

## Long term conditions Opportunity for innovations

### Context

The West Midlands Academic Health Science Network (WMAHSN) has a defined process for addressing the region's health delivery needs and challenges through asking for outcome-focused innovation proposals that can be received and agreed with our partners throughout the year. This document provides you with an overview of the areas in which we are interested in seeking to pull innovation proposals.

### WMAHSN criteria

Proposals will be shortlisted against the following criteria:

-  Regional scalability
-  Fit with WMAHSN priorities and business plan
-  Clear deliverables, outcomes measures and quality indicators
-  Evidence of support across the region
-  Patient/carer involvement
-  Consistency with other WMAHSN themes
-  Fit with the NHS Outcomes Framework
-  Evidence of additional investment.

### Priority – Long term conditions

80% of healthcare spend in the UK is on caring for people with long term conditions (LTCs). Most patients LTCs (respiratory and cardiovascular diseases, diabetes, anxiety and depression, musculoskeletal pain and associated disabilities, dementia) suffer from two or more conditions; some have associated adverse lifestyle habits such as obesity or smoking. The lack of holistic care, or clashes between different sets of clinical assessment and management protocols may have an adverse impact on patient care and health outcomes.

Improvements in the management of those with LTCs, including better support for sustained self-management and shared care and co-ordinated clinical management, is a key priority for health and social care providers and commissioners. The WMAHSN has recognised the importance of these issues by designating LTCs as one of its clinical priorities (led by Dr Ruth Chambers of Stoke-on-Trent CCG). Due to the close alignment between LTCs and the integrated care (IC) theme, the WMAHSN has established a joint IC/LTC Advisory Group, which is chaired by Rhian Hughes of Keele University. To date, the WMAHSN has supported the spread of five educational/development LTC programmes.

For future programmes of work, the WMAHSN is particularly interested in the following priorities to improve the care of/service efficiency for those with LTCs across the West Midlands region:

#### LTC prevention and management

- The management of patients with LTCs, particularly those with multiple LTCs, is a significant challenge to health and social care systems. Improving the clinical management

of LTCs, improving patients' understanding and self-management of their conditions and prevention of deterioration of LTCs are key priorities for the WMAHSN.

- Programmes for this priority will work to spread evidence-based approaches to prevent deterioration of LTCs and improve LTC self-management, the clinical management of multi/co-morbidities, shared care provision and/or co-ordinated clinical management. Potentially, programmes could assess patient experience of services relating to the management of LTCs and link in to the training priority below. Programmes will support the collection of evidence to support further rollout.

#### **Patient, carer and staff training**

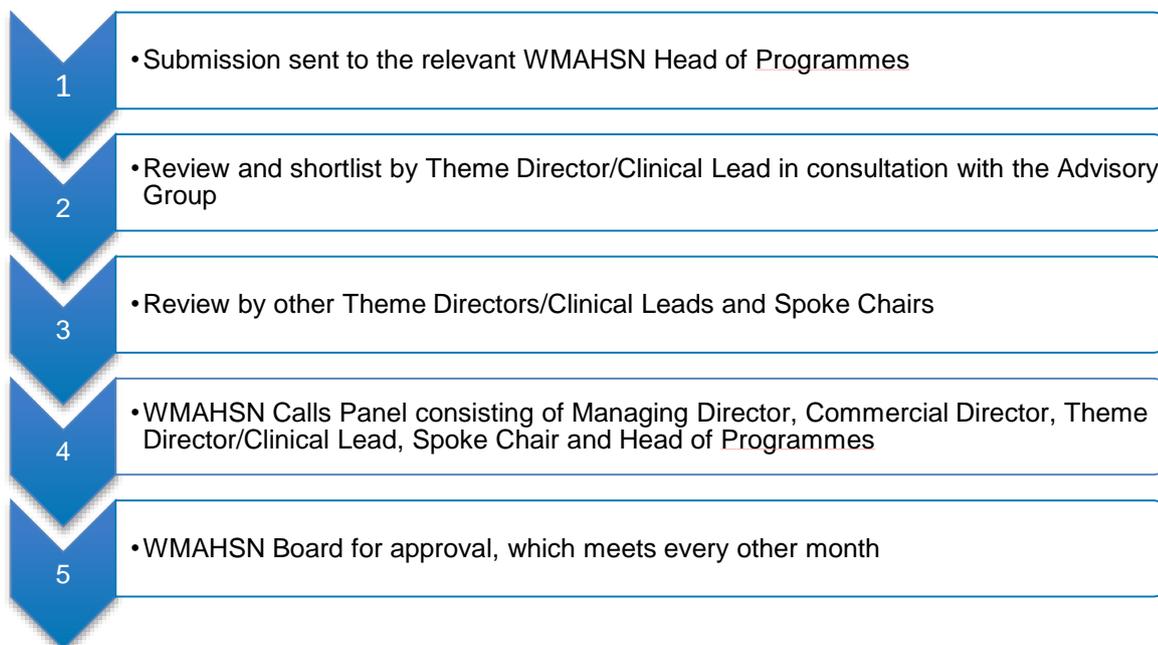
- LTC management is improved by patients, carers and staff receiving appropriate, best-practice training which they adopt as changes in patient or professional behaviour.
- This priority is looking for programmes of work related to workforce development, education and other activities to address patient, carer and staff needs to increase the adoption of improved compliance (patients) and practice (professionals) across our region. Due to the close working relationship between the WMAHSN and Health Education West Midlands, programmes could potentially be undertaken in partnership between the organisations. Programmes could also include an element of data analysis and quality improvement.

#### **Digital and telehealth/care**

- Digital and telehealth/care technologies can support patients, carers and staff to underpin the management of LTCs and help to prevent avoidable deterioration of LTCs or enhance patient confidence and competence to manage their conditions. Technologies can support the evaluation of approaches to improve LTC management.
- This priority is looking for digital tools and approaches to support the clinical and social care management of LTCs and/or the evaluation of programmes of work, such as the application of best practice in the management of LTCs. Consideration should be given to the practical application of solutions and their integration into existing healthcare systems within the timeframe of programmes.

Given overlaps, those responding to LTC challenges should consider the WMAHSN's IC challenges.

## **Process**



For any queries on the process please contact the relevant contact for assistance. A template for any submissions can be obtained from our website at [www.wmahsn.org/get-involved/Opportunities](http://www.wmahsn.org/get-involved/Opportunities) or by emailing for a copy.

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