

National Programmes Day
National Clinical Programmes-Recovery,
Resilience, Reform
#3RsBetterHealthNCP22

*Health and wellbeing, Climate change, recovery,
resilience and reform*



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Health Service Executive



Merchants Quay Ireland
Homeless & Drugs Services



The pandemic and HSE transformation

Established new models of care:

- contact management programme developed from scratch
- greatly expanded ICU capacity
- developed community Covid-19 testing centres
- Healthmail scripting
- 29 community assessment hubs
- large scale self-isolation capacity

THE IRISH TIMES Wed, May 20, 2020

NEWS SPORT BUSINESS OPINION LIFE & STYLE CULTURE

Health > Coronavirus

Government agree terms with private hospitals to take them over during Covid-19 crisis

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Video: RTÉ

Coronavirus | Mar 30, 2020 | Taoiseach Leo Varadkar has said the move to take over the private hospitals during the Covid-19 pandemic did not represent the nationalisation of private hospitals.
Video: RTÉ

Clear common purpose galvanised the organisation



- Extraordinary level of support & volunteerism into the health service
- Massive mobilisation of health care staff, management and leaders to new roles to combat the pandemic
 - QI skills to mould intelligent responses to the challenges
- Resilience – high danger of burnout – Supports for staff through Occupational health
- Fast paced – new services introduced in matter of days - CAN DO
 - Comfortable with mistakes, learn and change quickly
- Compassion and Kindness never so important and easily lost



Regress or transform

Deference to expertise

Flattened hierarchy

Rapid decision making

Why?

Clear common purpose

Empowered, funded and trusted to make radical decisions

Then back to the real world



System challenges

- Coordination not competition
- Strategic and proactive not Reactive
- Integration not silos
- Prevention and social solutions not patching up
- Culture Vs Hierarchy

■ 2018 Score ■ 2021 Score

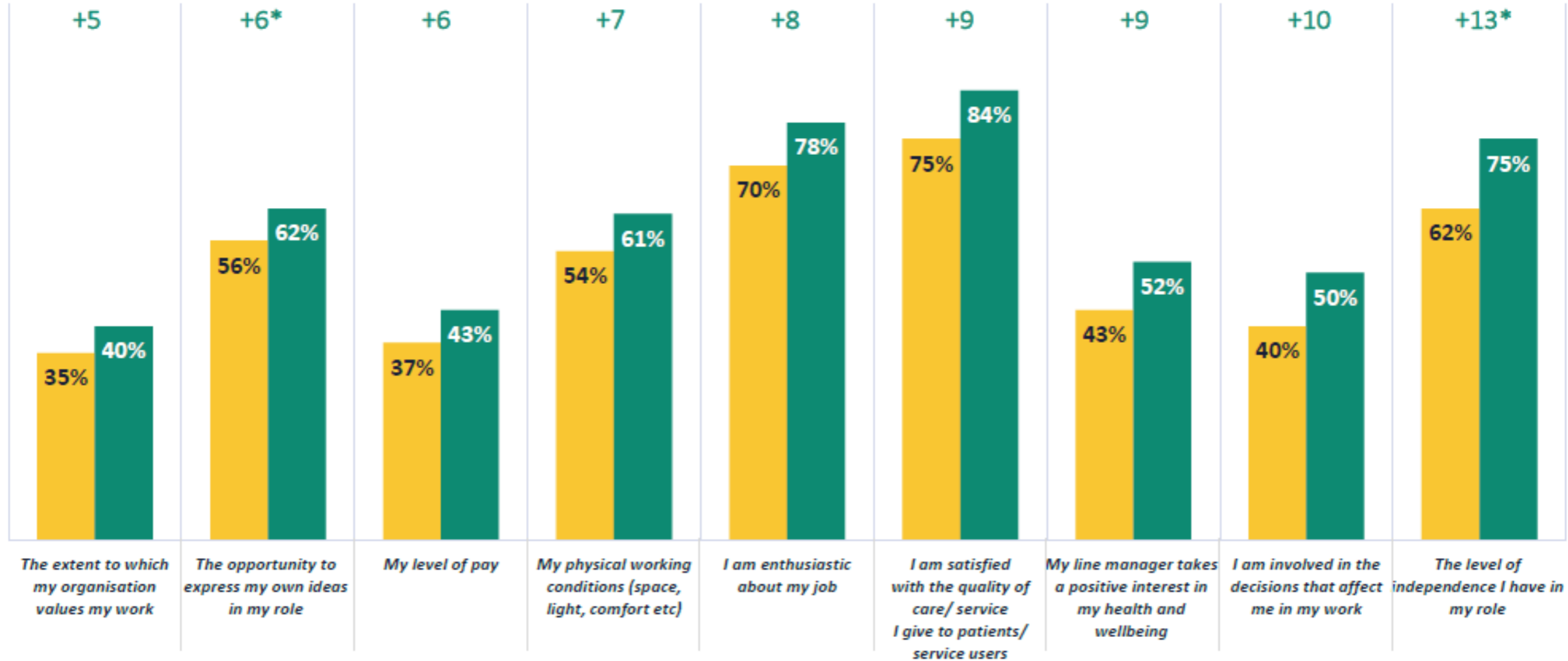
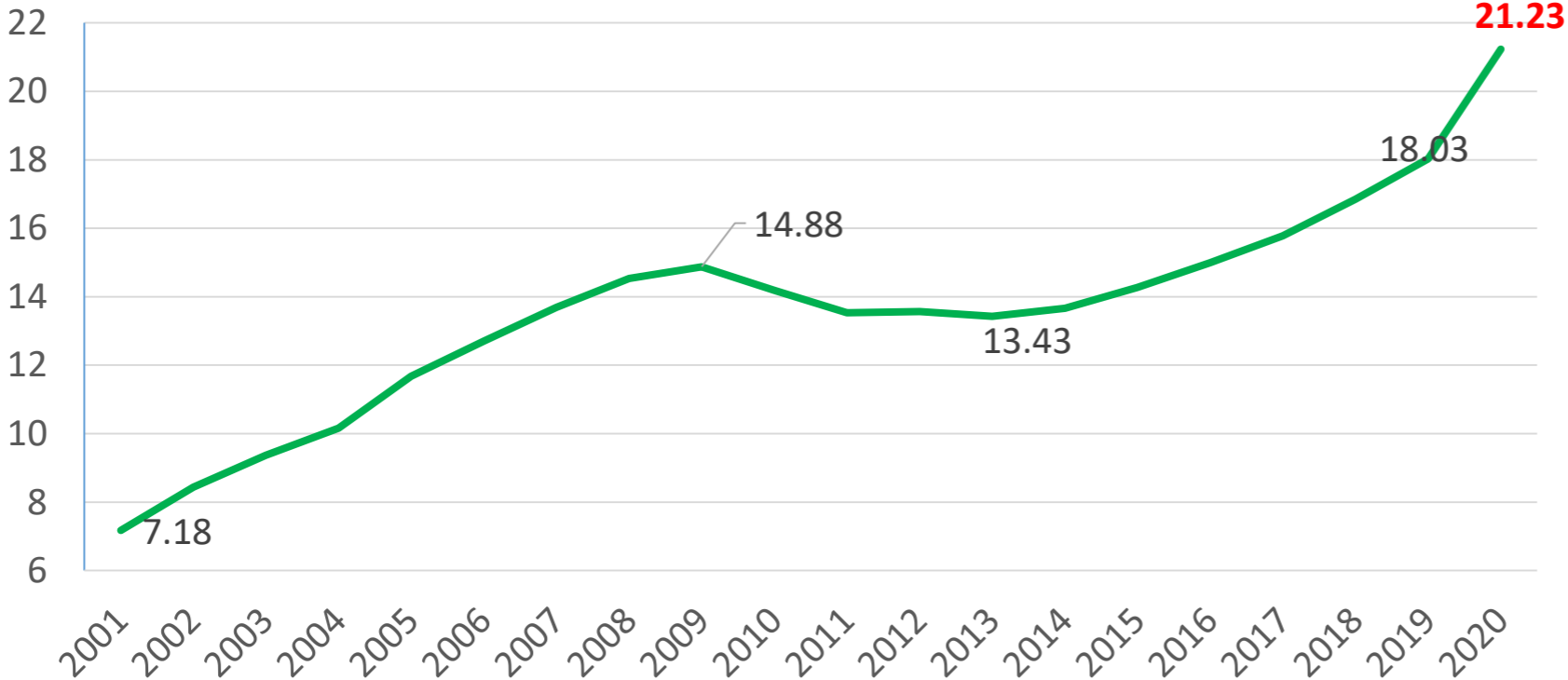


Figure 1: Irish Healthcare expenditure 2001-2020



HSE Finance division (2021)

Stop patching up illness – Lifestyle medicine

- Global disease burden could be reduced by about 40 percent over the next two decades through behavioural modification
- One euro invested in prevention could yield 2 to four times the economic benefit
- 6 pillars of lifestyle medicine backed by a massive evidence base – diet, exercise, sleep, stress, substance use and social relationships

Behaviours matter

Up to 80% of cases of coronary heart disease, 90% of type 2 diabetes cases, and one-third of cancers can be avoided by changing to a healthier diet, increasing physical activity and stopping smoking (WHO 2021 b)

A combination of at least four healthy lifestyle factors is associated with a reduction of the all-cause mortality risk by 66% (Loef M, Walach H. 2012)

USA systematic review showed that tobacco remains the number one preventable cause of death but will be soon be overtaken by “poor diet and physical inactivity (Mokdad et al 2004)

Health and Wellbeing in the HSE - MECC

- Brief interventions are effective in improving health behaviours, thereby reducing non-communicable diseases.
- It's an effective evidence based behavioural technique
- By **Making Every Contact Count** health professionals can encourage patients to make healthier lifestyle choices during routine contacts to help prevent and manage chronic diseases.
- 30 MILLION interactions with patients every year- that's 30 million opportunities to influence behaviour
- Teachable moments - people more open to behaviour change when focussed on their health

Is Ireland healthy?

- Life expectancy for females has risen by 1.6 years between 2009 and 2019 and Men 2.4 years
- In 2019 an alarming 60% of respondents to the *Healthy Ireland* survey were either obese or overweight (unchanged from 2015)
- 35% trying to lose weight
- Poverty, socio-economic status and health are strongly interconnected - 2016 census: 22.5% of the population were living in disadvantage
- Worker wellbeing crucial - absenteeism in Ireland shows an average of 5.6 days absent per year from work for health reasons
- 40 m spent on prevention represents 1.6 % of our expenditure on drugs

Key goals of the Healthy Ireland Framework



Health and Wellbeing Programmes



Clinical Leadership

- Highly complex as is the context and environment that clinicians operate at the frontline
- Good clinical leadership is directly linked to improved clinical outcomes for patients and the promotion of a culture of patient safety
 - (West *et al*, 2015)
- Lack of strong leadership can result in poor patient care and outcomes:
 - Robert Francis Report into Mid Staffordshire (Dyer, 2013)
 - Aras Attracta report in Intellectual Disabilities (HSE, 2016)

Climate Change and the Health Sector

Climate change poses a two-fold challenge to the health sector: **dealing with the growing health impacts and curbing its own emissions**

Climate change endangers human health and strains the healthcare system...

- ▶ Episodes of extreme heat increasing emergency hospital admission for **heat related illness and death**
- ▶ Poor air quality triggers a growing number of **respiratory and cardiovascular diseases**
- ▶ Severe weather such as droughts impacting water and food supply; and flooding and storms (e.g. **drowning**)
- ▶ Changes in temperature and rainfall altering water-borne illnesses, **vector-borne diseases** (e.g. Malaria, Zika), and **infectious diseases** (e.g. cholera, diarrhea)
- ▶ Environmental degradation and extreme weather events affecting **mental health** (e.g. anxieties, depression, PTSD)

In Europe, heat-related diseases and mental health issues linked to climate change are most imminent

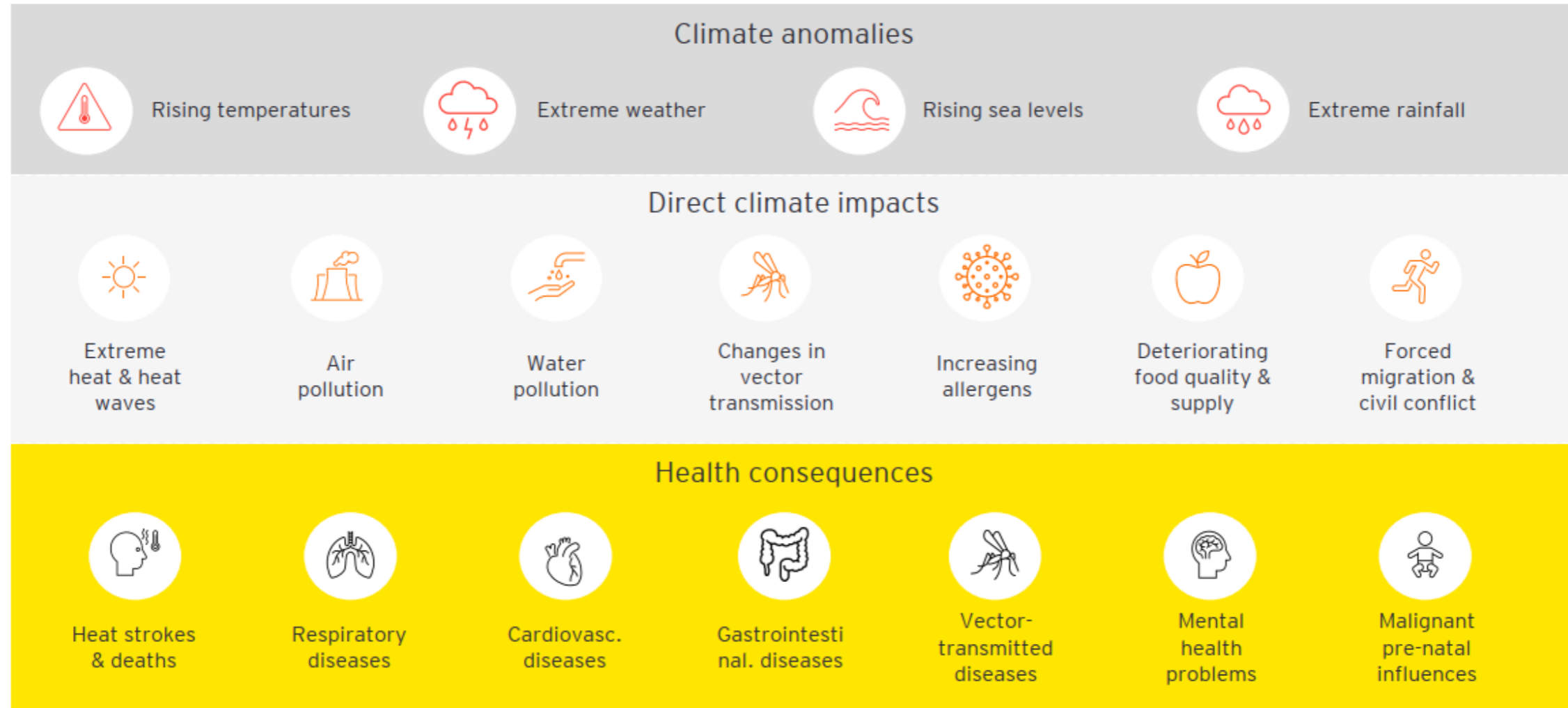
... while healthcare is also a key contributor in fuelling climate anomalies

- ▶ High-energy intensive **buildings**, especially hospitals
- ▶ Wasteful procedures and use of **single-use goods**
- ▶ Significant **transportation** footprint of patients and employees
- ▶ Global supply chain emissions including **pharmaceuticals, supplies, devices and food**
- ▶ Purchased electricity, gas, heat and cooling including transmission and generation
- ▶ **Limited reflection** of the environmental impact of regular choices and practices and harmful incentives to rather do more than less

The healthcare sector has a significant climate impact of ~5% of global GHG emissions

Climate Change and Health and Well being

Without effective mitigation and adaptation, climate change will have profound implications for the health of the population and the provision of health and social care services.



HSE Climate Action and Sustainability Strategy 2022-2050– Vision statement

“ The HSE is committed to achieving net zero emissions no later than 2050, delivering health care which is environmentally and socially sustainable ”

Key focus on actions to reduce our carbon emissions, promoting low-carbon and sustainable solutions which limit pollution, helping to reverse biodiversity loss, and supporting, and protecting the health and well-being of future generations which includes adapting to the impacts of climate change.

Commitment to integrate sustainable actions and principles across 6 Priority Areas of Focus



Build a Climate Action and Sustainability Community

- The HSE looks forward to the significant role it will play in tackling the climate crisis
- Our workforce is central to the successful development and delivery of this Strategy
- we will support staff and service users and communities to act as sustainability and climate action activists
- Key clinical programme of action
- Most sustainable healthcare is no healthcare at all!! - prevention

If you would like to be involved: roisin.breen@hse.ie



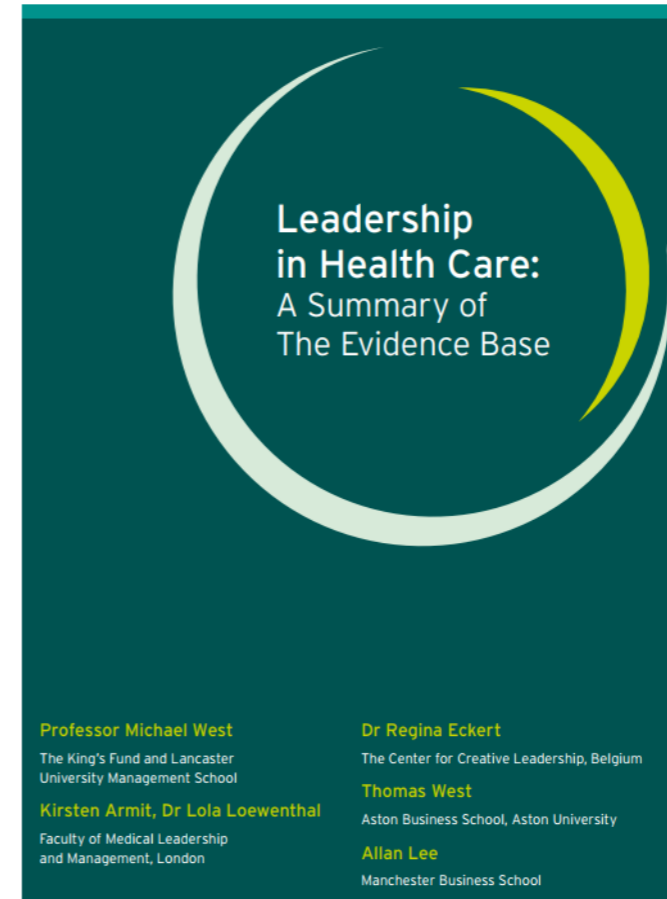
CLIMATE ACTION
FOR THE PEOPLE AND THE PLANET

Evidence on Leadership

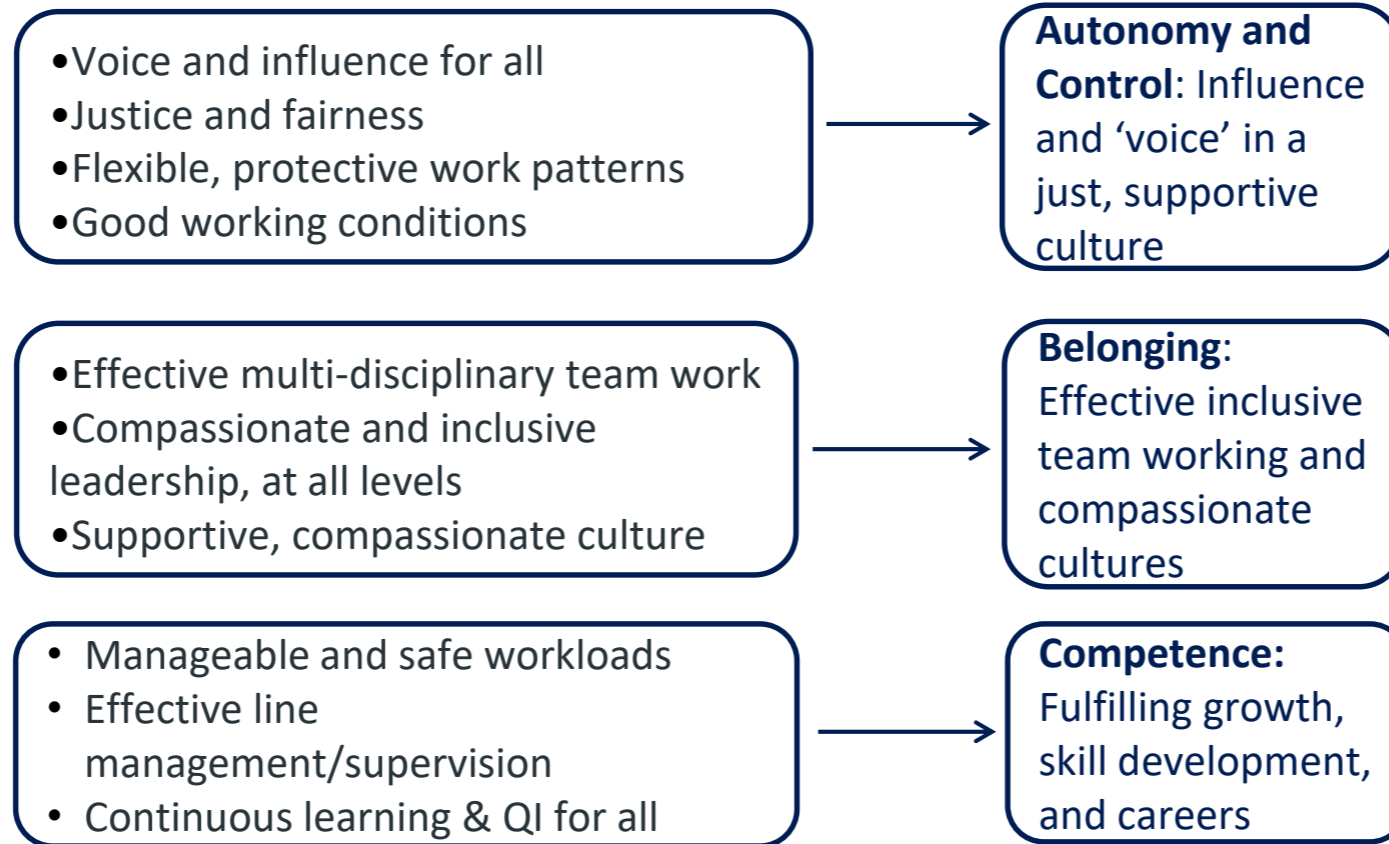
- Clear link between leadership and mortality, satisfaction, financial performance, staff wellbeing, and quality of care
- Collective leadership



TheKingsFund



ABC of Core Needs at Work



See GMC report *Caring for Doctors, Caring for Patients* at https://www.gmc-uk.org/-/media/documents/caring-for-doctors-caring-for-patients_pdf-80706341.pdf

Conclusion

- We must pivot healthcare to prevention
- We must tackle health inequalities in access to the means to pursue healthy behaviours through building on the healthy community work with local community development organisations
- True progress will require an all-of-government and all of society approach with action on social welfare, family support, early years' interventions, education etc.
- We need to make lifestyle interventions everyone's business through MECC and other work
- We must integrate prevention, personalised care, positive psychology and lifestyle medicine in a broader approach to care

The next 10 years in the HSE?

- Major national player – responsibility
- Address climate change
- Address staff survey – positive psychological work environments, everybody can improve care
- Partner with staff and patients/service users
- Prioritise lifestyle medicine and prevention in all that we do
- Address health inequalities through community partnerships

Contact us!



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Thank you