



Health Promoting Hospitals network in Northern Ireland

Update report

2006–2007



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Foreword

This report is a record of the development of the World Health Organization's (WHO) Health Promoting Hospitals (HPH) network in Northern Ireland.

It is an opportunity for the member hospitals to highlight their progress towards becoming a 'healthy setting' while fulfilling the WHO requirement to provide an annual report of activity in Northern Ireland.

It allows us to communicate changes within the local HPH coordinating structure and affords us an important opportunity to share developments within the network at this time of change and reorganisation in Health and Social Care trusts in Northern Ireland.

The HPH network has enabled participating hospitals to learn from and support each other in this work. Since 2004, the network has held seminars on smoking, how to be a healthy setting, commissioning a healthy setting and developing government policy for the settings approach.

To date, there have been three all-island HPH conferences, all of which were very successful and extremely well supported.

There have been many achievements to date in addition to the seminars and conferences mentioned above.

To inform people about the HPH concept and the support programme, a section entitled 'A Healthy Service' has been developed on the Health Promotion Agency for Northern Ireland (HPA) website, www.healthpromotionagency.org.uk

There has also been a successful call for HPH project information which will be repeated later in 2007.

The Northern Ireland HPH network will continue to grow and embrace the challenges that lie ahead in the changing political environment. We will need to address the membership of the network to include those from the community setting and to bring on board the last remaining major hospital and mental health facilities.

The network also recognises that links with our European HPH members will be valuable and we will look for opportunities to collaborate with research partners across Europe.

The HPA would like to thank all of the member hospitals for their invaluable contribution to this progress report.



Dr Brian Gaffney
Chief Executive
Health Promotion Agency for Northern Ireland

Introduction

A 'healthy setting'

The 'settings' approach to health improvement is highlighted in and endorsed by *Investing for Health*, the regional public health strategy, and hospitals are acknowledged as one of the priority settings for health improvement.¹

Because health is largely 'produced' outside of health (illness) services, the World Health Organization (WHO) has led the way in using organisational development, or the development of the setting, as a key strategy in health promotion.²

The WHO *Health promotion glossary* suggests that a 'setting for health' is:

"The place or social context in which people engage in daily activities in which environmental, organisational and personal factors interact to affect health and wellbeing where people actively use and shape the environment and thus create or solve problems relating to health.

"Settings can normally be identified as having physical boundaries, a range of people with defined roles, and an organisation structure".³

The hospital provides a vital setting in which the health of staff, patients and the wider community can be promoted.

Using the hospital as a setting for the promotion of health means that a hospital can incorporate into its culture, and daily work activity, actions that are designed to ensure an individual's health is promoted and protected at the same time as treating ill health.⁴

The development of the Health Promoting Hospitals network in Northern Ireland

The Health Promoting Hospitals (HPH) network began in Northern Ireland when Altnagelvin Hospital took part in the WHO pilot project in 1996. Since then, 13 hospitals have joined the network and there has been a strong commitment to the development of hospitals as healthy settings.

The 13 member hospitals, as they appear in this report, with Altnagelvin and Sperrin combining their contribution, are:

- Altnagelvin Hospitals Health and Social Services Trust and Sperrin Lakeland Health and Social Services Trust
- Armagh and Dungannon Health and Social Services Trust
- Belfast City Hospital Health and Social Services Trust
- Causeway Health and Social Services Trust
- Craigavon Area Hospital Group Health and Social Services Trust
- Down Lisburn Health and Social Services Trust
- Green Park Health and Social Services Trust
- Mater Infirmorum Hospital Health and Social Services Trust
- Muckamore Abbey Hospital
- Royal Group of Hospitals and Dental Hospital Health and Social Services Trust
- Ulster Community and Hospitals Health and Social Services Trust
- United Hospitals Health and Social Services Trust

In 2004, a regional post was funded by government to support and develop the HPH initiative. The HPA appointed a senior manager to coordinate, motivate and influence hospitals to participate in the initiative and extend it to new areas.

This is being done in a way that is consistent with long-term regional planning and intersectoral collaboration for the improvement of health and wellbeing of the Northern Ireland population.

The programme is known as 'A Healthy Service' and will incorporate all service providers in the healthcare system from the wider community.

New coordinating centre

The HPA became the new coordinating centre for HPH in Northern Ireland in May 2006. This fulfils part of the HPA's remit as a WHO Collaborating Centre for Training and Research in Communications and Information Technology in Health Promotion and Disease Prevention.

As coordinating centre, the HPA acts as the focal point for member hospitals in Northern Ireland, the international HPH network and WHO.

The HPA also represents Northern Ireland hospitals at the WHO HPH annual meeting and supports the WHO international annual conference.

The purpose of the network

The network's purpose is primarily to motivate and influence hospitals to undertake an active role in the promotion of positive health and wellbeing, both in the hospital and through the hospital, to the wider community.

Network goals

The main goals of the HPH network are to:

- provide a forum for senior managers and coordinators to bring issues from their hospital/trust networks to be discussed;

- influence and inform the strategic development of the HPH concept;
- encourage and facilitate the implementation of HPH standards;
- provide opportunities for the sharing of good evaluated practice;
- encourage the identification of training needs and the sharing of training opportunities across the member organisations;
- develop and nurture links with other HPH networks;
- disseminate information from WHO;
- produce an annual report of HPH activity in Northern Ireland;
- maintain and strengthen the partnership with the Republic of Ireland HPH network through an annual conference, an all-island database 'Healthdata', and through other opportunities as they arise.



Altnagelvin Hospitals Health and Social Services Trust and Sperrin Lakeland Health and Social Services Trust

Context

The Western Health and Social Care Trust (WHSCT) brought together the former Altnagelvin, Foyle and Sperrin Lakeland Trusts and Westcare Business Services on 1st April 2007

Almost 12,500 staff transferred to the new trust, that has a budget of approximately £400 million per year.

The western trust area comprises the five council areas of Derry, Limavady, Strabane, Omagh and Fermanagh, covers almost 5,000 square kilometres and has a population of just over 290,000, making up almost 17% of the total Northern Ireland population.

It includes major urban centres and some of the most remote rural areas in Northern Ireland with Fermanagh, Omagh and Strabane being among the least densely populated areas in Northern Ireland.

Health promoting hospital

The Health Promoting Hospital concept within the Western Health and Social Care Trust continues to evolve. There are numerous health promotion and improvement programmes ongoing throughout Altnagelvin, Tyrone County and Erne Hospital settings targeting the health and wellbeing of those populations.

Some of the programmes include the following:

Teenage pregnancy

The Health Promotion Department, WHSCT and the teenage pregnancy coordinator based in Altnagelvin Hospital, disseminate information to staff working at operational levels.

Initiatives they support include:

- education programmes delivered in schools;
- personal development programmes;
- 'young person-friendly' sexual health services organised throughout the trust area; and,
- regional sexual health/teenage pregnancy campaigns.

Breast and cervical screening awareness sessions



Organised by the Health Promotion Department, information sessions on breast awareness and sessions on the importance of cervical screening took place for trust staff in the Tyrone and Fermanagh, Erne, Tyrone County and Altnagelvin Hospitals between February and July 2007.

These were informal drop-in sessions where staff received information on being 'breast aware', got a chance to use the breast cancer training model and received information on cervical screening. Over 100 staff attended and feedback was extremely positive. All participants reported an increased understanding of the issues.

Injury prevention officer – Altnagelvin Hospital

The post of injury prevention officer has been filled from January 2007.

The Accident and Emergency (A&E) Department of Altnagelvin Hospital has, for the past four years, used the Symphony information system to manage patient details and information on reasons for attendance at the hospital.

Until recently hospital staff have not been able to utilise this resource as effectively as was hoped. The appointment of a dedicated member of staff responsible for the analysis and reporting of injury trends now enables a focus not only on the most common injuries but allows a more proactive approach to injury prevention to be taken.

Over the past nine months focus has been on the analysis of children and older people. The information collated to date has been used in the development of poster awareness campaigns using local statistics. The information is also due to be rolled out to local community groups and other stakeholders to heighten awareness of issues affecting the area.

Breastfeeding

During 2006, Altnagelvin was reaccruited as a UNICEF Baby Friendly hospital, the third consecutive accreditation over the past six years following a rigorous assessment audit by UNICEF assessors.

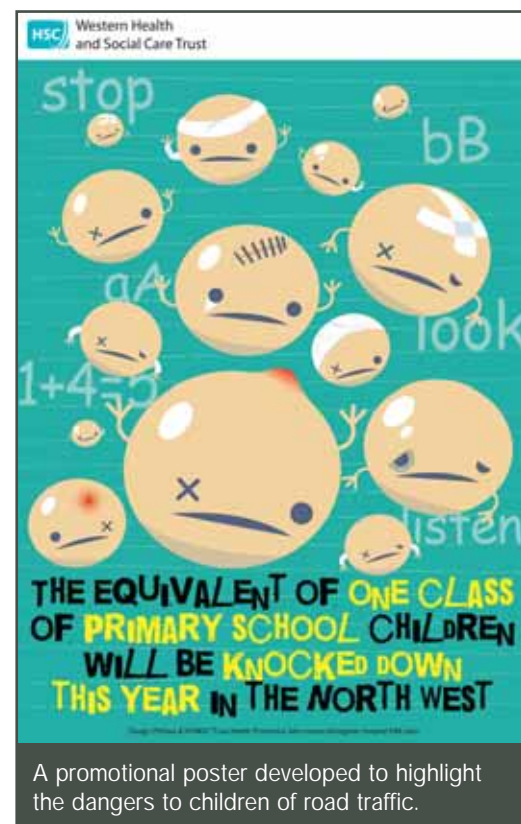
Annual in-house statistics showed a rise of 4% in mothers discharged home while breastfeeding (41%) and a rise of 1% in mothers still breastfeeding at 10 days (31%).

In-house breastfeeding training is organised for all staff who work with breastfeeding mothers on joining the trust.

This year a series of half-day study days took place to update staff in all clinical areas on their breastfeeding skills.

A new Parentcraft programme was launched that includes an antenatal breastfeeding workshop in addition to the usual Parentcraft classes.

Training and supporting the 'Peer support mothers' programme has been expanded to include additional areas throughout the WHSCT. The hospital has also purchased additional breast pumps to support mothers separated from their babies due to premature births or illness.



A promotional poster developed to highlight the dangers to children of road traffic.

Armagh and Dungannon Health and Social Services Trust

Context

Armagh and Dungannon Health and Social Services Trust became part of the Southern Health and Social Care Trust on 1 April 2007 following the amalgamation of Craigavon Area Hospital Group, Craigavon and Banbridge Community, Newry and Mourne and Armagh and Dungannon Health and Social Services Trusts.

The Health Promoting Hospitals (HPH) concept, within the Armagh and Dungannon Health and Social Services Trust area, is based within the Armagh group of hospitals. This comprises three hospitals on a single site:

- St Luke's Hospital, delivering psychiatric and addiction services;
- Mullinure Hospital, for elderly care;
- Longstone Hospital, which provides an assessment and treatment unit and residential accommodation for adults with a learning disability.



The hospitals have been implementing the World Health Organization's five standards for health promotion in

hospitals with a priority focus on standard four – 'Promoting a healthy workplace'.⁵

As a result the hospitals have established a healthy and safe workplace and have supported health promotion activities for all staff.

Strategy

A comprehensive human resources strategy that includes the development and training of staff in health promotion skills and the provision of a safe and healthy workplace providing occupational health for staff has been established and implemented.

In support of this, the trust has also put in place a Healthy Workplace Group. This group aims to promote health and wellbeing through establishing conditions for the development of the hospital as a healthy workplace.

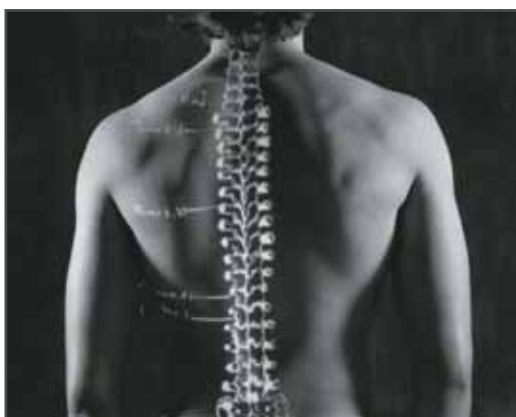
Health promotion is a core quality issue within the strategy for improving health and sustaining quality of life in the hospital environment.

The programmes available are varied and offer a wide range of support mechanisms for staff to support a holistic approach to health.

Staff in the hospitals are in the front line of delivering the health promotion agenda. With their skill and expertise as healthcare workers, allied to their knowledge of local communities and the people who live in them, they have an opportunity to offer people a range of activities, advice and education to promote health, including the areas on the following page.

Training and development

A full range of staff training and development opportunities is offered to promote and support health at work. Examples include first aid training, pre-retirement courses, stress management courses, lone worker training and back care.



Policies and procedures

The trust has a range of policies that contribute to health at work including a comprehensive work life balance strategy, mental health policy, and smoke-free policy.



A summer scheme is also available for staff with children aged from 4–12 years.

Occupational health

Occupational health services offer confidential health and safety care for all staff including weekly health checks, ergonomic assessments of workstations and occupational physiotherapy services.

Health promotion

Many policies and programmes have supported health improvement within the workplace, including free access to leisure centre activities for all staff, smoking cessation support, implementation of smoke-free hospitals in the Southern Health and Social Services Board area from 1 January 2006 and 'Walking for health' programmes.

Belfast City Hospital Health and Social Services Trust

Context

Belfast City Hospital Health and Social Services Trust became part of the Belfast Health and Social Care Trust in April 2007 along with the other five existing healthcare trusts in Belfast including The Royal Hospitals Trust, Mater Hospital Trust, South and East Belfast Trust, North and West Belfast Trust and Greenpark Healthcare Trust.

Belfast City Hospital is a 700-bed acute hospital with a number of regional specialities including renal, oncology, cardiology, dermatology and urology.

Within the hospital a Health Promoting Hospital (HPH) steering group meets on an ongoing basis to take forward the HPH agenda.



Smoke-free

A major focus has been creating smoke-free environments, with all facilities, (except for Windsor House), going smoke-free from October 2005.

This has been extremely successful, with the only problems encountered being at the entrance areas.

Windsor House has been given a further year to implement a smoke-free policy. A lot of preparatory work is to be undertaken in this area.

The recent introduction of the smoking ban in Northern Ireland has made a further noticeable improvement in this area.

Support for patients wishing to stop smoking is readily available through the provision of nicotine replacement therapy and a counselling service. This is also available for hospital staff.

The following project work has been undertaken to date:

- **Hand hygiene campaign**

A campaign entitled 'Clean hands are safe hands' has recently been launched. This will be an ongoing campaign that includes poster information for staff, easily accessible alcohol hand rub throughout hospital areas and supporting information leaflets for patients.

There will also be regular compliance audits carried out with feedback communicated to staff.

- **Essence of care: food and nutrition**

A trust-wide group has been set up with a view to making improvements to the patient experience regarding food. A group of professionals including nursing staff, dieticians and catering staff meet regularly to examine the indicators of high quality care.

- **Examining the education needs of patients with chronic obstructive pulmonary disease (COPD)**

A research project is currently being carried out to look at the education needs of patients with COPD.



Hazel Brown, HPH Coordinator, giving a patient smoking cessation advice.

Causeway Health and Social Services Trust

Context

Causeway Health and Social Services Trust (CHSST) became part of the Northern Health and Social Care Trust on 1 April 2007 along with the Homefirst Community Trust and United Hospitals Trust areas.

The CHSST area, located in the northern part of Northern Ireland, serves a population of over 100,000 in the Coleraine, Ballymoney and Moyle areas and includes a 238-bed acute hospital, two community hospitals – Robinson Memorial Hospital in Ballymoney and Dalriada Hospital in Ballycastle – and a

range of facilities including day centres, health centres and clinics.

As a member of the World Health Organisation (WHO) Health Promoting Hospitals (HPH) initiative CHSST is committed to taking forward the HPH concept by actively

engaging in activities to protect and promote the health of staff, patients and visitors.

Evaluation study and assessment

An evaluation study was carried out, as an integral part of formal commitment to HPH, by the University of Ulster in 2004–2005 regarding the potential for CHSST to become a health promoting workplace.

From this, a number of recommendations were made which have been taken forward by the staff health and wellbeing steering group.

A HPH steering group meets on a regular basis to progress the work of the HPH initiative. To date, a baseline assessment of HPH activities in relation to the WHO standards has been conducted in the trust area.

It is evident from this assessment that a culture of health gain is being created and built upon by ongoing alliances and partnerships with other groups.

Close links have been developed with schools, workplaces, primary care providers, community groups and others who are well placed to promote health.

Within the last year CHSST also achieved Investors in People accreditation, demonstrating its commitment to staff development.

Other work

Other ongoing work promoting health and preventing disease both in the hospital setting and the wider community includes:

- obesity prevention programmes;
- falls prevention;
- smoking cessation;
- nutrition screening;
- physical activity;



Taking blood pressure at a local men's health clinic in Causeway HSST.



Aine Toman, a Paediatric Dietitian, educating children in healthy eating and fitness at a new pilot initiative 'Fun, food and fitness for children', along with a physical trainer and some of the children taking part.

- fuel poverty schemes; and,
- initiatives that support the health and wellbeing of clients, staff and communities.

Links established through the Investing for Health 'Advice for health' project between the Citizens Advice Bureau, primary care teams and hospital staff are helping to maximise the incomes of particular client groups, for example, within the area of mental health.

Conclusion

A wide range of activity promoting a healthy service is occurring within the trust area. The baseline assessment also identifies some areas for improvement in relation to the five broad WHO standards identified in *Standards for Health Promotion in Hospitals* that need to be addressed.⁵



No Smoking Day in Causeway HSST

There are many challenges ahead, particularly the identification of resources and the development of research and intervention protocols.

With the ownership of and advocacy for the HPH initiative by all staff and the commitment from everyone involved, progress towards the WHO standard should be maintained.



Cook it!, the local community nutrition programme, helped to promote positive behaviour changes related to shopping, cooking and eating as well as increasing participants' self-confidence at a local event in CHSST.

Craigavon Area Hospital Group Health and Social Services Trust

Context

The Craigavon Area Hospital Group became part of the Southern Health and Social Care Trust at its inception on 1 April 2007 along with Craigavon and Banbridge Community, Newry and Mourne and Armagh and Dungannon Health and Social Services Trusts.

The Craigavon Area Hospital Group H&SS Trust incorporates services across four main sites – Craigavon Area Hospital, Lurgan Hospital, South Tyrone Hospital, Dungannon and Banbridge Polyclinic.

The value of the Health Promoting Hospitals (HPH) concept is fully recognised within the trust. It encourages staff to use their skills, experience and position to their full potential within the hospital and the wider community, contributing to the promotion of health and wellbeing among the population.

The following are a few examples of HPH activity within the hospital:

Smoking cessation inpatient service

The inpatient smoking cessation specialist service offers one-to-one counselling and pharmacological treatment 'at the bedside' for every inpatient who currently smokes.

The service is available to patients throughout all wards and departments and is coordinated and primarily delivered by the smoking cessation specialist nurse.

Specialist advice for cardiology patients is provided by cardiac rehabilitation nurses and advice for stroke patients is provided by the stroke specialist nurse.

The maternity unit has two midwives with specialist smoking cessation training

offering smoking cessation support for both pregnant and postnatal smokers.

Smoking cessation outpatients' service

The outpatients' service is available for patients and staff, offering one-to-one counselling and individually tailored advice and support for up to 12 weeks. Group sessions are also available on demand.

During the last 12 months, over 400 patients were referred to the service, around 350 of whom set a quit date. An average success rate of 70% among this group was recorded in a four-week follow up survey.

The hospital went smoke-free on 1 January 2006 and in recognition of the commitment to creating a smoke-free environment the hospital received a gold Roy Castle Lung Foundation Clean Air Award – the only premises in Northern Ireland to receive such an award.



Nikki Cinnamon, Smoking Cessation Specialist receives the Clean Air award from Naj McLoughlin, from Niquitin CQ In2focus Sales Development Services.

Weight management clinic for cardiology patients

The weight management clinic for cardiology patients has been operating for a year as part of the nurse-led cardiology secondary prevention clinic.

The clinic's nurses look at a number of factors, including nutrition and diet therapy, providing psychological support in the form of behaviour change and motivational interviewing, and giving physical activity advice, to help patients make permanent lifestyle changes to maintain a lower body weight.

The clinic currently sees around 50 patients. They are all given verbal and written advice, exercise routines and background information on obesity. Each patient has a weight reduction target to work towards over a six month and a one year period.

Promoting normal birth

The midwife-led unit, the first of its kind in either Northern or Southern Ireland, is a responsive, high quality and accessible midwifery service providing care to women with uncomplicated pregnancies.

Through the service, women are offered different care options and continuity of care in the antenatal, intranatal and postnatal periods.

Antenatal care is offered at a morning or evening clinic. The care given is designed around the individual needs of women and the choices each may wish to make. Women in labour are assisted to adopt alternative birthing positions and partners are encouraged to take an active role.

Management of pain relief includes the following:

- offering relaxation techniques and controlled breathing;
- the option of listening to music;
- having the freedom to move – as mobility and upright positions help to optimise normal birth;
- the use of heat packs;
- the option of having TENS treatment

(Transcutaneous Electrical Nerve Stimulation) – which is the passing of a mild electronic current across the skin that helps your body produce its own pain killing chemicals such as endorphins or encephalins;

- the availability of birthing mats and beanbags, rocking chairs and birthing balls;
- the use of water (in a bath or pool); and,
- the use of gas pain relief (entonox) or an analgesic (pethidine).

Women are given the choice of using alternative positions for giving birth including the use of beanbags or birthing mats, on all fours, squatting, standing, using a birthing stool or the option of a water birth. Whichever option chosen, the midwife ensures the safety of both the mother and baby at all times.

Water births are fast becoming one of the most popular methods of childbirth with 40% of all deliveries in the unit made using this method.

A choice of physiological or active third stage management of labour is offered after a risk assessment has been carried out. After giving birth the baby is given to the mother for skin-to-skin contact and breastfeeding is actively encouraged and supported. The trust's Baby Friendly Initiative targets are actively pursued.

Women are normally transferred home between 24 and 48 hours after giving birth.

Women and their partners are offered the opportunity to attend an 'active birth' workshop that offers the couple informed choice and empowers them to focus and prepare for a natural birth. The unit is committed to maintaining the highest possible standards of care, based on recommended best practice, the expertise of the midwife and current research.

Down Lisburn Health and Social Services Trust

Context

Down Lisburn Health and Social Services Trust became part of the South Eastern Health and Social Care Trust on its inception on 1 April 2007 along with the former Ulster Community and Hospitals Health and Social Services Trust.

Down Lisburn Trust was an integrated trust providing both hospital and community services to a population of around 180,000 people.

There is great diversity within the former trust area population, which has areas of relative wealth and prosperity and pockets of considerable deprivation and need.

The former trust area employs approximately 3,800 people across a range of disciplines.

The appointment of a HPH coordinator in May 2005 ensured the vision became a reality.

The coordinator is initially responsible for facilitating change within Downe Hospital and Lagan Valley Hospital to promote total quality management of both hospitals.

Health promotion is considered a core quality dimension of hospital services as well as patient safety and clinical effectiveness. The initiative also addresses the health of staff and the link of the hospitals to the communities.

The Vienna recommendations

Following the adoption of *The Vienna recommendations on Health Promoting Hospitals* at the 3rd Workshop of National/Regional Health Promoting Hospitals Network Coordinators in Vienna on 16 April 1997, the initiative advocated a number of strategic and ethical directions such as encouraging patient participation, involving all professionals, fostering patients' rights and promoting a healthy environment within the hospital.

The implementation of the HPH concept has been very much hands-on. Good communication amongst staff and consumer groups has been established and it is hoped that through this all staff can be made aware of hospital-wide health promoting services, activities and policies.



Barbara Porter, Coordinator: A healthy service programme, Health Promotion Agency, sampling some fruit along with staff of Downe Hospital at the HPH launch.

The Health Promoting Hospital

The Health Promoting Hospital (HPH) concept was visualised by a project board within the trust. The project board was the key to success as managers in both hospital and community settings were committed from the onset and beyond.

Challenges

Key challenges have included convincing managers and staff that health promoting interventions must address the business practices and culture of the organisation.

Implementation by the trust over the next year of the World Health Organization's (WHO) *Standards for Health Promotion in Hospitals* will mostly focus on patients, staff and organisational management and will ensure professional, organisational and patient-related quality issues are addressed.⁵

This excellent result was possible because of the commitment to caring for breastfeeding families seen at all levels throughout the trust.



Lynda Vladeanu, HPH Coordinator, at the launch of the HPH initiative at Lagan Valley Hospital.

Project areas

The project areas for Health Promoting Hospitals within Down Lisburn Trust are:

- smoke-free;
- UNICEF Baby Friendly Initiative;
- staff health initiatives;
- communication and information;
- nutrition (for clients and staff).

UNICEF Baby Friendly Initiative

The former Down Lisburn Trust maternity and community services were successful earlier in 2007 in attaining UNICEF UK Baby Friendly accreditation.

Every criterion was met to achieve the accreditation and this was the first time in Northern Ireland that a trust had met all of the best practice standards at first assessment.

Green Park Health and Social Services Trust

Context

Green Park Health and Social Services Trust (HSST) became part of the Belfast Health and Social Care Trust at its inception in April 2007 along with the five other healthcare trusts in Belfast – Belfast City Hospital, The Royal Hospitals, Mater Hospital, South and East Belfast and North and West Belfast.

Organisation

Health promotion is considered a core quality dimension of hospital services along with patient safety and clinical effectiveness. The Health Promoting Hospitals (HPH) initiative also addresses the health of staff and the link of hospitals to local communities.

Census data from 2001 recorded that the population of Northern Ireland was 1.7 million, of which 824,449 were male and 863,818 female. Population predictions estimate that by 2025 we will have a larger, older population with a greater incidence of age-related chronic conditions likely to be socially and ethnically more diverse.

It is expected that the number of people aged over 85 will almost double over the next 20 years, presenting all trusts with considerable challenges.

The ongoing commitment to the HPH concept remains a focus for all management and staff members.

Implementation over the next year of the five standards highlighted by World Health Organisation in *Standards for Health Promotion in Hospitals*, which are mostly generic with a focus on patients, staff and organisational management, will ensure professional, organisational and patient-related quality issues are addressed.⁵

The key project areas of the HPH initiative within Green Park HSST are:

- smoke-free
- staff health initiatives;
- mental health promotion;
- physical activity.



Green Park HSST manages a group of hospitals delivering a regional, non-acute, tertiary referral service.

Services are delivered at

Musgrave Park Hospital, Forster Green Hospital, Forest Lodge Children's Respite Service and Allied Health Professionals' services to special schools, Regional Orthopaedic Clinics and the Regional Brain Injury Unit for Neurorehabilitation.

The range of specialist services includes the following:

- orthopaedics;
- sports medicine;
- care of the older person;
- osteoporosis and bone densitometry;
- child psychiatry;
- regional disablement service;
- rehabilitation;
- Direct Access Allied Health Professionals Service;
- children's respite care;
- diagnostic imaging;
- neuron-rehabilitation;
- rheumatology.

Green Park HSST has 364 beds and employs 1,413 staff, of whom 1,117 are female and 293 are male.

Mater Infirmorum Hospital Health and Social Services Trust

Context

Mater Infirmorum Hospital Health and Social Services Trust became part of the Belfast Health and Social Care Trust at its inception in April 2007 along with the other five existing healthcare trusts in Belfast – Belfast City Hospital, The Royal Hospitals, South and East Belfast, North and West Belfast and Greenpark Healthcare Trust.

The Mater Hospital Trust is an acute hospital providing services to north Belfast and surrounding areas. A wide range of services are provided including acute, in-patient, accident and emergency, day procedures, mental illness and maternity services.

The Mater Hospital's HPH Steering Group continues to meet to progress the HPH concept and agenda and has initiated a number of new projects in recent years. The hospital has also developed a health promotion / Investing for Health action plan to better quantify some of the work that contributes to the Investing for Health agenda.

New projects and initiatives

The 'Six senses' project aims to explore patients' and carers' experiences while in the Mater Hospital, through focussing on the six human senses of smell, sight, touch, taste, hearing and intuition.

'Brain attack', delivered by a multidisciplinary team, is a risk prevention programme on an acute ward which aims to educate patients and carers on stroke risks and prevention.

Diabetic education sessions for patients with a new diagnosis of Type 2 diabetes are now held in the hospital every month.

'Green gym' is a partnership initiative involving Mater staff and patients,

community trust patients and conservation volunteers. The initiative takes patients off the wards once a week and out to do conservation work, involving physical activity.

The Mater Hospital has set up a working group to take forward the whole smoke-free agenda. The hospital went smoke-free on 2 Jan 2007 in all buildings, vehicles and grounds. Information flyers, posters, signs and other materials were produced and circulated. Ongoing smoking cessation support for patients was augmented by one week of nicotine replacement therapy supplied by the hospital. Many staff have stopped as a consequence of the smoke-free policy.

Conferences

The Mater's Health Promotion Coordinator contributed two posters to the International Conference on Health Promoting Hospitals in Lithuania in May 2006 and one poster to the National HPH Conference in October 2006.

Awards

The hospital received the winning award for the 'Green gym' project in the Brighter Belfast Environmental Awards 2006 ceremony.



Muckamore Abbey Hospital

Context

Muckamore Abbey Hospital (MAH) became part of the Belfast Health and Social Care Trust at its inception in April 2007 with the merging of the six existing healthcare trusts in Belfast:

- Belfast City Hospital;
- The Royal Hospitals;
- Mater Hospital;
- South and East Belfast;
- North and West Belfast;
- Greenpark Healthcare Trust.

MAH provides a regional specialist assessment and treatment service for people with learning disabilities and helps to support people living in the community.



Health MOT for staff

The health promotion steering group advertised to all staff the benefit of a free health MOT for men and women in September 2007. The following activities and services were available to men and women on separate male-only or female-only days:

- a scanner and prosthetics were provided to instruct staff on self-examination for testicular and skin cancer. (Supported by the Ulster Cancer Foundation);
- the Antrim Civic Centre provided a member of staff to advise on healthy lifestyles;
- instructors from the Hilton Hotel, JJB Sport and Fitness First gave staff information on what each of their facilities had to offer, providing corporate deals for those interested;
- a podiatrist provided a gait scanner;
- staff had their body mass index checked;
- an aromatherapist from the hospital provided demonstrations to help people relax;
- a jewellery sale took place, with 20% of the proceeds going to the Children's Cancer Unit at the Royal Belfast Hospital for Sick Children.

Specialist care

A working party in the hospital liaised with the local acute hospital in helping to provide continuity of care for any of the patients referred there.

In addition, a number of staff are being trained in the use of syringe drivers, necessary for the care of any MAH's patients who develop cancer. Other training is provided for the care of the terminally ill.

MAH's commitment to implementing the Health Promoting Hospitals (HPH) concept is evident through a multidisciplinary health promotion steering group that meets on a regular basis to assess activity and decide on new areas of work.

Key areas focused on by this group have been health promotion activities for staff, specialist care and smoking.

Smoking cessation

The new smoke-free policy within North and West Belfast Health and Social Services Trust incorporating MAH took effect on 31 March 2007 and was followed by the legislation which extended smoke-free to all public places on 30 April 2007.

MAH is a partner in the trust's No Smoking Day planning group. The group's objectives during the year were to increase awareness of the range of smoking cessation support available and to concentrate on offering support to those within the hospital who wished to stop smoking.



An ongoing programme of support is available and is tailored to members of staff wishing to stop smoking. Options of support included:

- a six-week smoking cessation course;
- one-to-one support;
- smoking cessation brief intervention training;
- increasing awareness of the list of specialist smoking cessation services throughout the Eastern Health and Social Services Board.

Royal Group of Hospitals and Dental Hospital Health and Social Services Trust

Context

From 1 April 2007, the Belfast Health and Social Care Trust assumed responsibility for services provided by The Royal Group of Hospitals and Dental Hospital Health and Social Services Trust, as well as Belfast City Hospital HSST, The Mater HSST, Green Park HSST, North and West Belfast HSST and South and East Belfast HSST.

Made up of four linked hospitals – the Royal Victoria, Royal Jubilee Maternity Service, Royal Belfast Hospital for Sick Children and the Dental Hospital – the Royal Hospitals HSST treats more than half a million people every year.

Many initiatives are demonstrated throughout the hospital. For example, training programmes for staff address topics such as HIV and smoking cessation, and, from a user perspective, ongoing health campaigns designed to tackle issues such as breastfeeding, smoking, physical activity and obesity, are provided.

Patients

To identify the people who will benefit from any health promotion programme, a needs assessment procedure should be in place. The Royal Hospitals has a structure in place that all members of clinical staff follow while carrying out a patient assessment, making use of a carefully designed care pathway.

This pathway assesses a patient's lifestyle and staff are trained to promote positive health messages during admission and throughout the time the patient remains in hospital.

Patients are given advice on health behaviour and are made aware of the activities and services available to them, including smoking cessation programmes and health awareness clinics that concentrate on disease prevention.


Employees

Employees are also encouraged to make use of the Royal Hospital's health promotion initiatives. A workplace policy for health promotion is in place and the occupational health department ensures that all new and existing members of staff are advised on health issues such as smoking, exercise, nutrition and mental health.

Promoting health and wellbeing

As a member of the European Network of Health Promoting Hospitals, the Royal Hospitals provides acute medical care but also has an element of responsibility to protect, develop and promote the health and wellbeing of both service users and employees.

To do this, one of the main features of the Royal Hospitals' policy is to support a wide range of health promoting initiatives that aim to strengthen the growth of positive health messages for patients, staff and the wider community.



The Royal Hospitals believes that health promotion is an essential aspect of a safe and happy workplace. Every individual, employee,

patient or visitor is offered the opportunity to benefit from the ongoing programmes available throughout the hospital and within the local community.

Ulster Community and Hospitals Health and Social Services Trust

Context

The South Eastern Health and Social Care Trust was established on 1 April 2007 as a result of the Review of Public Administration.⁶ The restructure saw the merger of the former Down Lisburn Trust with Ulster Community and Hospitals Trust to create the South Eastern Health and Social Care Trust.

The trust is an integrated organisation providing a mix of both acute hospital services and community health and social services.

Background

In March 2006, the Ulster Community and Hospitals Trust re-established a Health Promoting Hospitals (HPH) steering group under the direction of Seamus McGoran, Director of Acute Services. The trust's Department of Public Health/Health Development agreed to utilise a health development specialist's time, from within existing resources, to assist in moving this agenda forward.

From December 2005 to March 2006 a baseline audit using a WHO self-assessment evaluation tool against a set of health promotion standards was completed. Key areas examined included

smoking cessation support, the 'HealthWise' exercise scheme, alcohol and nutrition screening.

On completion of the audit the HPH steering group developed an action plan and communication strategy to engage staff and key stakeholders.

Key actions

The key actions undertaken to date have included:

- a showcase event held to highlight current existing good practice and to gain staff views on HPH;
- establishment of the role of link practitioners for health promotion;
- a training needs analysis, with subsequent training completed for newly identified link practitioners;
- MOT days, smoothie mornings and lunchtime and post-working hour physical activity sessions established for staff;
- completion of an infrastructure audit of hospital wards and waiting areas;
- the implementation of processes to ensure the organisation identifies ways to integrate health promotion into service planning;
- the updating of the intranet site, highlighting the role of the health development department;
- a quarterly feature on HPH publicised in trust newsletter;
- health promotion training included when inducting new staff to the trust.

Future developments

Future plans will include a review of the current action plan in conjunction with the Down and Lisburn area of the new South Eastern Health and Social Care Trust.



At a recent health promotion event from left, Bette McMullan, Manager Mental Health Day Hospital; Pauline Mulholland, Manager, Nutrition and Diet Therapy; Seamus McGoran, Director of Acute Services; Jenny Gingles, Public Health Consultant; and Trudy Brown, Health Development Specialist.

United Hospitals Health and Social Services Trust

Context

United Hospitals Health and Social Services Trust became part of the Northern Health and Social Care Trust at its inception on 1 April 2007, along with the Homefirst and Causeway Trusts.

There are five hospitals within the United Hospitals Trust – Antrim Area Hospital, Mid-Ulster Hospital (Magherafelt), Whiteabbey Hospital (Newtownabbey), Braid Valley Hospital (Ballymena), and Moyle Hospital (Larne).

The development of the World Health Organization's five standards for health promotion in hospitals is an integral and key part of HPH business across the trust.⁵ This has allowed the coordinator to focus on patients, staff, management and the organisation as a whole.

Working on the standards has also enhanced a close liaison with the Health Promotion Agency for Northern Ireland in its role as regional WHO HPH coordinating centre.

Partnerships

Working in the hospital setting, good partnership work has contributed to reaching goals and focusing on the health and empowerment of patients, staff and the wider community.

In addition to overseeing designated projects and associated HPH work there has been an emphasis on mental health, fuel poverty, nutrition and older persons' health.

Strengthening and building upon partnership work is essential within all areas to secure a solid infrastructure for health promotion.

During 2007, innovative partnership work has been ongoing between the Hospital Paediatric Weight Management Programme and the local council, which provides fun physical activities for families with overweight and obese children.

Steering group membership

The Investing for Health Trust Steering Group oversees the HPH work within the trust area. Membership includes senior trust staff from multiple professions and key representatives from the Northern Health and Social Services Board.



The Investing for Health Trust Steering Group, which oversees the Health Promoting Hospitals work within the trust area, pictured at a recent meeting.

Antrim Area Hospital is the main acute teaching hospital which provides many specialist services, eg renal, cancer and obstetrics. Services within the other hospital sites include surgical, medical, elderly and palliative care. The trust serves a population of 333,000.

Health Promoting Hospitals work

A designated HPH coordinator works two days per week and has been in post for one year. In addition to overseeing designated projects the coordinator is involved in facilitating corporate HPH activities with an emphasis on mental health, fuel poverty, nutrition and older persons' health.

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