



## Improving health outcomes for Peterborough residents

NHS Peterborough was the first and only NHS primary care trust in the East of England and one of only three in the country to achieve an excellent rating in the 2008/2009 Annual Health Check for quality.

The Annual Health Check measures NHS Peterborough's performance (2008/2009) against a wide range of health targets and standards, rating on a four-point scale ranging from 'weak' to 'excellent'. NHS Peterborough also scored a rating of 'fair' for its use of resources.

A recently launched five-year plan, 'Living longer living well', sets out how NHS Peterborough will seek further improvements to help Peterborough people live a happier and healthier, longer life.

Some areas where NHS Peterborough scored well were:

- Clostridium-difficile infections reported were in line with planned reductions.
- Systems to reduce risk to patients, staff and visitors of acquiring infections such as MRSA.
- Following national child protection guidelines and working with other organisations to protect children.
- Patients who said their experience of care received was satisfactory.
- All or almost all eligible patients with diabetes were offered screening for the early detection of diabetic retinopathy.
- Most eligible women aged 53 to 70 received breast cancer screening within last three years.
- Dealing with threats to health of the local community such as a flu pandemic and emergency situations
- Breastfeeding status of infants at six to eight weeks from birth was at a satisfactory level. An action plan to promote and support a culture of breastfeeding in Peterborough won a Primary Care and Community Services Pathways Award at the East of England Health and Social Care Awards in May 2009.
- The number of people who had set a date to stop smoking and who had stuck to that date when checked four weeks later was in line with or better than agreed plans.
- Most patients are satisfied with their ability to book a suitable appointment with their GP.
- Making sure healthcare staff were appropriately recruited, trained and qualified.

Some areas where NHS Peterborough needs to improve are:

- Chlamydia screening – the sexual health team is moving to a more accessible location to increase access to their services.
- Child obesity rate – in addition to working closely with the national programme of Change for Life, local activity includes a special MEND (Mind, Exercise, Nutrition, Do It!) programme to help obese children and their families to lose weight.
- Access to primary dental services – a campaign throughout the summer encouraged residents to access a NHS dentist by giving away 1,000 free sets of treatment to adults without a dentist.

NHS Peterborough is the main commissioner of services from Peterborough and Stamford Hospitals NHS Foundation Trust who were rated as fair for quality and excellent for use of resources.

Cambridgeshire and Peterborough Foundation Trust, the local mental health trust, maintained an excellent rating for use of resources and will be offered support to re-dress its slippage from excellent to good for quality.

Separately, a scheme using a malnutrition universal screening tool (MUST) to recognise and treat malnutrition in six care homes was so successful it has been introduced in other care homes in the city. It reduced by a third the number of residents at a high risk of malnutrition, resulting in fewer visits to GPs, fewer hospital admissions and possibly a reduction in the length of stay in hospital.