

## **HEALTH AND CARE GENERAL UPDATE PAPER**

Joint Report from the Associate Director (Care and Health) Devon County Council and NHS Devon CCG and the (Interim) Director of Commissioning, NHS Devon CCG.

### **1. Recommendation**

- 1.1 That the Health and Adult Care Scrutiny Committee receives this report that contains updates and general information responding to specific actions, requests or discussions during the previous Health and Adult Care Scrutiny Committee meeting.

### **2. Purpose**

- 2.1 To respond to specific questions or comments from previous meeting (sections 3) and provide updates on the latest news from the Devon Health and Care system (section 4).

### **3. Mental health prevalence in universities and the potential causes**

- 3.1 At the Health and Adult Care Scrutiny Committee meeting on the 28 November 2019, [the committee requested information](#) on the root causes of mental health challenges facing university students, this is response to an item on the Exeter University Mental Health Integrated Student Mental Health Service within the [Health and Care General Update Paper](#)
- 3.2 The geneses of mental health issues are complex and wide ranging, this response provides information on some of the possible reasons for mental health challenges amongst the university population.
- 3.3 Three children in every secondary school classroom are now thought to have a diagnosable mental health condition, with mental ill-health affecting roughly one in ten children and young people (Layard 2011). As the proportion of young people attending University has increased dramatically over recent years the number of students presenting with mental distress increases too. 75% of people with mental health issues have their first episode before turning 25 years old.
- 3.4 Young people with pre-existing complex mental health conditions are more likely to attend university than a few years ago as under the equality act Universities cannot refuse entry on grounds of health conditions and must to make reasonable adjustments to support study.
- 3.5 Therefore, a cohort of students with significant mental health conditions are attending university and requiring a higher level of support who maybe would not have attended university historically.
- 3.6 There has been a 5-fold increase in the number of students disclosing mental health issues to universities over the past 10 years. It may be that with

decreased stigma young people are more comfortable to access the services they are entitled to.

- 3.7 There is wide acknowledgement that the pressures of higher education make students more vulnerable to heightened stress and sometimes acute distress.
- 3.8 Exeter University is part of the Russell Group of universities and as such has the pick of the high achieving 6th form students. The students as a result of this high achieving academic background often come from a home and school environment where there is lots of support and lots of positive reinforcement for this high achievement. Once at Exeter University there is no longer the same level of support and they move from being one of the best and brightest to being potentially just part of a crowd. There is also the factor of academic expectations placed upon them by their family, either real or imagined by the student.
- 3.9 International student numbers are increasing, and it is acknowledged that these students are a particularly vulnerable group who overcome cultural adaptation and possible language difficulties and can be distanced from family support. Many international students do not go home during breaks between semesters, increasing the potential to become isolated in university accommodation.
- 3.10 For most students, university is a young person's first taste of living away from home which in itself can be stressful. Alongside this, some students may find it hard to make new friends in a new and unfamiliar place.
- 3.11 Research undertaken by Insight Network, found that it isn't the initial transition from school to university that seems to be most associated with psychological difficulties. Research has shown that students who are navigating the transition into their second and third year report the highest rates of anxiety, loneliness, substance misuse, and thoughts of self-harm.
- 3.12 Evidence also suggests that the increase in tuition fees in 2012 has contributed to the increase in mental ill health in university students, there are striking statistics from a number of universities that appear to support the claim. Between the 2011-12 and 2014-15 academic years there was a significant increase in students accessing counselling services - the University of Edinburgh 75% increase, Cardiff 72% increase, Leeds a 57% increase and Oxford a 43% increase
- 3.13 Many students are also working alongside their academic courses to support themselves financially, worried by accruing debt as well as feeling the pressure to attain a good grade. Students today do not benefit from subsidised Higher Education that many previous generations have benefitted from, often leaving university with significant debts.

#### **4. Devon Health and Care system communications update**

##### **4.1 National recognition**

- 4.1.1 Devon County council had continued success at the annual [Social Worker of the Year Awards](#) at the end of last year, winning two silver medal awards for the West Devon Community Health and Social Care Team, and the Adult

Social Care Prisons Team. Both teams have been working amazingly hard for many years and making a difference to the communities that they serve.

- 4.1.2 Scrutiny members will be familiar with the impact that the West Devon Community Health and Social Care team continues to have, including significantly reducing hospital length of stays, from the visit to Tavistock last summer.
- 4.1.3 The Devon Prison's Adult Social Care team also took the silver award for the Creative and Innovative Social Work Practice category.
- 4.1.4 This brings Devon County Council adult social care awards tally at the Social Worker of the Year Awards to two gold awards and four silver awards in six years, an amazing achievement showcasing social work practice in Devon.
- 4.1.5 A Devon and Cornwall collaboration with Lilly UK in developing the Diabetes Pro-Active Register Management (PARM) tool has been shortlisted for a national Health Service Journal Partnership Award.
- 4.1.6 The PARM Tool uses practice data to identify the type 2 diabetes population and organises it to prioritise patient review and intervention. It has transformed diabetes care using newly available community based specialist support and is used across Devon and Cornwall.

## **4.2 Jointly prepared Market Position Statement**

- 4.2.1 [The Market Position Statement 2019: "Vibrant Markets for Happy and Healthy Lives"](#) is jointly prepared by Devon County Council, the Devon Clinical Commissioning Group and the Devon Partnership NHS Trust.
- 4.2.2 It is a key enabler of the Promoting Independence Strategy and the emerging Devon 10 Year Plan for Health and Social Care, which derives from the [NHS Long Term Plan](#). It engages providers as part of whole system redesign and will support action by the emerging Primary Care Networks and other place-based systems.
- 4.2.3 Major priorities set out in the MPS are:
  - Addressing a shortfall of approximately 40 places in the supply of care home placements for people with complex needs and behaviours that challenge.
  - Addressing a shortfall of circa 2,500 hours per week (6% of total commissioned hours) in the regulated personal care market, circa 50% of which is in Exeter and South Devon.
  - Delivering alternative "care with accommodation" solutions, especially in relation to Extra Care Housing and Supported Living and improving access to replacement (respite) care.
  - Addressing shortfalls in the unregulated market to better support people with disabilities, mental health needs and autism.

4.2.4 The Market Position Statement is on the agenda at [Cabinet this month](#) for agreement.

#### **4.3 Improved Care and Health Worker Parking Permit scheme launched**

4.3.1 A new Care and Health Worker Parking Permit has been launched, and it allows [professionals visiting people at home](#) to park on single and double yellow lines in certain circumstances.

4.3.2 Currently care and health workers who hold the existing permit can park in on-street, limited waiting and residents' parking bays for no charge when delivering essential services to residents in their homes.

4.3.3 Holders of the improved permit will additionally be allowed to park on yellow lines for up to an hour – but only if there is no other parking available, if they are making a home visit, the permit is clearly displayed and the vehicle is not causing an obstruction.

4.3.4 The parked vehicle must not block access or pose a danger to road users by, for instance, parking on a corner.

4.3.5 The improved scheme is being launched initially as a year-long pilot and the changes are in recognition that in some communities parking can be difficult to find and can add to the stress of an already demanding job.

4.3.6 The scheme follows a consultation in which 89 per cent of respondents agreed that including yellow lines in the scheme would make their jobs easier and 80 per cent said it would help them care for their clients. Almost 65 per cent said it would help them manage stress and most said that parking near their clients' homes would help them feel safer if they were working alone.

#### **4.4 Tavistock MIU to re-open later this month**

4.4.1 The Minor Injuries Unit at Tavistock Hospital is set to re-open on 27 January 2020. The unit will initially be open from 8am-6pm, Monday to Friday, while the new team continues to grow and re-establish the service, with an intention to return to a seven-day service later in the year. The unit was closed temporarily in August due to a staffing shortage.

#### **4.5 Primary Care update**

4.5.1 [A new film](#) was launched by Devon CCG over Christmas to promote the key messages to support both patients and GPs this winter:

- Evening and weekend GP appointments available in Devon
- Many practices now offer online consultations
- Check symptoms and book appointments on the NHS App

4.5.2 People lead busy lives and need to access services at times that are convenient for them. It is hoped that the film will help to promote innovative new ways that patients can contact their GP practice this winter.

4.5.3 The CCG has agreed with Access Health Care that they will continue to provide the Mayflower GP service in Plymouth until 31 March 2022.

4.5.4 The Mayflower Medical Group covers 42,000 patients across the following practices:

- Stirling Road Surgery
- Collings Park Medical Centre
- Ernesettle Medical Centre
- Mount Gould Primary Care Centre
- Trelawny Surgery
- Mannamead Surgery

- 4.5.5 The CCG is working closely with Access to ensure the long-term sustainability of the Mayflower GP service after 2022. This will include introducing more convenient, innovative ways of working, including the introduction of online consultations.
- 4.5.6 Staff working for the Mayflower Group have been informed. There is no need for patients to take any action and should continue to access services and appointments as normal.
- 4.5.7 The CQC unannounced inspection report for Barton Surgery in Plymstock was published by the CQC on 9 January 2019 on their website. The practice closed on 31 December 2019.
- 4.5.8 All patients who were previously registered with Barton Surgery have now been allocated to a new practice local to them, which already covered the area in which they live. This means no one from Barton is left without a GP.
- 4.5.9 Having worked closely with the two practices in the most immediate vicinity of Barton Surgery, we were unable to allocate the majority of patients to them as the practices are limited in their size and capacity to take on new patients.
- 4.5.10 The CCG is exploring options with the two practices in Plymstock for building a new site, which would be larger and more modern, with capacity to register more patients from the Plymstock and surrounding area.

#### **4.6 Update on the Devon strategy for general practice**

- 4.6.1 A first draft of the Primary Care Strategy was approved by the [CCG's Governing Body in December 2019](#). The strategy sets out the CCG's ambition and vision for general practice over the next five years. It also forms the core workplan for the CCG's Primary Care Committee, and progress will be monitored through this group. The strategy is now being finalised ahead of intended publication in February 2020.
- 4.6.2 The pharmacy strategy for Devon is currently being developed in line with this document.

#### **4.7 Devon's Long Term Plan update**

- 4.7.1 Plans for the publication of the Devon Long Term Plan were submitted to NHS England on 17 January 2020. The final document, along with a summary version, is due to be published in February 2020.

#### **4.8 Winter campaign update**

- 4.8.1 Operational and communications teams from across the Devon Sustainability and Transformation Partnership have been working closely together over the

Christmas and New Year periods to deal with high levels of demand across the system.

- 4.8.2 NHS partners have been supporting each other to manage the high demand, which continues.
- 4.8.3 High profile press, web, social media and broadcast coverage of key Help Us Help You messages, including promotion of NHS 111, primary care, flu prevention and pharmacy services has raised public awareness of the importance of choosing the right service for their needs.
- 4.8.4 Localised information on how to choose the right services is also being sent by mail drop to more than 100,000 homes in Devon this month.

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**Electoral Divisions: All**

Cabinet Member for Adult Social Care and Health Services: Councillor Andrew Leadbetter

Chief Officer for Adult Care and Health: Jennie Stephens

LOCAL GOVERNMENT ACT 1972: LIST OF BACKGROUND PAPERS

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BACKGROUND PAPER                      DATE                      FILE REFERENCE

Nil