people.

STP delivering better care for patients and local people

It is two years since the STP was launched and we're now seeing real improvements being made, across Cambridgeshire and Peterborough, for patients and local people. Some of these improvements are:

- **Better prevention:** suicide prevention training, stroke (atrial fibrillation), diabetes and dementia prevention and support programmes across all our partners, supporting people in the community;
- **Stroke Early Supported Discharge (ESD) Service:** A new evidence-based service providing six weeks intensive out-of-hospital rehabilitation to stroke patients with the impact of reducing patients' long-term care needs;
- **A new rapid Non-ST-elevation-myocardial infarction (NSTEMI) service,** (a type of heart attack) instead of high risk NSTEMI patients being admitted to a general hospital then being transferred to Royal Papworth Hospital (RPH), these patients are being directly taken to RPH, avoiding delays to specialist cardiology services.

- **Extended access to GP care** on evenings and weekends across the whole of the area; and
- We have been rated '**outstanding**' in cancer care.

We have also made some changes that, whilst not directly impacting on care, are important to create better integrated services for patients and local people. These include:

- The **Merger** of Hinchingsbrooke Hospital with Peterborough Hospitals to create North West Anglia NHS Foundation Trust in April 2017;
- **Projects to integrate care in Northstowe** (a 'Healthy New Town'), **the Granta practices** in Cambridge (a 'Primary Care Home'); and **across the city of Peterborough**;
- Developing a system-wide **Digital** Strategy to improve the way information is managed and shared across the county;
- **Relocation of Royal Papworth Hospital** to the Cambridge Biomedical Campus in Spring 2019.



We still have significant challenges to overcome

As a system we have some persistent challenges:

- **Delayed Transfers of Care (DTOC):** this means people who remain in hospital beyond the point where they fit to be discharged. The national standard is that no more than 3.5% of hospital beds should be occupied in this way, however, in

Cambridgeshire & Peterborough, the percentage has been as high as 8.2% in 2018/19;

- as a system, we are also failing the **A&E four hour wait standard**. This is for a range of reasons; people are still using A&E to be treated for minor problems that could be treated by another service e.g. pharmacy, urgent care centre or GP. Also, people who do need urgent treatment may be waiting in the A&E department for a bed to become available on a hospital ward;
- **A&E attendances** were up by 1.9% during 2017/18 (compared to the national average of 0.8%) and emergency admissions were up by 5.5% during 2017/18 (compared to the national average of 3.4%); and
- We are forecasting a significant **financial deficit** in 2018/19.

Roland Sinker, our Interim Accountable Officer for the STP is clear about what needs to be done to address these challenges: "Our focus for this year is to tackle the really **important issues that affect patient care**. This includes our responsibility to provide people with the urgent care they need quickly and in the right place. We need to make sure that people are not being kept in hospital beyond the point when they are ready to go, and we must at the same time address the ongoing financial pressures faced by our system. As leaders we are pleased to be working with patients, GPs, social care, community services and hospital services to **design care for the future.**"



STP Board to meet in public

The Cambridgeshire and Peterborough STP Board will become one of the first in the region to hold its meetings in public. The next Board meeting will take place at **3pm on Thursday 22 November 2018, at the Allia Future Business Centre, Peterborough United Football Club, London Rd, Peterborough PE2 8AN** and members of the public are invited to attend.

Mike More, who is Interim Chair of the STP Board, is determined that decision makers should be more accountable to local people: "We face significant challenges in our health and care services in this part of the country but we also have significant opportunities to keep people well and improve care. Meeting in public will enable us to be more transparent and accountable to local people about how we intend to meet those challenges. We need to ensure that all decisions are co-produced with local people."

The STP Board is made up of the leaders from all the NHS organisations in the county, our partners in general practice as well as elected members and executive directors from Cambridgeshire County Council and Peterborough City Council. Meetings take place every other month, across the county, and details can be found at on our website [here](#).



STP Improving care for local people



Expanded Community Heart Failure Service

Rachel Farrington, 49, from Peterborough is convinced that without the support of the **Community Heart Failure Service**, she wouldn't still be here.

Rachel explained: "I started getting out of breath and my arms and legs felt really heavy whenever I tried to do anything, even just walking up the stairs."

Doctors found that Rachel had a condition called **dilated cardiomyopathy** which affects the heart's ability to pump blood because its main pumping chamber is enlarged and weakened. She also had an irregular heartbeat and ectopic beats, both of which affect the rhythm of the heart. She was given medication to help her heart work more effectively.

Later she was visited by Anita Edwards, then a **specialist heart failure nurse**, but now **Clinical Manager Cardiac Services** for Cambridgeshire and

Peterborough NHS Foundation Trust, which Rachel describes as “priceless”.

She said: “Anita put me at ease straight away. She explained my heart condition and its symptoms. She reviewed my medication and helped me to understand how it works. She also recommended heart exercise classes. She explained that the heart is a muscle like any other that will benefit from exercise, so I eventually decided to give it a go. The exercise class became a family. Everyone helps each other and newcomers are welcomed because we all know what they’re going through.”

Rachel says the combination of the exercises and Anita’s home visits have **helped her live with heart failure for the past seven years.**

She said: “Before, I struggled to string two words together without having to take deep breaths, but they gave me the confidence to go out again and talk to people. I have my ups and downs, in seven years I’ve been to my GP three times, every other time I’ve gone to Anita and she has sorted me out. I went for a year when I felt really well, but I started to get out of breath again, so I phoned Anita because the care is ongoing. I have total confidence in the team. Without them it’s not overstating it to say that I would have just sat at home and died. I wouldn’t be here without them.”

Winter messages

Don't swallow up your NHS - use it wisely this winter

Winter illnesses such as colds and coughs, sore throats, and upset stomachs can easily be treated at home with **medicines available at low cost from your local pharmacy - no GP appointment or prescription required.**

Winter self-care essentials include:

- pain relief (paracetamol)
- cough and sore throat remedies
- first aid kit

- upset stomach treatment
- rehydration treatment
- heartburn and indigestion treatment

Having these winter essentials at hand will not only save you time and help you to feel better quicker, but help save the NHS much needed resources.

Your local pharmacist can also offer you advice and guidance on the best treatment for you - no appointment needed. Pharmacists are available on every high street and in supermarkets with many open evenings and weekends. Click [HERE](#) to find a pharmacy near you.



Now's the time to get your free flu jab!

Local residents in at risk groups are being reminded to get their **free flu jab**.

Adults over 65; those with long term health conditions; children aged two to eight; carers and pregnant women may all be eligible.

Every year, hundreds of thousands of people see their GP and tens of thousands are hospitalised because of flu. Symptoms of flu can be very unpleasant and last for several weeks. It can lead to more serious complications like middle ear infections in children, and pneumonia or bronchitis for those with underlying health conditions, and in some cases it can be fatal.

Flu is a highly contagious illness that spreads rapidly through the population. It can cause serious

complications for **at risk groups, such as the elderly, expectant mothers and people with long term health conditions.**

Although it's not possible to know which strains of flu will circulate each winter, the flu vaccination is still the best protection against an unpredictable virus which can cause severe illness and deaths amongst vulnerable groups.

Vaccines are available between October 2017 and March 2019, so contact your GP or pharmacy now.

For more information visit www.nhs.uk/staywell



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