

<b>RED</b> Not started	<b>AMBER</b> Concern meeting deadline	<b>GREEN</b> On - track	<b>BLUE</b> Completed
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The Prevention and Proactive Care (SDP) provides details of the programmes of work and projects to be undertaken in relation to each priority, the timescale within which it will be delivered and the measures of success. The SDP is a working document which will be reviewed and progress monitored by the Angus Prevention and Proactive Care Steering Group (APPCPSG) and the Angus Prescribing Management Quality Assurance Group (APMQAG). Specific actions may be added, updated or amended in response to emerging needs.

<b>Support people to look after their own health in a way which is manageable for them</b>						
<b>Improvement action</b>	<b>Measure of success</b>	<b>Year 1 (23/24)</b>	<b>Year 2 (24/25)</b>	<b>Year 3 (25/26)</b>	<b>Progress</b>	<b>Status</b>
<b>Explore and introduce evidence-based alternatives to a medicines first approach:</b>  AHSCP and partners work with RSPB to implement and roll-out an Angus Nature Prescribing Calendar.	No. of calendars issued to GP Practices, Community Pharmacy and Community Venues.  No. of downloads of the Nature Prescribing Podcast.	✓	✓	✓	The Nature Prescribing Calendar was launched in August 2023, with coverage by STV news coverage, regional and local radio stations and newspapers.  A podcast has since been produced, with over 2780 listens to date and 3500 visits to the website.  The calendars are regularly issued to patients by General Practices across Angus, including Community Pharmacies and Community Link Workers. 5,000 copies issued so far.	<b>Green</b>
<b>Review and improve ANGUSalve's BE ACTIVE... Live Well</b>	No. of referrals to BE ACTIVE... Live Well LTC Programme	✓	✓	✓	Review of the programme completed and resourced accordingly. This in line with the National Physical Activity Pathway (NPAP) and	<b>Green</b>

<p><b>(BALW), Physical Activity Programme):</b></p> <p>Further expansion and delivery of a suite of evidence-based physical activities to support those living with a Long-Term Condition (LTC) in Angus.</p>	<p>% of referred patients who take up the service</p> <p>% of referred patients who complete the scheme</p> <p>Pre &amp; Post... % of participants report improvements in their physical activity (IPAQ short, validated tool) and mental health (Validated Tool: WEMWBS OR (EQ5D, includes QALYS)</p> <p>% of participants who continue to use the leisure services, one year after completion as tracked by ANGUSalve system.</p>				<p>Physical Activity Referral Standards (PARS).</p> <p>Since the launch of the revised programme in March 24 the average number of referrals for BALW has been approximately 75 per month. This is a significant increase on data from 1 Aug 2023 - 31 March 2024 which was 158. It is estimated that referrals by March 2025 will be 900.</p> <p>A significant amount of engagement work has taken place across AHSCP, including support from the Angus Clinical Partnership Group. This included feedback on the design and proposed delivery of the new Active Start programme. Further engagement included took place with Locality Improvement Groups, wider organisations and community groups to raise awareness of the revised programme and how ANGUSalve can support residents to live well for longer.</p>	
<p><b>Improve the referral and data collection processes related to the ANGUSalve Be Active Live Well (BALW) programme.</b></p>	<p>Improved communication, accessibility and customer relations.</p> <p>Use of the system will generate all of the data for the previous action (BALW) reporting.</p>	✓	✓	✓	<p><b>A new</b> data management system 'ReferAll' went live in March 2024 which effectively and efficiently receives processes and analyses referrals to the ANGUSalve BALW programme.</p>	Blue
<p><b>Supporting expansion of Health Walks across Angus</b></p>	<p>No. of walks</p> <p>No. of walk leaders</p> <p>No. of walkers</p>	✓	✓		<p>The Health Walk Coordinator supports delivery of all Health Walks/Buggy Walks across Angus, with a total of 26 regular walks now being delivered across all localities in Angus collaboratively between ANGUSalve and a</p>	Green

					<p>wide range of partners. This includes Isla and Tealing Primary Schools, Letham and Edzell Community, Montrose and Arbroath Community Football Club, CMHT and a number of independent care providers.</p> <p>Uptake is high and within the 6 BALW Health Walks and 2 Buggy Walks alone there have been 458 participants benefiting from these over the last six months (December 2023-June 2024).</p> <p>Number of regular health walks – 26</p> <p>Number of new participants – 140</p> <p>Number of trained health walk leaders - 166</p>	
<p><b>Explore and improve the provision of condition specific exercise classes provided across Angus e.g. falls prevention, safer mobility and pulmonary rehabilitation</b></p>	<p>No. of classes provided across Angus for each condition specific programme</p> <p>No. of people referred or up taking the service</p>	✓	✓	✓	<p><b>Safer mobility and Falls Prevention</b></p> <p>The Falls Service has been renamed the Angus Safer Mobility &amp; Falls Prevention Services to reflect a more proactive service provision while maintaining a reactive service. Following a successful test of change people have improved access to services which support safer mobility and reduce the risk of a fall. As a result, people who are referred to the service receive an initial call within two working days and if further assessment is required this will take place within 15 working days.</p> <p>'Better Balance' classes have a strong evidence base. Classes have been established in Montrose and Arbroath. A new class is scheduled to start in Forfar at the start of September 2024 and we will look for opportunities to start a class in Carnoustie/Monifieth.</p>	Green

					<p><b>Postural Stability Instructor (PSI) training</b> Both NHS Tayside staff (8) and ANGUSalve (3) recently completed this course which provides training for appropriate professionals in the skills to deliver effective, sufficiently dosed exercise opportunities for older people with a fear or history of falls and to improve habitual physical activity and reduce falls risk in the general older adult population. These trained staff will provide expanded provision of the Better Balance Programme across Angus and ensure suitable follow-on provision is available as part of the ANGUSalve BALW programme.</p> <p><b>Development of an Angus Community Respiratory Service.</b> Over the last year, Primary Care Services and other stakeholders have been actively seeking ways to create an accessible, equitable, comprehensive, and holistic Community Respiratory Service to offer the Angus population a consistent and standardised high-quality service for diagnosing Chronic Obstructive Pulmonary Disease (COPD) and pulmonary rehabilitation. There is an existing Community Respiratory Nurse Team who deliver Pulmonary Rehabilitation alongside other service activities. It is proposed that through a phased approach, we commence the development of an Angus Community Respiratory Service which will encompass preventative, diagnostic and rehabilitation components. It is anticipated that approximately 1,400 Angus residents would benefit from this proposed approach per annum.</p>	
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<b>Improving Physical Health for Severe and Enduring Mental Health</b>		✓	✓	✓	Members from the APPCPSG are supporting a new working group co-designing and co-producing a project with the Community Mental Health Team aiming to improve physical health for people with severe mental illness. Achievements to date include physical health monitoring for patients on high dose medications and staff have been able to identify health conditions in patients that they were unaware of, with follow up actions being taken as a result.	<b>Green</b>
<b>Together with NHS Tayside, explore opportunities to help people look after themselves while they are on a waiting list for treatment</b>	<p>No. of people reporting improved physical functioning/quality of life pre-post surgery</p> <p>No. of people Body Mass Index IPQAAQ – Pre-Post EQ5D</p>	✓	✓	✓	In June 2024, the Waiting Well Team successfully secured funding from APPCPSG, which will enable the recruitment of a suitably skilled Research Assistant, to develop and deliver a realist evaluation, producing robust and essential evidence to inform the Waiting Well Approach in Angus. This approach will ensure we are doing 'with' our local population and not 'to' and will ensure our patients living in SIMD 1 & 2 communities, who are often, seldom heard, will have the opportunity to share their lived experiences and preferences for how Waiting Well should be delivered with the ambition of supporting their health and wellbeing. With significant engagement, we expect to see an increase in the levels of participation, across our communities, with our local targeted groups. This will support us to build the business case and evaluation framework for Waiting Well across Tayside and provide vital learning for other health board areas looking to develop their own version of	<b>Green</b>

					Waiting Well.	
<b>Waiting Well pilot study of the impact of using The Knee Osteoarthritic handbook – a personal recovery guide for patients</b>	<p>Increase knowledge of patients</p> <p>Increase activity</p> <p>Reducing inflammation</p>	✓	✓	✓	<p>24 people were identified from the current Physiotherapy MSK waiting list for South Angus with following criteria: mild to moderate OA knee identified by GP or FCP physio and ability to read English (book unavailable in other languages at present)</p> <p>People were invited by telephone to attend a 90 minute education session on knee OA and pain. They were informed they would still remain on the physio waiting list and would also receive a copy of the OA knee handbook</p> <p>16 people accepted the invitation (67%)</p> <p>13 people attended (81% of those accepted) the session on 4 June. The session involved pain education, how to engage with the book and also information shared regarding Angus Alive activity options and the Lifestyle Management Course.</p> <p>All participants reported finding the session helpful, especially in relation to managing pain.</p>	
<b>Brechin Test of Change (ToC)</b>	<p>People have improved confidence /feel empowered.</p> <p>People have improved physical and mental health and wellbeing.</p> <p>People are more invested</p>	✓	✓	✓	<p>The aim of the ToC is to support Brechin Health Centre and Voluntary Action Angus (VAA) Community Link Worker Service to proactively identify and provide non-medical interventions of support to people who are at the greatest risk of admission to hospital in the next year. Within this ToC, we are looking to answer 7 key questions around need, effectiveness, barriers, experiences and sustainability. 40 letters have</p>	<b>Green</b>

	<p>in non-medical interventions.</p> <p>People have fewer unplanned contacts with services.</p>				<p>been sent and 11 people are engaged in the ToC. Feedback from participants is currently being collected.</p>	
<p><b>Continue to review and support the self-management of long-term conditions and promote digital solutions.</b></p>	<p>No. of Pain Association Scotland Classes being delivered in Angus.</p> <p>No. of participants attending.</p> <p>No. of participants reporting improved physical and mental and wellbeing outcomes.</p>	✓	✓	✓	<p>Continue to deliver professionally led supported self management education and training in Angus, providing key coping strategies and helping people explore new ways forward leading to an improved quality of life. These groups have enabled chronic pain sufferers to make changes to their everyday lives in a positive and practical way, resulting in improved levels of coping and well being.</p>	Green
<p><b>Lifestyle Management Courses</b></p>	<p>No. of courses being delivered</p> <p>No. of people attending</p> <p>No. of pre-posted outcomes</p>	✓	✓	✓	<p>Over the last year, 15 members of staff within AHSCP (AHP's, Community Pharmacy) as well as staff from Angus Carers Centre and Community Link Workers have received extensive self-management training in Good Conversation and Lifestyle Management training by experts from the Thistle Foundation. AHP colleagues and Community Link Workers have delivered three Lifestyle Management Courses to the public, with two more courses expected to be delivered by the end of the summer. A full evaluation of these courses will follow, with further sustainability discussions required.</p>	Green

<b>Well Living Workshops</b>	No. of people attending  No. of workshops provided  No. of topics covered	✓			A year long programme (commenced in April 2024) of health promotion workshops are being delivered by ANGUSalive in the community. These cover topics such as menopause, healthy heart, falls prevention, stress, sleep and smoking cessation. So far, approximately 40 participants have benefited from the Workshops. ANGUSalive continue to engage with partners and stakeholders to raise awareness of the Workshops.	<b>Green</b>
<b>Promoting Continence</b>	Increased public awareness of managing continence (bladder, bowel)	✓	✓	✓	Conversations continue as to how APPCPSG can support greater public education and awareness of continence, with the aim of reducing stigma. One planned activity is to record and launch a podcast by September 2024. Regular health promotion material is also being shared on social media platforms. New health promotion videos re continence are being developed and will be shared widely with GPs/practice nurses/care homes/wards, community nurse teams to promote the use of the videos.	<b>Green</b>

<b>Building stronger and more resilient communities</b>						
<b>Improvement action</b>	<b>Measure of success</b>	<b>Year 1 (23/24)</b>	<b>Year 2 (24/25)</b>	<b>Year 3 (25/26)</b>	<b>Progress</b>	<b>Status</b>
<b>Improve the provision of information available</b>	No. of app downloads	✓	✓	✓	Voluntary Action Angus (VAA) Locality Locator updated.	<b>Green</b>

to the public:	No. of visits website User retention rates App engagement				The public voted to change the name of the website/new app to the Angus Community Connector (ACC) – went live in February 2024. Over 300 third sector and statutory organisations have listings in the directory. VAA teams are currently promoting registration on and supporting engagement with the ACC. Consultation with listed services is underway to gain feedback on the website/app. Next stage of the development process is to include a 'living better for longer in Angus' tab which will include health and wellbeing information pages.	
Luminate – Scotland's creative ageing organisation - test of change	No. of people engaged in activity No. of people reporting improved wellbeing Reduced loneliness and isolation		✓	✓	Members of APPCPSG have been approached by <a href="#">Luminate - Scotland's creative ageing organisation</a> to be part of a pilot to explore the potential impact of creating a fixed-term, part-time post based (initially) in a single local authority area, to act as a creative ageing supporter, champion, signposter and connector. While Luminate secure funding, they have offered to support a test of change commencing Autumn 2024.  commencing Autumn 2024.	Green
Explore the feasibility of Angus becoming an Age Friendly Community	The Age-friendly Communities approach was developed by the <a href="#">World Health Organisation</a> in 2007, in consultation with older people around the world. It is built on the evidence of what supports healthy	✓	✓		The Angus Community Planning Partnership Sub Group for Loneliness and Social Isolation are exploring the feasibility of becoming Angus becoming an Age Friendly Community by joining The UK Network of Age-Friendly Communities facilitated by the Centre for Ageing Better <a href="#">UK Network of Age-friendly Communities   Centre for Ageing Better</a>	Green

	and active ageing in a place and supports older residents to shape the place that they live.				<a href="http://ageing-better.org.uk">ageing-better.org.uk</a>	
Explore ways to understand and reduce levels of Loneliness and Social Isolation	Reduction in number of people reporting to be lonely and socially isolated.	✓	✓	✓	In May 2024, the Angus Community Planning Partnership (CPP) established a sub-group to explore and address Loneliness and Social Isolation in Angus. Early scoping work is underway to better understand the situation in Angus. The group recently held a meeting with Scottish Government and representatives from across Tayside to better understand the national and to learn from areas who are leading the way in this area.	Green

Act early to anticipate healthcare needs						
Improvement action	Measure of success	Year 1 (23/24)	Year 2 (24/25)	Year 3 (25/26)	Progress	Status
<b>Continued promotion of Power of attorney</b>	% increase in the uptake of Power of Attorney	✓	✓	✓	AHSCP is one of 29 HSCPs signed up to the National Power of Attorney Campaign. In 2013, the annual number of new registrations from Angus residents to The Office of the Public Guardian was 1066: in 2023 this had increased to 1942. This represents an 82% increase over the decade, 17% higher than the Scottish increase. Angus HSCP produced a podcast to raise awareness of the importance of Power of Attorney in November 2023 and promotion work	Green

					continues.	
<b>Increasing the % of care home residents in Angus with a Future Care Plan</b>	% of care home residents in Angus (anticipatory care plan read coded in a GP recorded in the previous 56 weeks)	✓	✓	✓	Discussion underway as to the best way to capture data.	<b>Green</b>
<b>Re-launch of the Life Curve App and Healthy Ageing Event</b>	Number of app downloads  Number of visits to website  User retention rates  App engagement	✓	✓	✓	An event is being planned for 25 September 2024, for all adults working with adults and older people to raise awareness of the importance of promoting the Life Curve App.	<b>Green</b>

<b>Prescribing resources will be used effectively</b>						
<b>Improvement action</b>	<b>Measure of success</b>	<b>Year 1 (23/24)</b>	<b>Year 2 (24/25)</b>	<b>Year 3 (25/26)</b>	<b>Progress</b>	<b>Status</b>
<b>Increase medication optimisation (ensure the right patients get the right choice of medicine, at the right time)</b>	% of people aged over 75 on 10 or more medicines who have had a polypharmacy review in the past 56 weeks  % of people living in a	✓	✓	✓	Data improvement packs, along with assurance checklist went out to GP Practices in June 2024. Follow-up support is being provided to clusters during the summer of 2024.  % of patients >75 years old with 10 or more medicines and medication review coded in last 56 weeks:	<b>Green</b>

	<p>care home who have had a medication review carried out within 56 weeks</p> <p>% of generic prescribing comparison across two financial years</p>				<p>April - 65% May - 76% June - 78%</p> <p>% care home patients with medication review in last 56 weeks: April - 81% May - 83% June - 84%</p> <p>% generic prescribing for 2022/23: 82.8% and 2023/24 is 82.9%</p>	
<b>Launch of a local, public Medication Waste Campaign with a focus on the BRAN approach</b>	People's awareness of and responsibility for medications prescribed	✓	✓	✓	In discussion with NHS Tayside about a regional approach to a Medication Waste Campaign.	<b>Green</b>
<b>Promote use of Home Remedies Policy to be used in Care Homes Supported by local GP Practices</b>	All care homes have signed up to use the Home Remedies Policy	✓	✓	✓	50% of care homes are currently using a Home Remedies Policy. AHSCP have worked with Care Homes and updated the Home Remedies Policy Guidance which has been distributed to all Care Homes for their use and implementation. It has also been circulated to GP Practices and Community Pharmacies.	<b>Green</b>
<b>Raise awareness and sign up to SHARE and its potential to lead to more effective and targeted treatments.</b>	Increased number of people signed up to SHARE	✓	✓	✓	A pilot project in the North West (NW) locality of Angus, aims to use pharmacogenetics to improve drug treatment for patients. By analysing patients' genetic information, pharmacists and clinicians can select the most effective medication from the start, minimising ineffective treatments and side effects. This initiative is assisted by SHARE, a health research register and biobank, which collects genetic data from blood samples donated by	<b>Green</b>

					<p>registered participants within the NW cluster of practices. The project seeks to enrol all patients and collect blood samples from everyone, enabling personalised medication choices.</p>	
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