

## MEDIA RELEASE

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August 15, 2014

CHS\_08\_2014

### **Fit for Future – Review of Community Health Services in Ashby**

**How community nursing and therapy is expanding to meet the changing health needs of the population in North West Leicestershire.**

Community-based nursing and therapy in North West Leicestershire has developed and expanded sufficiently to commence a phased implementation of a report called [Fit for Future: Community Health Services in Ashby](#).

Leicestershire Partnership NHS Trust (LPT), which provides services, and West Leicestershire Clinical Commissioning Group (CCG), which funds them, backed the report in May.

It outlined developments in community-based nursing and therapy alongside moving out-patient services, clinics and community team bases to new sites locally. This would be preceded by the phasing out of a 16-bed in-patient ward at Ashby and District Hospital.

LPT and the CCG were asked to develop a set of indicators giving [assurances \(Agenda item V\)](#) that services were already in place before any beds were phased out. Community-based developments across Leicestershire, Leicester and Rutland have now been presented to both boards.

Rachel Bilsborough, LPT's divisional director for community health services said: "The NHS in North West Leicestershire is continuing to develop community health services so it can provide more care in people's homes.

"We are developing modern, co-ordinated community nursing and therapy that will allow a growing number of patients to leave hospital earlier or be treated in their own homes without admission to hospital.

"LPT is also working with local authority and private nursing and care home providers on a new Health and Social Care Protocol that will improve co-ordination between nursing, therapy and care home staff."

Developments include:

**Intensive community support** - LPT has developed services to deliver intensive community support, treating patients in their own homes after assessment by a highly trained and skilled advanced nurse practitioner under the supervision of a dedicated doctor. This will provide treatment co-ordinated with social care support and will draw on the skills of staff including nurses, therapists, dieticians and long-term care specialists.

**Virtual wards** - LPT provides ten virtual wards that have been developed to proactively prevent high-risk patients from going into hospital. During the eight months to April 2014 the average occupancy rate was 76.6%, which equates to 38 patients per virtual ward per month. There is enough capacity to treat up to 50 patients a month.

**In reach care home teams** - LPT has been helping to develop the skills and capability of registered nursing home staff and support workers. Training packages are being developed for 19 nursing homes in North West Leicestershire with a particular focus on:

- Continence management
- Catheterisation
- Bed sores and pressure ulcers
- Falls prevention.

**Physiotherapy and occupational therapy** - West Leicestershire CCG has invested funds to increase the number of therapy contacts from 1,100 a year to 1,520 to reduce waiting times for patients in the community.

**Reducing length of stay and reducing emergency readmissions at Queen Elizabeth Hospital, Burton** - Investment in home-based services has enabled therapy staff to move patients from intermediate care beds in Burton to home-based rehabilitation, contributing to a reduction in the average length of stay. The increase in community service availability has supported the reduction in length of stay for local patients being cared for in Burton.

**Home Care Assessment and Reablement Team (HART)** - This Leicestershire County Council team provides intensive support for up to six weeks in a person's home. Help, including a carer's respite service, respite placements in residential/nursing homes, help with technology and minor adaptations to homes, aims to support people who are at risk of being admitted to hospital. The HART team is fully integrated with LPT's unscheduled care teams.

New services are also being developed, including:

- The addition of a falls service to the Intermediate Care Team – helping at-risk people reduce the likelihood of injuring themselves and having to be admitted to hospital as an emergency case
- A Night Assessment Service which will provide home visits and home-based support when admission as an emergency patient would be the only other option

- GP-led care planning for patients over 75, which is due to begin in September 2014.
- Improvements in integrated working by health and social care teams to improve the flow of patients across Leicestershire, Leicester and Rutland (LLR) and reduce bed occupancy in community hospitals. A review of community hospital bed occupancy across the county has identified that there is sufficient capacity to meet community hospital needs across LLR.

By 2030, one in five people in England will be over 65. This significant shift in society has transformed health and care needs. While many people are staying healthy and independent well into old age, as people age, they are progressively more likely to live with complex illnesses, disability and frailty.

Over the next ten years, the population in North West Leicestershire aged between 60 and 84 will increase by 29%, according to an earlier review by West Leicestershire CCG called Community Hospitals in West Leicestershire: The Case for Change.

**Ends**

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#### **Notes to editors**

Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £282 million and employs approximately 5,400 staff. For more information visit [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

For further information contact: Marcus Duffield, communications manager, Leicestershire Partnership NHS Trust, Tel: 0116 295 0801, E: [commsupport@leicspart.nhs.uk](mailto:commsupport@leicspart.nhs.uk)