DIY Health (0-5): Develop and Share

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DIY Health (0-5): Developing and Sharing the Model

- Funded by HENCEL
- Pilot project in Tower Hamlets
- UCLPartners Children and Young People Program
- Institute of Health Visiting Advisory Group
- Evaluation by The Anna Freud Centre
- Development of a Training Package
Project Partners

- Local Parents
- Bromley by Bow Health Partnership
- Bromley by Bow Centre
- Mile End and Marner Children’s Centres
- UCLPartners
Minor Ailments: The Bigger Picture

- 42% increase in children’s emergency hospital admissions for minor ailments
- Parents feel they are expected to contain minor ailments at home
- Anxiety and uncertainty surround management of minor ailments
- Department of Health High Priority Area for Health Visiting
Co – Production

- Using knowledge and lived experiences of people and professionals
- Challenging existing relationships and creating new ones
- Involving ‘service users’ in the design, delivery and evaluation of services
- Establishing partnerships to build resilience in the community through empowerment and education
The Pilot Project

• Bromley by Bow Health Partnership

• Tower Hamlets CCG Innovation Bursary 2013/14

• Public Health Tower Hamlets evaluation bursary

• Outcomes
  ✓ Confidence
  ✓ Knowledge
  ✓ Greater partnerships
The DIY Health (0-5) Model

• 12 week educational programme for parents of children under the age of 5
• Co-facilitated by Health Visitors and Adult Learning Specialists
• Co-produced curriculum based on supporting parents to access the right help at the right time for minor ailments
• Drawing on local resources to provide additional support
• Supported by local Children’s Centres
The Delivery Team

• Health Visitor

• Adult Learning Specialist

• Children’s Centre Play and Learning Workers

• Parents
The Curriculum

- 6 core topics identified locally
  - Cold and flu
  - Diarrhoea and vomiting
  - Fever
  - Feeding
  - Eczema
  - Ear pain

- Priority matching exercise at the beginning of each cohort

- Additional sessions co-produced based on parent identified topics

- Evidence based and community resources
Community Partnerships

- Local Health Visiting Teams
- London Ambulance
- Greenlight Pharmacy
- Eczema Society
- Tower Hamlets Breast Feeding Buddies
Clara’s Story
The Training Package

- A flexible model
- Facilitate future delivery of the DIY Health (0-5) model

- Getting Started
- Facilitators Manual
- Session Guide

Available as an Open Source tool via the UCLPartners Website from Summer 2015
Evaluation

Independent service by the Anna Freud Centre

Using a range of qualitative and quantitative methods to investigate:

• Reduction in GP access for minor ailments?

• Extent to which parents feel listened to and able to influence topics?

• Changes in skills, knowledge and confidence among parents in managing minor ailments?

• Barriers and facilitators to implementing the DIY Health (0-5) model?
What Next?

• Continue to develop and refine the DIY Health (0-5) model in partnership with local families

• Build on the partnerships created between local parents and organisations

• Support other groups across London to initiate similar projects

• Test the intervention model against other clinical issues
Further Information

• UCLPartners Children & Young People Program

• RCGP Self Care Forum

• DH/PHE Week of Action on Helping Families and Giving Children and Young People the Best Start in Life
With thanks to...

- The fantastically enthusiastic and motivated parents and families who have participated!

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  - **Caroletha Irish** – Health Visitor Fellow, Children, Young People and Maternal Health Program
  - **Susan Crane** – Programme Manager, Children, Young People and Maternal Health Programme, UCLPartners

- **Anna Freud Centre**
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  - **Makeda Gerrussu** – Field Investigator

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  - **Khyati Bakhai** - Clinical Lead, GP, Darzi Fellow
  - **Saul Marmot** - Clinical Lead, GP
  - **Ian Jackson** - Partnership Director
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- **Marner and Mile End Children’s Centres**
  - Margy Creber – Community Lead
  - Tamara Hussain – Play and Learning Lead
References


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