

## Long Term Conditions and Personalisation

# Cardiovascular Disease (CVD) Prevention: 2023 News so far

Welcome to our first West Yorkshire Long-Term Conditions (LTC) and Personalisation newsletter. This issue introduces the CVD Prevention team, welcomes our new clinical lead, provides critical updates on the programme, projects and news of forthcoming events.





# In this issue



## What is the role of the Long-term Conditions (LTC) and Personalisation Function?

Understand the programmes of work that have been brought together to create the LTC and Personalisation team and key work areas.

## CVD Prevention Clinical Lead

Meet Emily Turner, Pharmacist and CVD Prevention Clinical Lead and learn how CVD Prevention fits within the Long Term Conditions and Personalisation priorities.

## Healthy Hearts

Key updates on the new version of West Yorkshire Health Hearts programme which is led by Yorkshire and Humber Academic Health Science Network (YHAHSN) and its three focus areas for 2023/2024.

## Blood pressure monitoring

Hear what Dr Tarun Narula, a Wakefield GP had to say during May Measure Month about keeping blood pressure under control.

Access some fantastic resources and help more people measure their own BP.

## Lipid Projects 2023/24

News from Pei-Theng Aizlewood on our three nationally funded West Yorkshire lipid projects planned for year 2023/2024..

## Forth coming events

NHS Futures platform for National CVD Prevention - add as a favourite in your browser.

Education and learning events

# The programmes in the Long Term Conditions and Personalisation team:



## CVD Prevention

Working to improve detection and treatment to target of Atrial Fibrillation, Hypertension and High Cholesterol across the system. Striving to reduce variation, and share best practice.

## Diabetes

Improving the awareness of diabetes risk and how to prevent diabetes. Aspiring to improve treatment and care for people living with diabetes, for example through the use of technology such as Continuous Glucose Monitoring.

## Palliative and End of Life Care

The vision for the Palliative and End of Life Care programme is for everyone to die in a place of their choice, with their loved ones and with their end of life care wishes in place

## Personalised Care

Working across West Yorkshire to embed personalised care approaches in all we do. This includes Shared Decision Making (SDM), social prescribing and enabling choice and control, starting with the question what matters to you?

## Stroke

Transforming and improving stroke care across West Yorkshire through a full pathway approach combining prevention, diagnosis, treatment, rehabilitation, and post-stroke care.

## Unpaid Carers

Unpaid Carers Programme is an award-winning, highly regarded pioneering programme and has led the way in championing better outcomes for all carers including; working carers, young carers and carers from ethnically diverse backgrounds.

## A message from the our CVD Prevention clinical lead



It has been recognised at national level that CVD prevention work should be brought together at system level. In August 2022 the CVD Prevention programme was launched as a programme of work within the LTC and Personalisation Function at West Yorkshire Health and Care Partnership.

We support CVD Prevention across our places with the aims to treat 77% of patients with hypertension to NICE guidance by March 2024 and ensure 82% of patients with atrial fibrillation known to be at high risk of stroke to be adequately anticoagulated by 2024. We work in alignment with the other programmes in the function's portfolio and also across functions at WY ICB e.g. Improving Population Health.

Working together allows us to improve identification and management of those at risk of CVD, recognising the interdependencies across the long-term conditions and aims to achieve the greatest added value through cross cutting work.

Meet Emily Turner, Pharmacist and the new CVD Prevention Clinical Lead at NHS West Yorkshire Integrated Care Board.

[Meet Emily Turner - blog link.](#)

# Healthy Hearts

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West Yorkshire  
HEALTHY HEARTS



Yorkshire  
& Humber  
AHSN

Yorkshire and Humber Academic Health Science Network (YHAHSN) has delivered the West Yorkshire Healthy Hearts, since 2018.

We must recognise the huge impact the West Yorkshire Healthy Hearts programme has made in supporting people to reduce the risk of cardiovascular events. Including strokes and heart attacks and as a result, improving outcomes for our population. This programme of work officially ended on 31 March 2023, an evaluation will be shared in the coming months.

Looking to the next twelve months

The YHAHSN West Yorkshire Healthy Hearts programme will:

- Deliver education sessions for clinical and non-clinical staff to help identify and detect people with hypertension, or those needing lipid lowering therapies. Please look out for a survey which will be shared in the coming weeks for you to share your views to shape the education sessions.
- Engage with Primary Care Networks (PCNs) to understand current progress against targets, provide education and identify and share best practice.
- Support pro-active case finding of Familial Hypercholesterolemia (FH) patients and understand barriers to progressing patients through the pathway.
- Increase identification and treatment of AF.

This work is framed to contribute towards our operational planning guidance for 2023-2024 and the Long-Term Plan. If your PCN or Surgery want support to achieve the operationally planning guidance targets for CVD prevention, please contact Lyndsey Hornby, [Lyndsey.hornby@yhahsn.com](mailto:Lyndsey.hornby@yhahsn.com) Project Manager for the YHAHSN Healthy Hearts for West Yorkshire for 2023-24.

[www.westyorkshirehealthyhearts.co.uk](http://www.westyorkshirehealthyhearts.co.uk)



# Blood pressure monitoring

More people are now measuring their own blood pressure at home. This video describes the benefits of remote monitoring and how it can support patients and primary care staff with blood pressure monitoring. If you have blood pressure monitors at your practice, please get in touch and we can work together to support people to use these to measure their BP

[Benefits of remote monitoring for blood pressure YouTube link](#)

World Hypertension Day gave us an important focus as raised blood pressure as the number one cause of preventable death worldwide

[Read more from Ruth Buchan, Community Pharmacy Clinical Lead, Clinical and Professional Directorate for the NHS West Yorkshire Integrated Care Board](#)



# Blood pressure monitoring

May Measure Month. High blood pressure, what's the fuss? Blood pressure is measured in units called mmHg. The target blood pressure is under 140/90mmHg for adults under the age of 80 years and 150/90mmHg in those over 80 years old. This target may vary depending on your other health conditions or if you are doing home blood pressure monitoring.

Hypertension is associated with 50 % of strokes and heart attacks. If left untreated it can also lead to complications like heart failure, kidney disease and dementia.

[Read more from Dr Taurn Narula, our local Wakefield GP in his WYHCP blog link here.](#)





# Lipid Project 2023/24

We have 3 lipid projects planned for 2023/24 These are nationally funded programmes which the WYICB has successfully bid for.

## 1. STF (System Transformation Fund) Lipid Optimisation Project (WYICS):

Together in collaboration with LTHT, WYICB Medicines Optimisation Teams are working together on this 12-month STF Lipid Optimisation Project (April 2023 to March 2024) to set up a WY Lipid Optimisation Clinical Taskforce Network and provide a lipid optimisation clinical MDT discussion platform for primary care workforce working in the most deprived PCNs across 5 different places in our WYICS. The aim of this clinical MDT discussion platform is to engage and build confidence in primary care workforce to perform lipid optimisation.

The WY Lipid Optimisation Clinical Taskforce Network will be meeting bi-monthly and offers a regular space for staff within our region with an interest in lipids to come together and drive improvements in lipid optimisation across all 5 places in the WYICS. The project team will be approaching targeted PCNs for further engagement. For more information or if you are interested to join the WY Lipid Optimisation Clinical Taskforce Network, please contact Rani Khatib or Pei-Theng Aizlewood.

## 2. InHIP (Innovation Health Inequalities Programme) CVD Project (Leeds Place)

Together in collaboration with SEL GP Group, Leeds City Council and third sector organisations, the Leeds ICB office is piloting an integrated lipid outreach MDT (2 days a week of independent prescriber pharmacist, pharmacy technician, dietitian and health and wellbeing coach) in the communities, to deliver CVD prevention education programme in conjunction with communities' healthy lifestyle activities and offer CVD and lipid optimisation reviews to people involved.

The key driver of InHIP is to increase uptake of NICE approved new drugs in Core20PLUS5 areas.

This is a 12-month project (April 2023 to March 2024) targeting 2 PCNs from most deprived areas of Leeds (Beeston and Middleton PCNs) and working with community connectors from the Black and Asian communities as well as Gypsy, travellers and Roma communities. For more information, please contact Rani Khatib or Pei-Theng Aizlewood.

## 3. NLWPSS (The National Lipids Programme Workforce Support Solution) Soar Beyond Project (Leeds Place):

The Leeds Medicines Optimisation Team has successfully bid for using the solution offer with Soar Beyond. in 8 proposed PCNs in Leeds (Crossgates and West Leeds PCNs - the original PCN lipid pilot, and 6 other PCNs with IMD decile score of 1) to support primary care workforce within those PCNs in lipid optimisation.

Soar Beyond offers a SMART digital platform to support with learning needs assessment, identify gaps and training needs, develop and retain a sustainable workforce. The Leeds Medicines Optimisation Soar Beyond Project Team will be approaching the targeted PCNs for further engagement. For further information please contact:

Pei-Theng Aizlewood (she/her)  
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Medicines Optimisation Team

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## RESOURCES

[West Yorkshire and Harrogate Healthy Hearts - Phase Two Cholesterol](#)

[Primary Care Resources - Heart UK](#)

[Educational resources - Heart UK](#)



# Forth coming events

NHS Futures platform for National CVD Prevention - add as a favourite in your browser.

[Link to the NHS Futures platform for National CVD Prevention.](#)

Upcoming event running monthly - Use UCLP framework tools for risk stratification to identify patients who need support.

[How to implement the UCLPartners Proactive Care Frameworks - UCLPartners](#)

Know your numbers week - 4-9th September. Aims to help people understand their blood pressure numbers. Webinar to support Health Care Professionals to reach the hypertension target planned for 5th September 1200-1300, register [here](#)

There is also a public webinar to help increase awareness of blood pressure, 7th September 1200-1300, including lived experience. Register [here](#)

Making Every Contact Count is a great way to consider conversations around CVD. Access free training [here](#)

October is tackling cholesterol month.

Next time we will share more about our other programmes and the great work ongoing across West Yorkshire.

If you would like to be removed from the mailing list, please email - [wycb-wak.ltcpc.wy@nhs.net](mailto:wycb-wak.ltcpc.wy@nhs.net)

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## Well done to everyone!

Latest [CVD Prevent \(link\)](#) data up to March 2023 shows West Yorkshire has increased the percentage of patients with hypertension treated to NICE guidance from 65% to 69.7%

The aim is to achieve 77% by March 2024.

“We can do this. Lets make West Yorkshire's hearts healthier. Ensure the patients with hypertension have had a blood pressure check in the past 12 months”

A final request from Laura Williams, Long-Term Conditions and Personalised Care Programme Manager.