End of Life Baseline Report
(Demand & Threshold Management QIPP)

For Cheshire, Warrington and Wirral PCT Cluster

“How people die remains in the memory of those who live on”
Dame Cicely Saunders, Founder of the Hospice Movement.

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1 Executive Summary.

1.1 Introduction

End of life care is a key priority of the North West regional QIPP workstream for Demand and Threshold Management and the North West SHA in recognition that improving QIPP across the end of life care pathway will significantly support overall delivery against the £20 billion QIPP challenge by 2014/15.

The North West vision is for people to be supported to die well in the place of their choice; with a broad aim to reduce avoidable hospital admissions for patients at the end of life and to expedite discharge for end of life care patients who are admitted to hospital for emergency care.

Our population is getting older and sicker. Currently there are around 1.5 million people with long term conditions living in the North West; it is estimated this figure will be 3 million by 2030. In tandem with this, population statistics estimate that the people over the age of 65 will increase by 252% by 2050; described by Sir John Oldham as “a Tsunami of need”.

While end of life care requires concerted action by a range of partners, including social care, the NHS plays a central role. As such, end of life care has featured in successive NHS Operating Frameworks, with emphasis around the End of Life Care Strategy. The new NHS Operating Framework 2012/13 sets out a considerable challenge in terms of accelerating delivery against the QIPP challenge in year, and with a clear focus on long term conditions and integration, eg providing services closer to patients and between different sectors of care. End of life care will be a critical part of this.

This baseline report has been developed for each North West PCT cluster as a resource to support their commissioning intentions by setting out why tackling end of life care is important, outlining the critical success factors to deliver high quality end of life care and how to achieve them, data and evidence underpinning success, and identifying areas for improvement. In addition, cluster QIPP priorities, CQuIN schemes, Innovation and the contribution of local hospices are considered. The focus of this report is adults and Long Term Condition’s, in line with the work priorities of the level 4 Demand and Threshold Management QIPP workstream; it does not specifically cover children or other specialist areas such as learning disabilities. However the resources developed within this report can be utilised across all areas of care.

Recommendations and the resources to support this work are provided.

1.2 Background and context.

Hospital admissions for adults in the last year of life are estimated to cost the NHS around £1.3 billion. Savings could potentially be achieved on these hospital costs which would free up resources to provide supportive and palliative care in the community.

More than 450,000 people die in England each year and more than half of these deaths occur in hospital. Surveys identify that 66% patients would prefer to die at home. If possible, people should have the opportunity to die in a place of their choosing and unnecessary hospitalisation of the dying should be avoided whenever feasible.

ONS Figures indicate most deaths occur in NHS hospitals (58%) with around 18% occurring at home, 17% in care homes, 4% in hospices and 3% elsewhere. Based on ONS figures of deaths in usual place of residence, there appears to be limited improvement in achieving a greater proportion of deaths in usual place of residence. This means that from a QIPP perspective there is a considerable opportunity for ensuring people have a better death at lower cost and one factor that could make a significant difference is the extent to which GPs are actively identifying people...
approaching the end of life and putting plans in place to support them as their condition deteriorates.

The National Audit Office\(^6\) found that 40% of end of life care patients had no medical need to be in hospital. An analysis of hospital use by adults in the last year of life was recently undertaken by the Department of Health and shows that 32.6% of all hospital admission for adults in the last year of life occurs in the last 30 days before death\(^1\).

Evidence recently published in the Palliative Care Funding Review\(^7\) estimates that between 70% and 80% of all deaths are likely to need palliative care input; for the North West this equates to around 48,485 people requiring palliative care every year, based on a mid-point of 75% against all deaths.

The changing demographics of an ageing population, longer chronic disease trajectories, and greater co-morbidity, provide further incentives to improve and expand palliative care and end of life care provision. In the North West alone, it is estimated that the number of people with long term conditions (LTC’s) will double to 3 million by 2030\(^8\), whilst the Demos Report *Dying for Change*\(^9\) estimates that by 2030, the number of deaths per year will rise by 90,000 and the number of hospital deaths will be close to 60%.

The North West End of Life clinical pathway group\(^10\), in response to the Darzi NHS Next Stage Review, set out a vision and aim to reduce hospital deaths across the North West by 10% by 2012 from a 2007 baseline; in the North West in 2007, 57.8% people died in hospital whilst surveys showed that 64% of people prefer to die at home. Subsequent surveys and reviews show that little has changed. A report of local preferences and place of death by government office region showed that in the North West, 64% of people would prefer to die at home\(^11\), as previously stated we know that data shows that deaths at home in the North West were 37% against an England average of 38.8%. This does show an improvement for the North West of 1.2% against the same period for the previous year. Currently, the North West ranks 9 out of the 10 SHAs in respect of % of home deaths, with significant variation between NW PCTs of the best - 43.1% and the worst - 30%.

1.3 Critical factors for success; what supports end of life care being good in your area?

End of Life Care (EoL) helps all those with advanced, progressive, incurable illness to live as well as possible until they die. It enables the supportive and palliative care needs of both patient and family to be identified and met throughout the last phase of life into bereavement. It includes management of pain and other symptoms and provision of psychological, social, spiritual and practical support\(^1\). High quality community based services cost no more, and can cost less, than hospital based care. The NHS Operating Framework for 2010/11 encouraged PCTs to use resources to the best effect locally in order to provide quality end of life care, such as enable choice of place of death.\(^1\)

The North West End of Life Care Model (see appendix 2) uses a whole systems approach for all adults with a life limiting disease regardless of age and setting, moving from recognition of need for end of life care, to care after death. In order to apply the model, staff across organisations are required to understand the needs and experiences of people and their carers. The challenge for effective commissioning of end of life care therefore includes defining what constitutes end of life, calculating the associated costs and defining appropriate outcomes.

North West organisations need to put in place, and consistently apply, standards to ensure delivery of high quality services for people approaching end of life, and achieve the appropriate benefits for the NHS under QIPP.

The critical factors for success are underpinned by the five key aims of the North West End of Life Clinical Pathway Group, and the End of Life Care Network service improvement programmes to support implementation of the Department of Health’s End of Life Care Strategy. They are outlined in the following aims and recommendation.
1.4 Aims and Recommendations

1. **Commissioning.** Promoting Integrated Commissioning Frameworks based on the North West End of Life Care Model. Good end of life care has the NHS, local authorities, and charitable and independent sectors working together to provide a cohesive service\(^\text{10}\). The model is in full accord with the General Medical Council definition that “people are ‘approaching the end of life’ when they are likely to die within the next 12 months. This includes people whose death is imminent (expected within a few hours or days) and those with:

- advanced, progressive, incurable conditions
- general frailty and coexisting conditions that mean they are expected to die within 12 months
- existing conditions if they are at risk of dying from a sudden acute crisis in their condition
- life-threatening acute conditions caused by sudden catastrophic events

![Figure 1. The North West End of Life Care Model.](image)

**Recommendation:** Clinical Commissioning Groups to identify an end of life care lead, to chair a locality group and develop a strategy to inform funding priorities.

2. **Raising awareness of death and dying and making it a normal part of conversation for both professionals and the public.** Across the North West through Network End of Life Care programmes, the national “Dying Matters” campaign has been supported with local events to raise awareness. In addition, through MPET funding, a programme “Conversations for Life” has delivered a number of community engagement events working beyond health.

**Recommendation:** the strategic plan should incorporate death and dying and support local implementation of the national initiative ‘Dying Matters’.

3. **Advance Care Planning.** Identifying a person’s preferences regarding end of life which are included in an advance care plan and incorporate the use of nationally approved end of life care planning tools such as The Gold Standards Framework (GSF), Preferred Priorities for Care (PPC), and Liverpool Care Pathway (LCP). The individual plan should be communicated electronically.

NB Glossary of terms included at Appendix 6.
across all settings. The Information Standards Board has issued a notification\(^\text{12}\) to have in place electronic palliative care coordinating systems (locality registers) in place supporting the co-ordination of care between GP’s and other care providers, including acute hospitals and social care services by December 2013. It is unclear how areas within the NW are progressing this notification. There were a number of national pilot sites, one of which was in the North West (Salford), which gives a wealth of information and advice to support planning for and implementing a local solution.

**Recommendations:**

- Continued implementation of the national end of life care tools, GSF, PPC, LCP.
- Develop a model of advance care planning across the locality

**4. Supportive care registers.** Pivotal to planning in advance is identifying patients at end of life in line with the North West model and recording them on the register at practice level using the Gold Standards Framework. The framework enables care to be coordinated and the patient is reviewed systematically. There is variability on how GP practices manage this process which impacts on consistency of care. It is estimated that 1% of a GP practice population will die each year. There is a national *Find Your 1% Campaign* supported by the Royal College of General Practitioners encouraging GPs to identify their patients, through reviewing practice lists, to record them on their register and manage them proactively. The uptake for the campaign across the NW is very low.

**Recommendation:** Implement and monitor electronic palliative care system across the locality.

**5. Providing 24hr support for patients and families including access to specialist palliative care.** Across the North West there has been excellent progress to provide 24hr district nursing services which are consistently in place across Cheshire, Warrington and Wirral PCT Cluster. However, access to specialist palliative care advice and face to face review, despite being a recommendation in the NICE Improving Outcomes Guidance for Supportive and Palliative Care with an implementation date of 2009, is still not consistently in place.

**Recommendation:** 24hr support for patients and families including access to district nursing and specialist palliative care should be in place and compliant with the Improving Outcomes Guidance and Peer Review Measures.

**6. Development and implementation of a regional ‘Do Not Attempt Cardiopulmonary Resuscitation’ (DNACPR) policy aligned to a northern SHA cluster approach.**

It is recognised that there are significant challenges of implementation; it has been the subject of national debate for some time.

Currently the North West does not have unified policy, the benefits of which include increased patient choice and satisfaction regarding end of life planning and reduction in inappropriate admissions to hospital. NHS North West recognise there is an opportunity here to exploit the work done by others and as such Dr. Mike Cheshire, Medical Director at NHS North West SHA will be leading discussions with PCT Cluster CEO’s and NWAS to take this work forward through 2012.

**Recommendation:** Implementation of a regional DNACPR policy.

**7. Ensuring care is delivered through a skilled and confident work force.**

MPET funding has enabled the End of Life networks to support many initiatives across the North West to promote education and training for the end of life care workforce. Priorities have been to build confidence and capability in the care home sector to support residents to stay in their
usual place of residence (their care home) and this saw the successful development of the “Six Steps” programme which works alongside the national GSF programme for care homes. Engagement with primary care has been crucial. Education and training in palliative care, symptom control and advance care planning has been delivered to GPs across each network and advanced communication skills training has been made available to staff working with patients at end of life.

**Recommendation:** Each locality strategy should include a plan for training and education of the health and social care workforce.

8. **Promote the use of the NICE End of Life Care Quality Standards and the End of Life Care strategy quality markers and measures for end of life care.**

**Recommendation:** organisations delivering end of life care should meet the NICE quality standards.

The NICE Quality Standard for End of Life Care for Adults\(^{13}\), published November 2011, further endorses all the above priorities for delivering high quality care for adults approaching the end of life and the experience of their families and carers. It states:

“The quality standard for end of life care for adults requires that services are commissioned from and coordinated across all relevant agencies, including specialist palliative care, and encompass the whole end of life care pathway. An integrated approach to provision of services is fundamental to the delivery of high-quality care to people approaching the end of life and their families and carers.”

### 2.0 What does this mean for Cheshire, Warrington and Wirral PCT Cluster?

#### 2.1 Introduction

The graphs below shows the population projections by age and sex, which when considered against the data for hospital deaths, deaths in usual place of residence, and peoples preferences for place of death, presents a challenging picture for commissioners and providers of end of life care. The data for deaths is specifically shown across five LTC priority areas of the North West level 4 QIPP workstream for Demand & Threshold Management, for the purposes of emphasising the opportunity to coordinate work in line with the National QIPP programmes for end of life and LTC, and the North West Advancing Quality Alliance. Based on calculations taken from the palliative care funding review 2011\(^7\), it is estimated that on average, in the North West, 48,485 people will require palliative care every year.

Data is also presented to show hospital deaths occurring within 3, 4-7, and 8+ days of admission. In terms of QIPP, from the perspective of quality and cost, significant benefits could be achieved by addressing the long lengths of stay.

Looking at the deaths by disease group provides opportunities to combine effort and actions across multiple projects/campaigns, eg national end of life care programme and LTC QIPP.

Information published in the Palliative Care Funding review estimates that hospital admissions in the last year of life for adults cost the NHS around £1.3 billion with potential to make savings on these costs against a QIPP estimate of £3000 per hospital death.

Further analysis to estimate the potential QIPP opportunity at PCT cluster level is being prepared and will follow this baseline report.
Figure 1. Cheshire, Warrington and Wirral Cluster: population projections by age and sex.

Figure 2. Hospital Deaths by disease group

The text above is data that relates to hospital deaths which has been drawn from the Hospital Episodes Statistics (HES) for the year 2009/10. We have used this data so that it is consistent with the deaths in usual place of residence data (which follows) as 2009/10 is the most current annual published data for that dataset. Both sets of figures represent a subset of the total number of deaths for that year.

The question we should be asking ourselves is “were the hospital deaths in the appropriate setting or could those patients have had a better quality of death and died in their usual place of residence?” In essence we need to ensure that everyone has that choice and that even though someone is dying, that they are their families experience is as good as it can be at that time. The
data shows that most deaths in hospital occur 8 days after admission; should those patients have remained in hospital or was there a discharge package that could have been put in place to allow that patient to die at their place of choice, i.e. their own home.

The data that follows relates to deaths in the usual place of residence and although the numbers look reasonably high, they should be placed in context. For the Cheshire, Warrington and Wirral Cluster they represent the 38.77% of all deaths who died in their usual place of residence throughout 2009/10.

Both data sets indicate that there is still a lot of work that needs to be done to ensure that our patients die with dignity in their place of choice.

**Figure 3. Deaths at usual place of residence by disease group**

Full data for figures 2 and 3 across the North West is shown at appendix 3 and 4.
2.2 What do people want?
A fundamental strand of high quality end of life care is understanding a person’s preferences for where they want to spend their last days of life. Research published by Cicely Saunders International\textsuperscript{11}, shows the gap between preferences and reality for place of death and provides a real opportunity for commissioners and providers to target improvements to support people through better care wherever they want to be at the end of life.

As previously stated, and illustrated in the figures shown below, the North West has some way to go to reduce the number of deaths in hospital and improve the number of deaths in preferred place/usual place of residence. 64\% of people in the North West have identified home as their preferred place against a Cheshire, Warrington and Wirral Cluster average of 38.77\% deaths in usual place of residence (see Figure 7).

Overall, the preferred place of death for the majority of people across all age groups is home or hospice, with slight variations as people get older. This is especially significant when looking at service provision now and for the future in the context of an ageing population.

*The fact that the data shown in Figures 4, 5 & 6 is at regional level should not deflect from the impact of the message as most boundaries between GOR and PCT boundaries across the North West are co-terminous. In addition these boundaries will remain mostly unchanged at PCT Cluster level. [Figures 4, 5, and 6 shown by kind permission of Barbara Gomes at Cicely Saunders Institute].*

**Figure 4. Most preferred place of death by Government Office Region**

![Figure 4](image-url)

*There were no significant geographical differences (Chi\textsuperscript{2} test=2.123; p-value=0.994).*
2.3 PCT cluster spend.
The case for change in terms of the growing needs of a population requiring end of life care, delivering high quality end of life care as determined by the critical success factors previously described, and set against a backdrop of tightening financial constraints, sets out a significant challenge to the NHS and its partners. The NHS has an unrelenting need to reduce unscheduled admissions and re-admissions, coupled with a steady reduction in the number of hospital beds in order to deliver the right care, right place, right person, right time pledge for quality healthcare; and yet the Palliative Care Funding review 2011 described an estimated growing need in the number of hospital or other beds required to meet the growing number of deaths year on year. This potentially presents a conundrum for commissioners and providers alike in terms of investment and spend required. Coupled with what people say they want and what they get, ie death in their preferred place, there is a significant gap with too many people still dying in hospital.
Table 1 below shows spend across Cheshire, Warrington and Wirral PCT Cluster, published in the Department of Health’s monitoring of investment and expenditure in end of life care 2010/11. The ‘new investment’ spend relates to the £198 million provided as new money by the Department of Health to support implementation of the End of Life Care Strategy in 2010/11, the majority of which was allocated directly to PCT baselines.

Has this level of investment and spend delivered the outcomes for high quality end of life care for the population of Cheshire, Warrington and Wirral?

Table 1. Department of Health’s monitoring of investment and expenditure in end of life care 2010/11

<table>
<thead>
<tr>
<th>CHESHIRE, WARRINGTON AND WIRRAL PCT CLUSTER</th>
<th>PCT</th>
<th>New investment</th>
<th>Expenditure on specialist palliative care</th>
<th>Other declared spend</th>
<th>Breakdown of investment classified as ‘other’</th>
<th>£</th>
</tr>
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<tr>
<td></td>
<td></td>
<td>£</td>
<td>SPC spend £</td>
<td>£</td>
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<td>£</td>
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<td>1,467,000</td>
<td>911,000</td>
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<td></td>
</tr>
<tr>
<td>Western Cheshire</td>
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<td>116,600</td>
<td></td>
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</tr>
<tr>
<td>Wirral</td>
<td>930,000</td>
<td>3,011,000</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,133,085</strong></td>
<td><strong>7,797,125</strong></td>
<td><strong>1,075,600</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cumbria Cluster</td>
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NB; not all ‘other’ spend is declared. Access to the full report is here

2.4 What does end of life care look like in your area?
The key performance indicators identified by the national end of life care programme are:
- % deaths in the usual place of residence, including care homes
- Reduced length of stay in hospital on final admission
- Reduce the average number of unplanned admissions in the last 12 months of life. Current estimates suggest an average of 3.6 unplanned admissions in the last 12 months of life which can cost approximately £2800 - £3400 for each episode. (The costings are quoted from the National End of Life QIPP workstream and are based on the findings of modelling work done by six sites around the country).

The national indicator and performance measure for improvement is the number of deaths in usual place of residence. Data for Cheshire, Warrington and Wirral is shown in figure 7 below.
There is considerable variation across the North West between the best and worst for people to die in their usual place of residence. Currently performance across the Cheshire, Warrington and Wirral Cluster compares very well against the England average of 38.8% for deaths in usual place of residence with some variation between PCTs. However, the commitment and work to improve quality and services for end of life care across all localities is reflected in steady reduction in hospital deaths as shown in the graph below.

(Full data for Place of Death Indicator across the North West is shown at appendix 5)

2.5. What you have said you are going to do; QIPP/CQuIN.

End of life care features in all the Cheshire, Warrington and Wirral PCT QIPP plans with differing priorities in each PCT area. Collectively across the cluster, the aims are aligned to the critical success factors identified in the executive summary. Perhaps the challenge in 2012/13 is joining up the different priorities to make a collective impact.

In terms of quality levers and incentives; Cheshire PCTs are using CQuIN to help them deliver good quality end of life care. Specific organisations that have end of life as a local indicator in their CQuIN plans and their aims are:

- NHS Wirral – Number of community nursing patients if LTC and/or cancer on EoLC pathway are appropriately assessed and percentage of community nursing patients who are on EoLC pathway at time of death. Increase percentage of palliative patients on end of life care pathway at time of death.
- Community Care – Western Cheshire PCT – increase number of patients offered advance care planning discussion and increase number of people dying in their preferred place.
- Central & Eastern Cheshire and Central and Eastern Cheshire Health – improvement in the number of end of life quality marker assessments completed. (Greater Manchester & Cheshire Cancer network encompasses C&E Cheshire)
- NHS Western Cheshire (Countess of Chester) – increase number of patients with LTC on end of life care pathway offered discussion about terminal nature of condition and ensure GP advised of this discussion. Liverpool Care Pathway to be extended to further inpatient wards. Increase number of staff receiving training on LCP. Increase number of patients dying are on LCP
- Walton Centre – Improve end of life care pathway for patients.
- Wirral University Teaching Hospital FT – reduce number of re-admissions within 72 hours for end of life care patients.

What can be learned from the Cheshire, Warrington and Wirral PCT/cluster QIPP priorities and incentives applied in 2011/12, e.g. CQuIN schemes, and how will this translate into commissioning support for the new commissioning groups through 2012/13?

In terms of innovation; three projects were awarded Regional Innovation Funding (RIF) to improve end of life care and services for patients across the Cluster:

- Achieving a Good Death in Warrington – The project was to disseminate best practice for patients receiving end of life care in care homes. Warrington PCT was awarded £5,000 for the projects from the RIF sharing and learning fund. The results are published on the InnovateNow website to enable others to share what has been learnt. Website link here http://www.advancingqualityalliance.nhs.uk/document_uploads/Case_Studies/Sharing%20best%20Practice%20in%20end%20of%20life%20care%20Kerry%20Best%20Case%20Study%20(sharing).pdf
- Improve end of life care for patients with chronic kidney disease. This project covered the whole patient pathway working with primary care services and acute trust to implement the North West End of Life Care Model and relevant tools. Western Cheshire PCT was awarded £25,000 for the project from the RIF project initiative fund, (Bursary). Full details are on the InnovateNow website in order that others can share the learning. Website link here http://www.advancingqualityalliance.nhs.uk/document_uploads/Case_Studies/Hannah%20Pulley%20Mary%20Jordan%20(Bursary)_dd91e.pdf
• Palliative Care in dementia Guidelines. Western Cheshire PCT was awarded £4,100 for this project from the RIF sharing and learning fund to produce a set of clinical guidelines for providing the best quality care of dementia patients approaching end of life. Once produced, guidelines will be put on the Map of Medicine website and will accessible to all. Again these results also appear on the InnovateNow website. Website link here http://www.advancingqualityalliance.nhs.uk/document_uploads/Case_Studies/Joe%20Dow nie%20(Sharing)_9713a.pdf

3.0 What resources are available to support you locally, now and in the future?

There are many resources, including opportunities for collaborative working with/learning from other key programmes and stakeholders for improving the quality of end of life care in the North West. Some of the most significant, currently available, are featured here.

3.1 Merseyside & Cheshire palliative and End of Life care clinical network

The palliative and end of life care network operates within the clinical networks in Merseyside and Cheshire

Merseyside & Cheshire palliative and end of life care network aims to raise awareness of palliative and end of life care needs enabling people to live and die well in the place of their choice.

This is achieved through partnership working with both commissioners and providers of specialist palliative care, general palliative care and end of life care services, patients and their carers.

Integrated Clinical Networks (ICNs) are supported within the network and they bring together hospital community and hospice providers on a patient flow footprint as a virtual organisation to ensure consistency and promote equity of access in palliative and end of life care service provision. Locality groups for palliative and end of life care link into ICNs as a body of expert advice and opinion to help local strategic direction. The Network promotes consistency in palliative and end of life care on a wider population basis through the Clinical Network Group (CNG) for palliative and end of life care taking direction from regional and national policy.

3.2 End of Life Care Service Improvement Programme

The North West was instrumental in developing ELQUA which is a tool for self assessing, on an organisational basis, compliance with the quality markers. A number of organisations have used the tool and built their own local operational plan, including quality indicators for commissioning, based on the self assessment.

The End of Life Care programme managed by the Greater Manchester & Cheshire Cancer Network; Mersey & Cheshire Clinical Network and Cumbria & Lancashire End of Life Network are service improvement programmes linked to the National End of Life Care team. The programme objectives are to:-

• Ensure better treatment through promoting the use of the North West End of Life Care Model.
• Care to be delivered in appropriate settings through advance care planning and the use of the nationally approved EoLC tools in all care settings and disease groups.
• Build capability and capacity for health and social care professionals, voluntary and charitable organizations and the general public so death and dying will be a normal part of conversation and care planning.
• Develop robust information at Network level to support the commissioning of end of life care services.
3.3 Hospices

As shown in figure 4, 26% of people in the North West would prefer to die in a hospice and this number changes the older a person becomes, ie to 37% for people aged 65 – 74, and 41% for people aged 75 or over.

The contribution and value of hospices cannot be underestimated, and in response to a recent presentation to North West Hospices by Mike Burrows, (Chair and CEO sponsor of the North West level 4 QIPP workstream for Demand and Threshold Management), they would welcome the opportunity to work more closely with NHS Commissioning Groups on improving end of life and palliative care services for their local populations.

Across Cheshire, Warrington and Wirral, there are 3 hospices providing both inpatient beds and day therapy services. Hospices work collaboratively with the clinical network and locality partners. Across the North West there are many hospices leading a number of exciting initiatives to improve the care and support of patients and families, including a very innovative project developed by St. Luke’s Hospice in Cheshire who are developing an End of Life Public Health Service to support a change in public knowledge, attitude and behaviour towards dying, death and bereavement. Notably, this work was presented at the House of Lords All Party Group on Death and Dying in November 2011.

3.4 National LTC QIPP programme, supported by AQuA

The aims of the national LTC QIPP programme are a reduction in unscheduled admissions by 20% and reductions in hospital length of stay for people with LTC’s by 25% by end March 2013. The programme, led by Sir John Oldham, is now in its operational phase of which there are three strands:

- risk profiling
- integrated care teams
- systematising self care

In the North West, 23 integrated teams are participating in the programme. The teams from Cheshire, Warrington and Wirral Cluster are:

- East Cheshire CCG/ South Cheshire CCG inc Vale Royal CCG
- Warrington Health Consortium
- Wirral Health Commissioning /Wirral GP Consortium

The Advancing Quality Alliance (AQuA) are co-partners in the programme, providing an AQuA affiliate to support each of the PCT clusters. The affiliate for Cheshire, Warrington and Wirral Cluster is Mark Duman at mark.duman@mdhealthcare.co.uk

End of life care is a priority in the programme and opportunities for collaborative working to support commissioning should be explored.

3.5 Transition Alliance and AQuA

The Transition Alliance has developed the NHS and Social Integration Project, which is sponsored by ADASS North West and delivered by AQUA. The emphasis is on organisations working in partnership across health and social care to deliver more effective and efficient services, in particular relation to older people in changing times and with significant constraints. The project has developed a number of exchange workshops to identify regional examples of good practice. Merseyside & Cheshire Palliative and End of Life Care Clinical Network are supporting an event on January 25th 2012 “How integrated working can deliver better outcomes for people at the end of their lives”.

16 |
3.6 Advancing Quality Alliance and Clinical Commissioning Groups Events 2012

“Do you want to make a difference to your patients who are likely to die in the next year and do you know who they are ............. evidence suggests that at least 1% of your patient population is in last year of life”.

A series of four identical half day workshops co-ordinated by AQuA (Advancing Quality Alliance) and in collaboration with the end of life care teams, within the three cancer networks in the North West, are to be delivered in February and March 2012. The workshops are set in the context of Finding the 1% campaign (http://www.dyingmatters.org/gp) and the RCCPs/RCN End of Life Care Patient’s Charter. The purpose of these workshops is to provide resources and thought provoking sessions that will give solutions to delivering high quality end of life care within the Clinical Commissioning Groups.

4.0. Recommendations

The North West end of life care clinical networks have maintained a relentless focus on promoting a variety of end of life care initiatives which go some way to delivering the end of life care strategy. However as can be seen from this report, there is still more work to do before we are able to deliver the full end of life care strategy. The following recommendations are therefore put forward for your consideration and to support commissioners strategic planning for end of life care.

1. Clinical Commissioning Groups need to identify an end of life care lead to Chair a locality group to develop a strategy to inform funding priorities.
2. The locality strategy should incorporate raising awareness of death and dying and support the local implementation of the national initiative ‘Dying Matters’.
3. Continued implementation of the national end of life care tools, GSF, PPC, LCP.
4. Develop a model of advance care planning across the locality.
5. Implement and monitor electronic palliative care system across the locality.
6. 24hr support for patients and families including access to district nursing and specialist palliative care, should be in place and compliant with the Improving Outcomes Guidance and Peer Review measures.
8. The locality strategy should include a plan for training and education of the health and social care workforce.
9. Organisations delivering end of life care should meet the NICE Quality Standards.

5.0. Summary and next steps

This End of Life Baseline Report has been developed for the Cheshire, Warrington and Wirral PCT Cluster and Clinical Commissioning Groups as a resource to support commissioners further develop their strategic priorities and plans for delivering high quality end of life care for the patients, families and carers across the conurbation, by setting out why tackling end of life is important, outlining the critical success factors to deliver high quality end of life care and how to achieve them, data and evidence underpinning success and identifying areas for improvement.

Chief Executives are asked to receive this report and support the key initiatives and campaigns happening locally to drive change and improve quality and cost; and to share with key stakeholders including Clinical Commissioning Groups.

Clinical Commissioning Groups are asked to receive the recommendations in this report and using the resources available, identify the ways and means of building on the achievements to date, whilst scaling up improvement across all the key quality areas defined to deliver the end of life care strategy for Cheshire, Warrington and Wirral, and support delivery of the QIPP challenge.
References:

1. End of Life Care Strategy third annual report, 27th September 2011


3. End of Life Care Strategy second annual report August 2010

4. The NHS Atlas of Variation in Healthcare, November 2010

5. ONS Place of death indicators Q3 2009 – Q2 2010


7. Palliative care funding review July 2011

8. Healthier Horizons for the NW May 2008

9. Dying for Change demos report, November 2010
   http://www.demos.co.uk/publications/dyingforchange


14. Merseyside & Cheshire Palliative and End of Life Care Network Performance Report 2010
Appendix 1.

Resources

- National end of life care programme http://www.endoflifecareforadults.nhs.uk/
- Find your 1% Campaign – helping GP’s deliver quality end of life care – http://www.dyingmatters.org
- Dying matters – a broad based national coalition led by the National Council for Palliative Care, which aims to make living and dying well the norm through changing knowledge, attitudes and behaviours towards dying, death and bereavement. http://www.dyingmatters.org
- Local preferences and place of death in regions within England 2010, a report commissioned by the National End of Life Care Intelligence Network and published by Cicely Saunders International, August 2011. http://cicelysaundersfoundation.org Report can also be found on the National End of Life Care Intelligence Network website http://www.endoflifecare-intelligence.org.uk
- The Kings Fund, Delivering better care at end of life, the next steps, January 2010. http://www.kingsfund.org.uk
- VOICES (Views of Informal Carers – Evaluation of Services), a questionnaire of the experiences of care provided at the end of life. University of Southampton. http://www.southampton.ac.uk/voices/
- The Gold Standards Framework – improving the care for all people near the end of life provided by frontline generalist staff in any setting. http://goldstandardsframework.org.uk
- Liverpool Care Pathway for the Dying Patient (LCP) – an integrated care pathway used at the bedside to drive up sustained quality of the dying in the last hours and days of life. http://mcpcil.org.uk/liverpool-care-pathway/index.htm
- Skills for Health Functional Analysis – identifies the community workforce skills required to ensure that an individual in their last year of life receives quality care. http://endoflifecareintelligence.org.uk/end_of_life_care_models/skills_for_health.aspx
- End of life care innovation projects funded through Regional Innovation Fund http://www.advancingqualityalliance.nhs.uk/innovation/casestudies/
Appendix 2.

The North West End of Life Care Model

The model of delivery advocated by the clinical pathway group uses a whole systems approach for all adults with a life limiting disease regardless of age and setting, moving from recognition of need for end of life care, to care after death. In order to apply the model, staff across organisations are required to understand the needs and experiences of people and their carers. The pathway model identifies five key phases:

1. **Advancing disease** – timeframe 1 year or more. Example of practice required - the person is placed on a supportive care register in General Practitioner (GP) practice/care home. The person is discussed at monthly multidisciplinary practice/care home meetings (GSF).

2. **Increasing decline** – timeframe 6 months [approximate]. Example of practice required -. DS1500 eligibility review of benefits, Preferred Priorities for Care (PPC) noted, Advance Care Plan (ACP) in place and trigger for continuing healthcare funding assessment.

3. **Last days of life** – timeframe last few days. Examples of practice required - primary care team/care home inform community and out of hours services about the person who should be seen by a doctor. End of life drugs prescribed and obtained, and Liverpool Care Pathway (LCP) implemented.

4. **First days after death** – timeframe first few days. Examples of practice required include prompt verification and certification of death, relatives being given information on what to do after a death (including D49 leaflet), how to register the death and how to contact funeral directors.

5. **Bereavement** – timeframe 1 year or more. Examples of practice required include access to appropriate support and bereavement services if required.
### Appendix 3. Hospital deaths by disease group – all NW PCT clusters.

#### Hospital Deaths (by Disease Group)

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Total Hospital Deaths CHD</th>
<th>Total Hospital CHD within 7 days of admission</th>
<th>Total Hospital Deaths within 7 days of admission</th>
<th>Total Hospital Deaths Over 7 days of admission</th>
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Data source: Hospital Episode Statistics (NHSE) and SHS
Appendix 4.

Deaths at usual place of residence by disease group – all NW PCT clusters.

Deaths at Usual Place of Residence by disease group

- Operating Framework Indicator: SQUQ2 % Deaths at Home (inc Care Homes)
- To improve end of life care by allowing more patients the choice of dying at home
- Percentage of deaths in usual place of residence (with usual place of residence being defined as: home, care homes (NHS and non-NHS) and religious establishments.
- Good performance is represented by an increasing proportion of deaths occurring in usual place of residence. The proportion of patients supported to remain in the usual place of residence until the end of their life should show an increase in 2011/12 over the baseline at both PCT and SHA level.
- Baseline year: 2009
- Data Source: ONS
- Monitoring Frequency: Quarterly on a rolling 12 month basis

<table>
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<tr>
<th>Organization</th>
<th>Total Deaths - CHD</th>
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<th>Total Deaths - CHD</th>
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Appendix 5.


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NHS North West: 35.79, 37.03
Appendix 6.

Glossary

Preferred Priorities for Care (PPC)
The Preferred Priorities for Care (PPC) document is designed to help people prepare for the future. It gives them an opportunity to think about, talk about and write down their preferences and priorities for care at the end of life National End of Life Programme (2007) The PPC is intended to be a patient-held record that will follow the patient through their path of care into the variety of differing health and social care settings.
http://www.endoflifecareforadults.nhs.uk/tools/core-tools/preferredprioritiesforcare

Gold Standards Framework (GSF)
The aim of the Gold Standards Framework (GSF) is to develop a practice-based system to improve the organisation and quality of care for patients in the last stages of life in the community, so that more live and die well in their preferred place of choice. Utilising the GSF elements, the GP holds regular multi professional meetings to discuss the care of the end of life care patients in his/her practice. This ensures clear communication and collaborative care that benefits the patients. The GP is awarded Quality Outcomes Framework points for this practice (QOF)
http://www.goldstandardsframework.nhs.uk/

Liverpool Care Pathway for the Dying Patient (LCP)
The LCP is an integrated care pathway that is used at the bedside to drive up sustained quality of the dying in the last hours and days of life by clinicians assessing the patient against evidence based elements of care e.g. symptom management. The pathway follows the approach of ensuring best practice for the patient and includes clear goals of care, communication and co-ordination and monitoring and evaluating and identification of appropriate resources to deliver the care.
http://www.liv.ac.uk/mcpcil/liverpool-care-pathway/

Advance Care Planning
Advance care planning is a voluntary process of discussion and review to help an individual who has capacity to anticipate how their condition may affect them in the future and, if they wish, set on record: choices about their care and treatment and / or an advance decision to refuse a treatment in specific circumstances, so that these can be referred to by those responsible for their care or treatment (whether professional staff or family carers) in the event that they lose capacity to decide once their illness progress.
http://www.endoflifecareforadults.nhs.uk/

Electronic Palliative Care Co-Ordinating Systems
The concept of an electronic, palliative care, coordination system (EPCCS), also known as a ‘locality register’, has been considered a potentially useful tool for improving end of life care in England for several years. The system is effectively a register that holds key information about individuals nearing the end of life, thus helping the multidisciplinary team to coordinate care effectively. Information includes details of diagnosis and people’s preferences for end-of-life care (Table 1). Individual records are accessible by a wide range of professionals and agencies involved in the patient’s care throughout the 24-hour period.