



*Working
Towards
A Healthier
Population*

Case Study

NHS Blackburn with Darwen implement population based systematic approach to CVD prevention

Challenges

A key objective of NHS Blackburn with Darwen is to combat morbidity and mortality rates and inequalities in health within their local population.

As part of their strategy, the Trust needed to put in place a CVD prevention programme that would put prevention first, by identifying those *at risk* of CVD and implement proactive programmes of care, to reduce the number of patients developing CVD and improve the quality of care.

However, before beginning this process, the Trust needed to ascertain the scale of the programme required and the number of people within their population *at risk* and/or with CVD condition.

Previously, the Trust had obtained data from its twenty-nine GP Practices, only periodically and this involved an intensive manual process. The results showed that the numbers of patients identified with >20% risk of CVD was significantly lower than the national average, indicating that vital data and identification of patients *at risk* was missing. A total of 3,500 patients were identified through this method.

A key barrier to finding more patients was the difficult and time-consuming manual searches and inconsistency use of Read Codes.

Solution

The Trust looked to commission a service that would overcome these barriers, enabling them to identify and invite patients for CVD risk assessment. NHS Blackburn with Darwen commissioned CDRIntell, a fully automated; population based systematic solution supplied by Health Intelligence, to work within their CVD Programme.

Within six weeks, all twenty-nine GP Practice within the PCT had signed up for the programme, allowing their patient data to be exported and hosted with CDRIntell. With a local population of 165,000 the Trust was able to form a population based view of those

with a CVD or related condition, as well as profile those at different levels of risk of CVD in order to target a range on interventions.

The Trust now had an understanding of the scale of the challenge and this has improved financial planning and commissioning decisions for the local population.

CDRIntell has supported the Trust to identify patients to be invited; has organised their invitation to attend for a NHS Health Check, and monitor the outcomes of the initiative.

Key Benefits

The key to their programme lies with a Whole System Approach, including chronic disease management facilitator, GP & PN engagement, Health Intelligence CDRIntell Risk Stratification, Training for staff, vascular programme manager/board and partnership working. As part of the Whole System Approach to the CVD primary programme, CDRIntell offers the Trust a series of tools including web based reporting and programme management solution; a range of dashboard reports with reporting abilities; performance reporting and support for General Practice; Reporting against standard of Care e.g. National Service Frameworks; and risk Profiling e.g. Cardio Vascular Disease Risk.

One of the services main attractions is CDRIntell's ability to allow a structured and stepped approach to inviting patients for CVD risk assessment. Jayne Swarbrick, Chronic Disease Management Facilitator at NHS Blackburn and Darwen, works closely with Health Intelligence to ensure the service meets all their requirements.

"The management programme has and will allow us to identify those at risk of developing CVD; identify those hard to reach patients and reduce morbidity and mortality rates within Blackburn with Darwen. It also allows us to standardise information within each and every practice, thus assisting in reducing the huge gap in our inequalities in health".

CDRIntell has helped to create a fully integrated register for both practices and mobile teams, which will assist them with care for those within the population with or at risk of CVD.

The Future

Long term, the Trust aims to extend its CVD prevention initiative and introduce lifestyle and medicine intervention, as part of their programme to combat morbidity and mortality rates and inequalities in health within their local population.