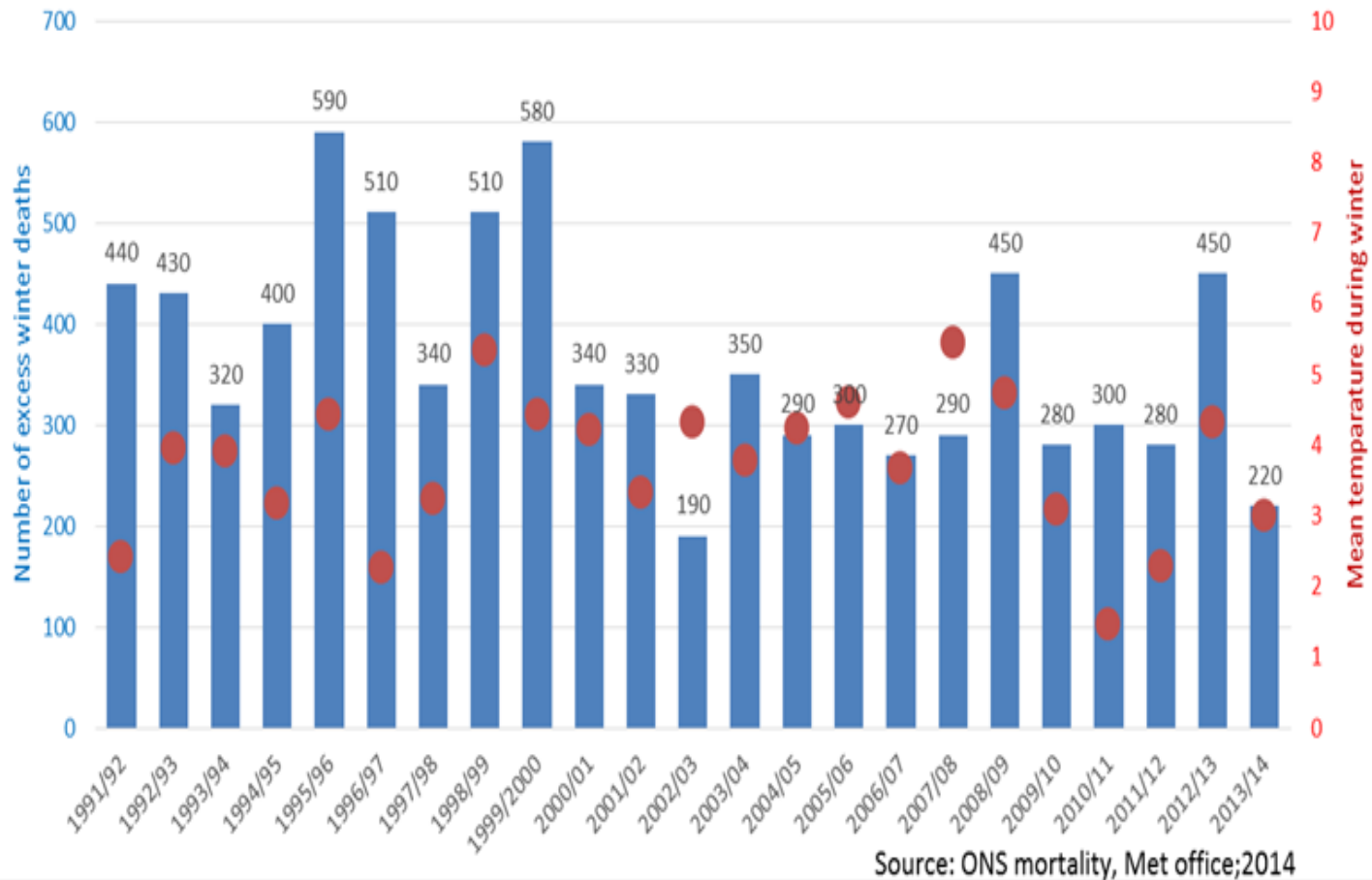


# Health - Reducing Excess Winter Deaths

March 2016

Christina McArthur, Implementation Consultant (North)

## Number of Excess winter deaths in NYCC - 1991 - 2014

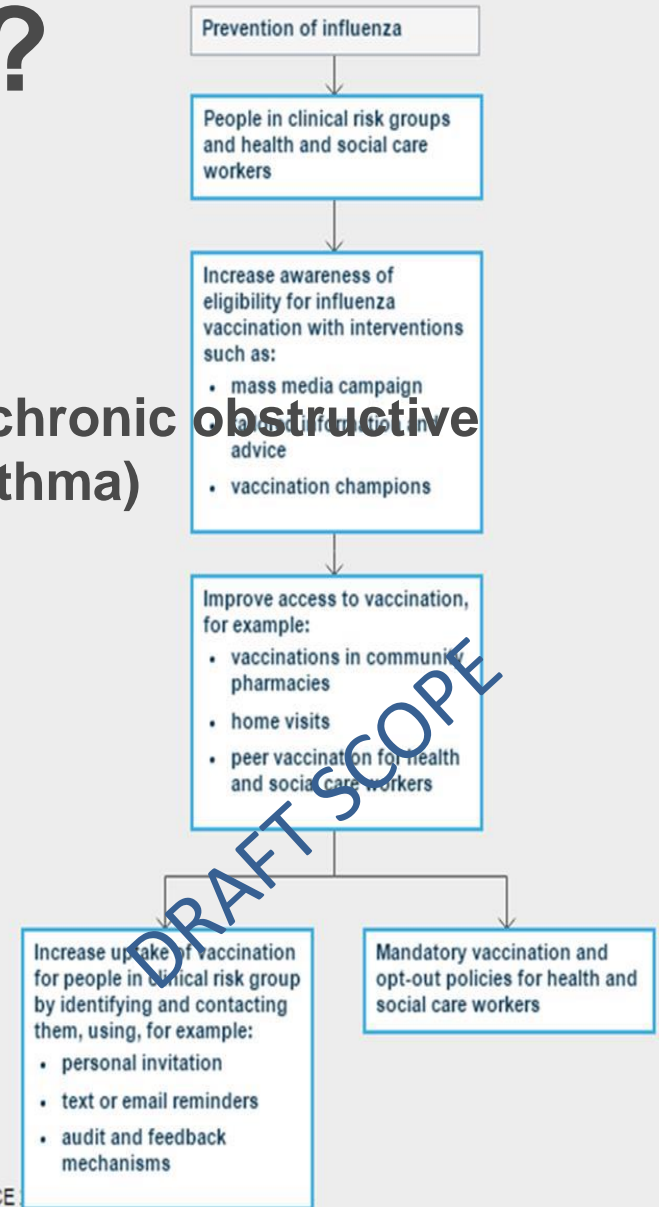


# North Yorkshire Local Context

- There are between 190- 590 estimated excess winter deaths each year in North Yorkshire
- Most occur in people aged 75 and over
- There are 8 additional emergency admissions for every excess winter death
- That is around 1,760 – 3,440 avoidable hospital admissions a year.

# Who is most at risk?

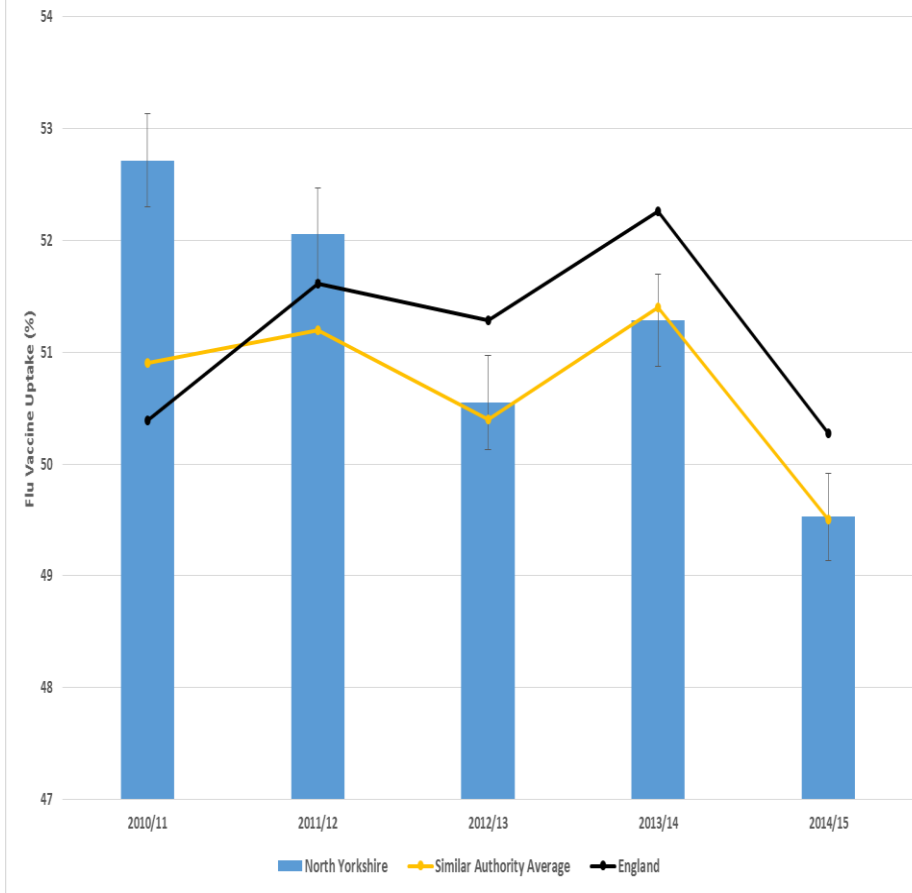
- People with:
  - cardiovascular conditions
  - respiratory conditions (in particular, chronic obstructive pulmonary disease and childhood asthma)
  - mental health conditions
  - disabilities
- older people (65 years and older)
- new-born to school age children
- pregnant women
- people on a low income.



# Flu Vaccination North Yorkshire

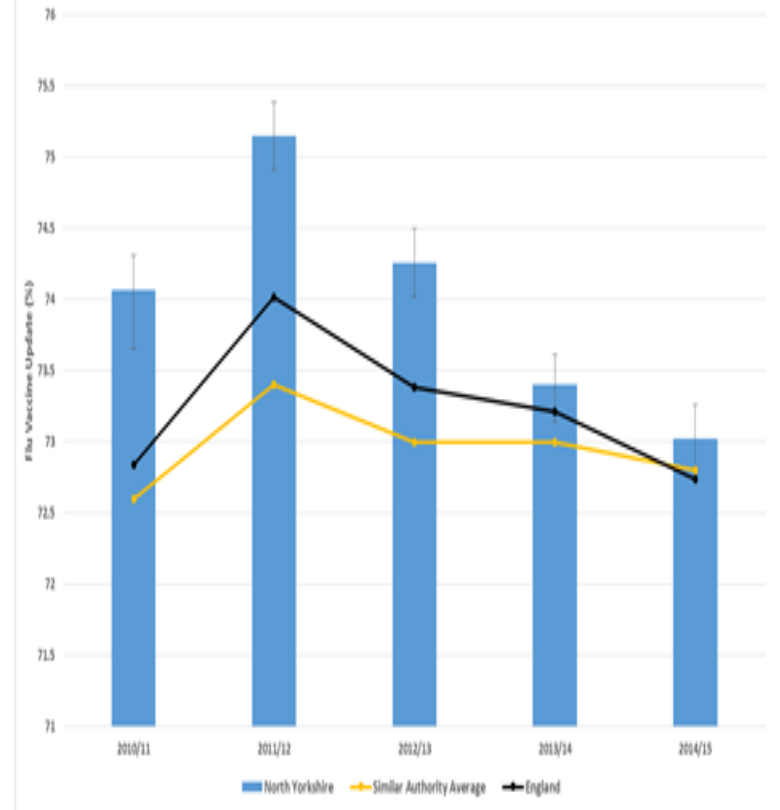
Flu Vaccination Coverage - At Risk Individuals (2010/11 to 2014/15)

Source: PHE (ID.10), 2015



Flu Vaccination Coverage - Individuals aged 65 and Over (2010/11 to 2014/15)

Source: PHE (ID.11), 2015



# 3 Steps to reducing excess winter deaths

1. Know where you sit in the scheme of things
2. Know what action you can take
3. Know how to show that your action improves outcomes

**North Yorkshire County Council** **NHS**

**Keep Well** Keep the flu away, immunise today!

Did you know you may be able to get free flu immunisations? It's sometimes a spray, sometimes a jab/injection.

You can qualify if you are: Pregnant • A child between 2-4 years  
• Have a serious medical condition • Live in a residential care home  
• Are the main carer for an elderly or disabled person • 65+

Contact your Doctor or call 01234 123456 or visit [www.web.co.uk](http://www.web.co.uk)

**Keep Warm** Switch on, keep warm!

If your home is less than 17 degrees Celsius (63F) you may be putting yourself at risk this winter. Look for early signs of illness and proactively seek them.

Most at risk are: Are pregnant • Have young children  
• Have an existing health or medical condition • 65+

For support and advice contact 01234 123456

**Keep Safe** Follow our tips, avoid falls & trips!

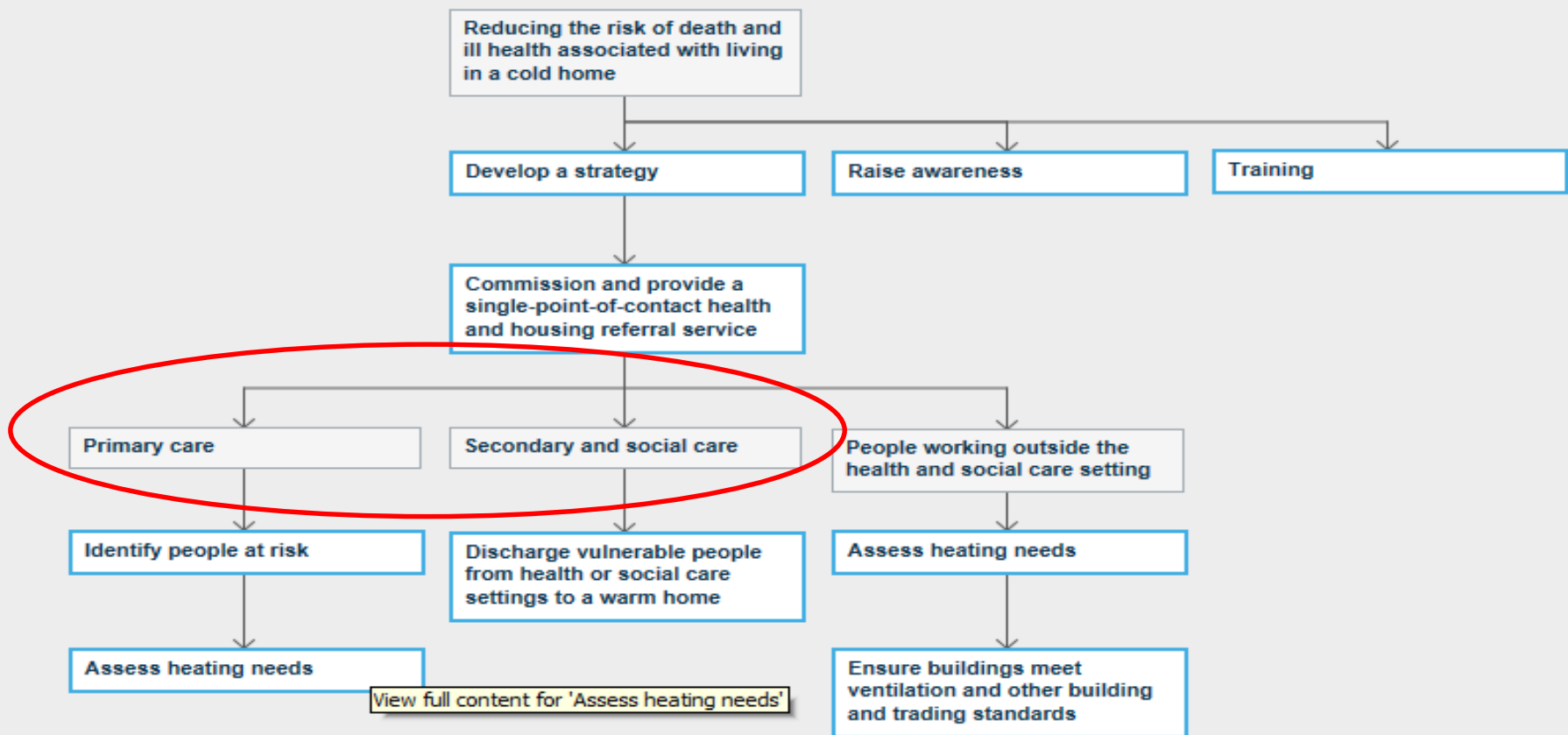
Trips and falls can be prevented, and everybody has a responsibility to support the vulnerable in our communities.

This winter let's work together to: Prevent isolation and loneliness  
• Avoid non-essential journeys • Support family, friends and neighbours  
• Stock-up on food and essentials before bad weather  
• Help those with existing health or medical conditions

Community support is available in your area from 01234 123456  
You can support your local community by contacting 01234 123456

# 1. Know where you sit

Excess winter deaths and illnesses associated with cold homes overview



# 2. Know what action you can take

Dr David Sloan, former GP and Co-Chair of the NICE committee which developed the guidance

*This new NICE guideline says that health, social care and other professionals should always take a minute to consider the health risk of cold homes when in contact with patients and clients, and know what steps to take to get help to the people who need it*







## Excess winter deaths and illnesses associated with cold homes overview

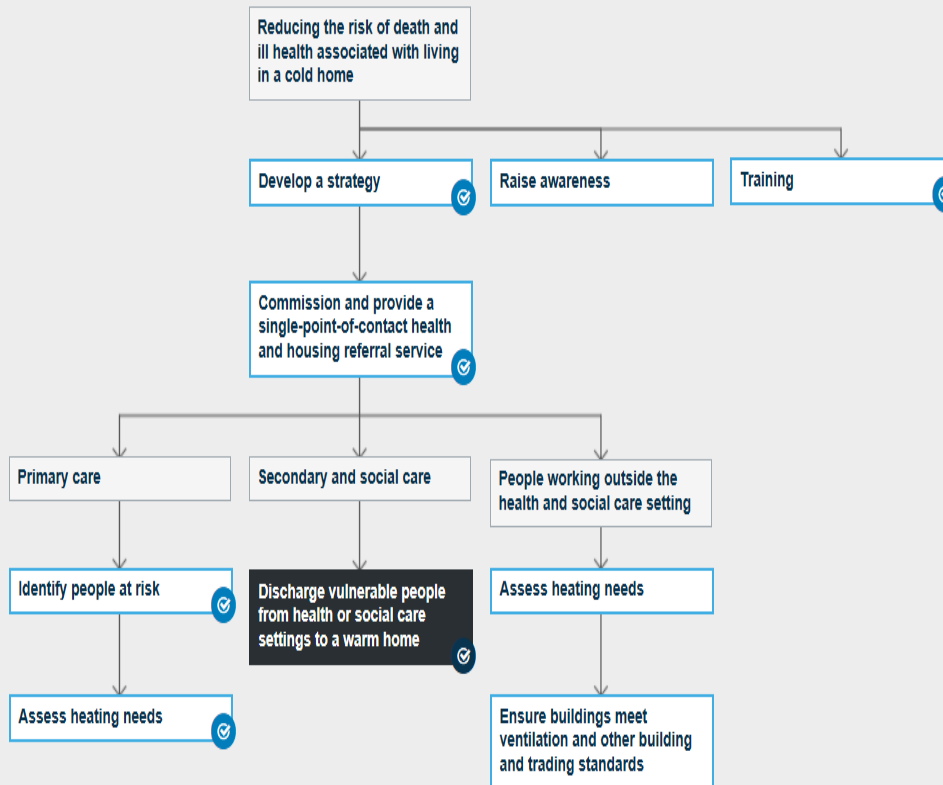


## Excess winter deaths and illnesses associated with cold homes

## Discharge vulnerable people from health or social care settings to a warm home

Those responsible for arranging and helping with someone's discharge from a health or social care setting (secondary healthcare practitioners and social care practitioners) should:

- Assess whether the person is likely to be vulnerable to the cold and if action is needed to make their home warm enough for them to return to. This assessment should take place at any time of the year, not just during colder weather, and well before they are due to be discharged to allow time for remedial action. For instance, it could take place soon after admission or when planning a booked admission.
- As part of the planned discharge, coordinate the efforts of all the practitioners involved to ensure the home is warm enough. This could include simple measures such as turning on the heating before discharge, providing advice on the ill effects of cold on health, or providing advice on how to use the heating system. (It could also involve more complex measures – see below.)
- If needed, refer the person to the local single-point-of-contact health and housing referral system (see [commission and provide a single-point-of-contact health and housing referral service](#) in this pathway). For example, refer them if the heating system needs replacing or the property needs insulating, or to prevent or address fuel debt. (The latter may accrue during someone's stay in health or social care accommodation.)
- Ensure any heating issues are resolved in a timely manner, so as not to delay discharge from hospital.



# NICE Quality Standards

## Know how to show that your action improves outcomes

Typically 6 – 8 statements

Introduction  
List of quality statements

Quality statement 1:  
Year-round planning to identify vulnerable local populations

**Quality statement 2:  
Identifying people vulnerable to health problems associated with a cold home**

Quality statement 3:  
Single-point-of-contact health and housing referral service

Quality statement 4:  
Asking people about keeping warm at home

Quality statement 5:  
Identifying people vulnerable to health problems associated with cold homes on admission

Quality statement 6:  
Discharge plan

Using the quality standard

Diversity, equality and language

Development sources

Related NICE quality

Quality statement 2: Identifying people vulnerable to health problems associated with a cold home



Quality statement

Rationale

Quality measures

What the quality statement means for service providers, health, public health and social care practitioners, and commissioners

What the quality statement means for patients, people using services and carers

Source guidance

Definitions of terms used in this quality statement

Quality statement

Local health and social care commissioners and providers share data to identify people who are vulnerable to the health problems associated with a cold home.

Rationale

Local coordination is needed to ensure that individual people who are vulnerable to the health problems associated with cold homes can be identified. Data sharing, for example using health and social care records, professional contacts and knowledge of people who use services, can help to identify people who are vulnerable to the health problems associated with cold homes. This will enable referral to the local single-point-of-contact health and housing referral service to address people's needs.

Quality measures

Structure

a) Evidence of local arrangements for multi-stakeholder winter planning meetings for data sharing to identify people who are vulnerable to the health problems associated with a cold

Define priority areas for quality improvement

Include measures to help inform local quality improvement work

### 3. Know how to show that your action improves outcomes

“As a **provider** of care services, I can use NICE guidance and quality standards to ensure, and therefore demonstrate, that I provide high quality care, based on the best available evidence.”

“As a **user of care services**, they support me in my choices about who provides care for me, and in knowing what to expect from a good quality care service.”

“Commissioning services using NICE quality standards allows me to meet my duties as a **health or local authority commissioner** to promote integration of health and social care, and support me in ensuring the services I commission are high quality, and value for money”

# Practical implementation support

Guidance

Tools and resources

Evidence

History

## Tools and resources

Tools to help you put the guidance into practice. Includes slide sets, audit tools, uptake reports and recommended research

### Costing statement

Costing statement

 [Costing statement](#)  
05 March 2015 **PDF 310.81 KB**


### Guidance into practice

[About the Into practice guide](#)  
[Using NICE guidance and quality standards to improve practice](#)

### Baseline assessment

Baseline assessment

 [Baseline assessment information](#)

 [Baseline assessment](#)  
18 March 2015 **Excel 491.5 KB**

### Shared learning

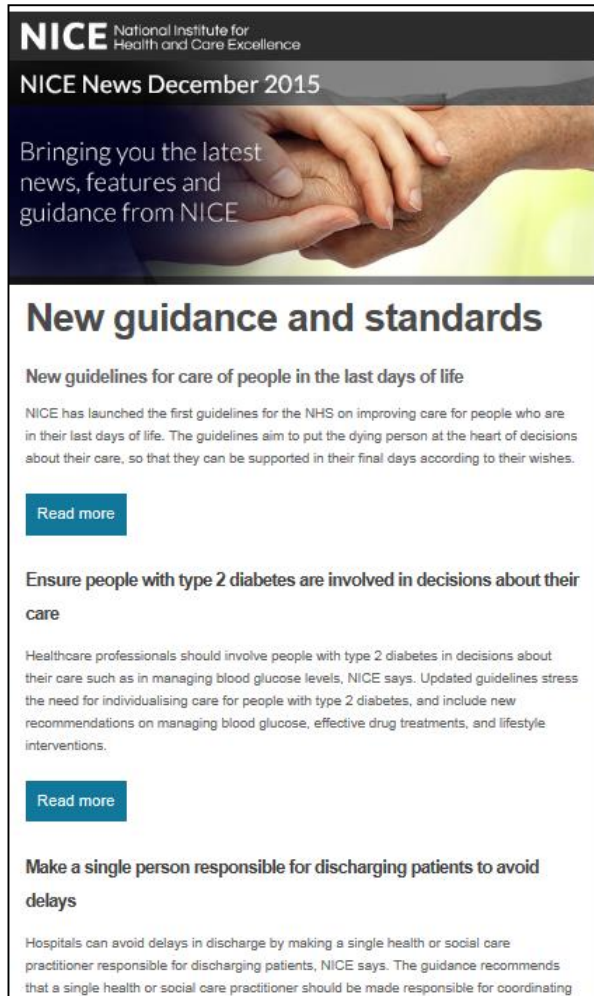
 [Shared learning information](#)


### Research recommendations

 [Research recommendations information](#)

[www.nice.org.uk/about/what-we-do/into-practice](http://www.nice.org.uk/about/what-we-do/into-practice)

# Staying up to date with NICE



- Website [www.nice.org.uk](http://www.nice.org.uk)
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- General inquiries [nice@nice.org.uk](mailto:nice@nice.org.uk)
- Contact: [Christina.mcarthur@nice.org.uk](mailto:Christina.mcarthur@nice.org.uk)