

Transition to Care Home Nursing

Section C – Future Personal and Professional Development

Chapter 9 - Responding to Policy and Capturing Evidence

A resource in the QNI's 'Transition' series, designed for registered nurses with an interest in working in a care home with nursing and for those who are already in this area of practice, who would like an update on current practice and approaches.



Section C - Future Personal and Professional Development

Chapter 9 - Responding to Policy and Capturing Evidence

Completing this chapter will enable you to:

- Understand key relevant national bodies and influencing policy documents
- Consider the future of nurses working in care homes within an integrated health and social care system
- Develop your emerging knowledge about complex needs of care home residents
- Develop your own evidence and demonstrate your impact
- Undertake literature searches and gather evidence on a topic of interest.

Introduction

There are many external policy factors that will impact on your work, while caring for residents in the care home setting. It is good practice to know about key policy drivers and current influences so that you understand how to use and respond to the policy environment through your work. This chapter explores recent health policy, and emerging approaches to work that can be used to improve service provision. It will first give a brief overview of some of the influencing organisations that you will hear about in the course of your everyday work and throughout your career.

Some of the National Health Organisations

The Department of Health (DH) helps people to live better for longer. They lead, shape and fund health and care in England, making sure people have the support, care and treatment they need, with the compassion, respect and dignity they deserve.

NHS Improvement

NHS Improvement is responsible for overseeing foundation trusts and NHS trusts, as well as independent providers that provide NHS-funded care. They offer the support these providers need to give patients consistently safe, high quality, compassionate care within local health systems that are financially sustainable. By holding providers to account and, where necessary, intervening, they help the NHS to meet its short-term challenges and secure its future.

NHS England

NHS England leads the National Health Service (NHS) in England. They set the priorities and direction of the NHS, encourage, and inform the national debate to improve health and care.

NHS Wales

Health in Wales aims to provide the people of Wales, including NHS staff, academia, media and partner organisations, with access to links to information from the NHS in Wales and its partner organisations, about the health of the population of Wales, and health and social care services provided by NHS Wales. |

Royal College of Nursing

The Royal College of Nursing is the world's largest nursing union and professional body. They represent more than 435,000 nurses, student nurses, midwives and health care assistants in the UK and internationally.

The Queen's Nursing Institute

The Queen's Nursing Institute is a registered charity dedicated to improving the nursing care of people in the home and community. The QNI takes the view that patients living in care homes are in fact 'living in their own homes'.

Figure 9.1 - Emerging trends and policies in care home nursing over the last five years

2012	- Health and Social Care Act makes it duty for Secretary of State, CCG's and Local Authorities to regard the need to reduce health inequalities.
2014	- NHS England publishes the Five Year Forward View sets out a new agreed vision and direction for the NHS based upon prevention, more care in the community and multidisciplinary health teams - Social Services and Well-being (Wales) Act 2014
2015	- Jeremy Hunt announces the need for more primary care support including care homes
2016	- The Chief Nursing Officer for England launches 'Leading Change, Adding Value' a national framework for all nurses, midwives and care staff in England. This highlights that preventative action must happen to tackle health inequalities. It puts nurses and care staff at the heart of evolving care to ensure no-one gets less than the best. - NHS England - New Care Models The framework for enhanced health in care homes -six vanguards working to improve the quality of life - Regulation and Inspection of Social Care(Wales) Act 2016

2017	<ul style="list-style-type: none"> - RCN Transition Draft – <i>pending</i> - RCN Career Framework for Nurses Working in Care Homes – <i>pending</i> - NHS England Next Steps on from the Five Year Forward View - emphasis helping frail and older people stay healthy and independent and to improve the support of older people in care home - Impact of Brexit on Nursing recruitment
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An integrated Health and Social Care System

Since 2010, the NHS has undergone a restructure to change the system of who buys healthcare, moving it from local area PCTs (Primary Care Trusts), to CCGs (Clinical Commissioning Groups). This move is aimed to ensure that health professionals have more influence in organising the healthcare needed in each local area. In 2015, a further change was announced in England - that regions would create sustainability and transformation plans (STPs) in an attempt to make it easier to bring together services such as healthcare and social care.

The Five Year Forward View was published in October 2014 and it set out the current vision for the future of the NHS. It was developed by the partner organisations that deliver and oversee health and care services including NHS England, Public Health England, Monitor, Health Education England, the Care Quality Commission and the NHS Trust Development Authority. The purpose of the Five Year Forward View is to explain why change is needed, what that change might look like and how we can achieve it. It describes various models of care which could be provided in the future, and defines the action required to deliver it. It covers areas such as disease prevention; tailoring care to local populations and needs; integration between services; and consistent leadership across the health and care system.

Changing population health needs, and financial pressures are already placing a big strain on the healthcare system. The Five Year Forward View reflects this and suggests England needs to change the way care is delivered. The new models envisaged include new partnerships between health services, local communities, local authorities and employers. The vision also includes more focus on preventing ill health and protecting public health. New models of out of hospital care (such as integrated hospital and primary care providers) are proposed.

NHSE (2016) New Care Models – The framework for enhanced health in care homes – has identified six vanguard areas, where care homes are working closely with the NHS, local and voluntary organisations, families and carers to promote quality of life to care home residents. The model used to enhance practice has been informed by all available research and evidence. Each vanguard is working towards a set of core objectives as well as developing their own individual core objectives that have been influenced by local initiatives and innovations in best practice.

The nursing profession has evolved in line with changing disease patterns, new treatments and different service delivery. This trend for nurses to develop new knowledge and skills, accept more responsibility and accountability and create robust education opportunities will continue. Alongside this, is more emphasis on returning to the fundamentals of nursing care, characterised in the 6C's of nursing. The Department of Health Nursing Vision 'Compassion in Practice' was launched in December 2012 by the Chief Nursing Officer for England, and featured the 6C's of care, compassion, competence, communication, courage and commitment.

In 2016, NHS England's Framework for Nursing 'Leading Change, Adding Value' united the nursing and care professions around key themes including



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preventing ill health, improving care quality, saving money and demonstrating the impact of the nursing profession. Part of this strategy emphasises the need to ‘close the health gap’ and tackle health inequalities such as the poorer health of people who are homeless.

The Royal College of General Practitioners (RCGP) also published their vision of the National Health Service in 2022. It acknowledges that the health needs of our population are changing; there is an ageing population in which an increasing number of people have multiple long-term conditions. This may also include people living in care homes, or others with high levels of need who are inadequately served by current services.

The delivery of health care in care homes does not operate in isolation of social care and you will need to be knowledgeable of adult social care agendas and the practicalities of true integrated care. Skills for Care helps create a better-led, more skilled and valued adult social care workforce and their website has a huge amount of information to assist you: <http://www.skillsforcare.org.uk/Home.aspx>



Activity

In an integrated health and social care system, what can you do to promote good health:

- personally?
- with your residents?
- within your immediate team?
- within your wider multidisciplinary/multi-agency teams?
- across your community?

Using Evidence to Develop Practice in Care Homes

‘Practice is enriched when it is underpinned by research and evidence. This research should be shaped and informed by the voices of people who use services and be of genuine relevance to the care homes.’

Sharon Blackburn CBE, RGN, RMN, Policy and Communications Director, National Care Forum

Research in care homes is a relatively new and emerging field. Care homes are also calling for more research to be done, as they want to better improve resident care.

The National Institute for Health Research has focused reports on three main themes relating to the care of care home residents:

- **Living Well** – maintaining good health and quality of life
- **Ageing Well** – managing long-term conditions associated with ageing
- **Dying Well** – ensuring a good quality end of life

Having an Impact and Developing your Own Evidence

You will need to consider ways you can capture data which show the impact of your work on the health of the residents you are seeing. Are they visiting hospital less often? Are they reporting feeling better? How do you know that the work you do with residents is making a positive difference on their health and wellbeing? Measuring your impact as a health professional using outcomes is gaining more validity internationally and there are sets of indicators you can use both within NHS systems and globally through organisations such as the International Consortium for Health Outcomes Measurement or the Institute for Healthcare Improvement.

Don’t forget the human element when measuring your impact – sometimes the comments from your residents about their experiences and the impact of their care can be as powerful as reams of data.

It is useful to know that the NHS Outcomes Framework forms part of the way in which the government holds the NHS Commissioning Boards to account. The NHS Outcomes Framework includes 5 domains:

1. Preventing people from dying prematurely
2. Enhancing quality of life for people with long-term conditions;
3. Helping people to recover from episodes of ill health or following injury;
4. Ensuring that people have a positive experience of care;
5. Treating and caring for people in a safe environment; and protecting them from avoidable harm.

Updating your Knowledge

Continuous professional development and regularly updating your knowledge is a requirement of NMC registration. You are required to maintain currency in your field of practice to ensure that the care that you deliver is “on the basis of the best evidence available and best practice” in order to ensure that members of the public are always the recipients of safe and effective practice¹. It is also crucial given the changing nature of healthcare and politics that nurses monitor changing policy and respond appropriately.

Literature searches and consultations

One method of keeping updated is to perform a literature search of a particular topic of interest related to your practice. It is a way of broadening knowledge on a topic and can increase your general and specialist knowledge. It hones your skills in searching and critically appraising evidence to draw conclusions for practice. It can help you to become more confident and assertive in a given topic area.

Benefits of undertaking a literature search

1. It broadens your knowledge on a topic.
2. Increases your general knowledge, specialist knowledge, vocabulary and confidence.
3. Shows your skill in finding relevant information.

Contributing to consultation documents should also be an important aspect of the community nurse role. This means ensuring that you are signed up to relevant e-mail lists for professional forums such as the the RCN, QNI, NHS Improvement. Your practice managers may be on circulation lists from different organisations such as government departments. You should ask that any information relating to your scope of practice is forwarded to you. Anyone can contribute to policy consultation documents either as individuals or groups and this is crucial in raising the profile of community nursing.



Activity

- What are the advantages of working in an integrated way for the resident and yourself? What are the potential risks and difficulties, how might you overcome these?
- Choose a topic on the theme of nursing care for people with 'complex needs'. Make this topic something that interests you or something you know very little about.

Step 1 - Search for relevant literature on the Department of Health, NHS England, Public Health England, QNI, RCN Library, Kings Fund, Health Foundation and other relevant websites

Step 2 - Search for literature using the Google scholar search engine, the Pubmed search engine and the Cochrane library. Filter all searches to ensure you have information from the last 5 years (or 2 years on a well-researched topic), and research from the UK.

Step 3 - Search for NICE guidance

Step 4 - Look at any resources you may have in your clinic or local surgeries

Step 5 - Compile an information file of your topic



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Summary

In this chapter you have learned about the importance of understanding the relevance of healthcare policies and other evidence relating to your field of work. You have also learned about how you might keep updated with this evidence and contribute to the body of evidence by effectively measuring the impact of your care.

References

1. Nursing and Midwifery Council, 2015, The Code. [online] Available at: <<https://www.nmc.org.uk/standards/code/read-the-code-online/>> [Accessed 19 December 2016].

Further resources

- NIHR Dissemination Centre – Themed Review Advancing Care – research on living well, ageing well and dying well in care homes July 2017 <http://www.dc.nihr.ac.uk/themed-reviews/advancing-care.htm>.
- International Longevity Centre – UK A think tank impacting policy on longevity, ageing and population change: <http://www.ilcuk.org.uk/index.php/home>
- The International Longevity Centre – UK (ILC-UK) is a futures organisation focussed on some of the biggest challenges facing Government and society in the context of demographic change.
- National Institute for Health Research (2017) Advancing Care Research with Care Homes – living well, ageing well and dying well:
- <http://www.dc.nihr.ac.uk/themed-reviews/advancing-care-themed-review.pdf>
- Older People's Commissioner for Wales (2015) A review into the Quality of Life and Care of Older People living in Care Homes in Wales – A Place to Call Home
- http://www.olderpeoplewales.com/Libraries/Uploads/English_Summary_Final.sflb.ashx

Notes on the chapter

