



## GP Locally Commissioned Service (LCS) NHS Health Checks Specification

Service	NHS Health Check
Service Specification No.	1
Authority Lead	Polly Kwok, Public Health Projects Manager Polly.Kwok@islington.gov.uk
Period	1 <sup>st</sup> April 2021 – 31 <sup>st</sup> March 2022
Date of Review	19 <sup>th</sup> February 2021

### 1. Purpose

The NHS Health Checks programme has been delivered in Islington since 2009/10. Although other providers have been commissioned to deliver NHS Health Checks in the community, General Practice is seen as the most important location for the delivery of the programme and over 70% of all NHS Health Checks delivered in the past three years have been in this setting.

The NHS Health Checks programme is a rolling 5-year programme, meaning that from April 2015 some people were eligible for recall for a Health Check.

### 2. Key Service Aims and Outcomes

The aims of this LCS are to:

- Invite 15% of the eligible population (patients aged **40-74** without diagnosed CVD and no previous NHS Health Check during the last 5 years) annually, including prioritising those patients at high risk of CVD and those with a learning disability and mental health diagnosis (HC1) as well as those eligible for recall within those groups.
- Provide an NHS Health Check to all patients from the eligible population that take up the offer (HC2).
- Input data results from Health Checks carried out in community settings and follow up those patients identified to be at high risk (QRisk2  $\geq$ 20%) (HC3).

### 3. Duration

This LCS is available to providers until further notice but will be subject to revisions. Furthermore, Public Health reserves the right to amend this LCS from time-to-time reflect changes to national guidance and priorities.

### 3. Service to be provided under the LCS

Practices need to sign up to all elements of the LCS.

Practices must:

- Confirm the named NHS Health Check clinical lead in the practice by 30 April 2021.

- Ensure all staff performing NHS Health Checks have had appropriate training. The practice can request access to the e-training tool for health checks available on Islington's e-learning portal Ollie at <http://islington.learningpool.com/> for their staff by contacting CIPHadmin@islington.gov.uk with the following information:
  - i. Participant's full name and email address
  - ii. Borough
  - iii. Provider type (GP, pharmacy, community)
  - iv. Provider name

## Invitations for NHS Health Check

To receive remuneration under HC1, practices will need to invite 15% of their eligible population for an NHS Health Check, over the period 1<sup>st</sup> April 2021 – 31<sup>st</sup> March 2022. For example, if the practice's eligible population is 1,000, the practice must invite at least 150 patients during the above specified period in order to meet the target for payment.

The practice's eligible population changes constantly as patients receive health checks and move onto disease registers. Therefore, for the purpose of this LCS, the eligible population list size is defined as the practices' eligible list size as obtained from the remote data extraction carried out in January 2020. The eligible population list size per practice, and the number of patients each practice will need to invite during the period of the LCS to meet its 15% target is provided **Appendix 1**.

Please note that in order to count towards the 15% target, invitations will need to be *new* invitations (i.e. to patients who have not previously been invited for a health check before the start of the LCS (1<sup>st</sup> April 2021), or invitations to patients who had a check more than 5 years ago at the time of the invite).

Practices can decide how best to batch up their eligible population in order to ensure that at least 15% are invited for a NHS Health Check over the course of this LCS. Search strategies to identify the eligible population have been set up for EMIS web and practices should be able to access them.

The following should be incorporated into the invitation process:

- Patients with a QRISK2  $\geq 20\%$  and those with a mental health or learning disabilities diagnosis fall into the high priority group and should be invited first.
- Practices who wish to further target groups in terms of invitation for health checks, may want to consider those with a QRISK2 of between 15%-19.9% as a medium priority group. However, this is only a suggested approach and is not a specific requirement of this LCS.
- Ideally, at least two attempts should be made to invite the patient for a NHS Health Check, at least once by letter. However, one invitation per patient will count towards the 15% payment target. The practice can decide on the most appropriate method of invitation, such as letter, text and telephone or verbal.
- If the practice chooses to send a letter invitation, the practice should use the letter available via EMIS. The practice should also enclose the NHS Health Check information leaflet with the invitation<sup>1</sup>. The leaflet can be downloaded in various languages, depending on your practice population needs.
- Invitations must be recorded in the patient's records using the standard SNOMED codes provided in the NHS Health Checks Handbook for General Practice.

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<sup>1</sup> [https://www.orderline.dh.gov.uk/ecom\\_dh/public/home.jsf](https://www.orderline.dh.gov.uk/ecom_dh/public/home.jsf)

- Where possible, the practice should include a reminder text a week after sending the invitation although this is not a requirement of the LCS. A national randomised control trial found a 9 percentage point increase in uptake through use of the follow up text message sent a week after invitation letters:
  - “Your GP recently sent you a letter inviting you to attend your NHS Health Check. Call [practice number] to book an appointment”.

## Conducting NHS Health Checks

An NHS Health Checks involves:

- A blood test for cholesterol.
- The collection of additional risk assessment data to calculate a QRISK2 score, including age, gender, postcode, ethnicity, smoking status, physical activity GPPAQ score, diet, BMI, BP and medical history.
- A QDiabetes score calculation to determine whether a HbA1C or fasting plasma glucose test should be completed.
- A manual pulse check for patients aged 65+ to assess for presence of AF.
- The communication of the risk score to patients, including a full explanation of results, tailored to the individual needs of the patient.
- Lifestyle advice and risk factor management and medication as appropriate, including referral to appropriate lifestyle services.
- Administration of the Audit-C screening tool for alcohol consumption.
- Raising awareness of Dementia and signposting to memory clinics for patients aged 65+.
- Movement onto disease registers and follow up as required.

Previous blood tests and other observations can be used in the Health Check providing they have been completed within the timeframes below:

- Non-blood Results – valid for up to 2 months prior to date of NHS Health Check.
- Blood Results – valid for up to 6 months prior to date of NHS Health Check.

For those patients with a QDiabetes score of  $>5.6$ , a HbA1c or fasting plasma glucose test should be completed to check for presence of diabetes. Patients with  $BP \geq 140/90$  mmHg should be assessed to establish whether a diagnosis of hypertension is present. Patients diagnosed with diabetes or hypertension should also receive a serum creatinine test to assess chronic kidney disease.

In line with NICE guidance on lipid modification CG181, patients with an identified QRISK2 score  $\geq 10\%$  may now be considered for statin therapy. In the first instance, patients with a 10% or greater ten-year risk of developing CVD should be offered appropriate lifestyle advice and behaviour change support in relation to increasing physical activity, smoking cessation, safe alcohol consumption and healthy diet. Statin therapy should be discussed with the patient and offered for the primary prevention of CVD if deemed suitable by the clinician and patient. The decision to use statins in this group should be at the discretion of the GP, in discussion with the patient, with the first line intervention being lifestyle change.

Patients without disease and with a confirmed QRisk2 score of  $\geq 20\%$  should be placed on the “*At risk of CVD*” register and managed according to NICE guidance. Once a patient is on the “*At risk of CVD*” register they are no longer eligible to have an NHS Health Check.

More detailed information about the process of carrying out a health check and information on onward referral to supporting services is provided in the NHS Health Checks Handbook for General Practice. If you would like to order a copy, please contact Polly Kwok at [polly.kwok@islington.gov.uk](mailto:polly.kwok@islington.gov.uk)

#### 4. Eligibility criteria

The eligible population is defined as those:

- Aged 40 to 74
- Without diagnosed CHD, hypertension, stroke, TIA, heart failure, Peripheral Vascular Disease (PVD) or hypercholesterolemia, atrial fibrillation or CKD, as these patients will be already under the care of the primary care team.
- Who have not had a NHS Health Check in the previous 5 years <sup>2</sup>
- Have not been prescribed statins in the last 12 months
- Have not had an NHS Health Check previously and recorded a QRISK2 score  $\geq 20\%$

#### 5. Exclusion criteria

In addition to meeting the eligible criteria, the following individuals are **excluded** from the LCS:

- Those currently prescribed statins, as they are being already regularly monitored in primary care.
- Those that received an NHS Health Check in the previous 5 years.
- Patients who have previously had an NHS Health Check and recorded a QRISK2  $\geq 20\%$  are also ineligible for recall.

#### 6. Training requirements

The [NHS Health Check Competence Framework](#) sets out the core competences and technical competences required to carry out an NHS Health Check. All those delivering the check should hold these competences.

The practice must also ensure all staff performing NHS Health Checks have had appropriate training. E-training is available to all parties delivering checks in Camden:

- The practice must inform the Public Health Projects Manager of any changes in the allocated NHS Health Checks lead by emailing [polly.kwok@islington.gov.uk](mailto:polly.kwok@islington.gov.uk).
- The practice can request access to the e-training tool for NHS Health Checks available on Islington's e-learning portal Ollie at <http://islington.learningpool.com> for their staff by contacting [CIPHAdmin@islington.gov.uk](mailto:CIPHAdmin@islington.gov.uk) with the following information:
  - Participant's full name and email address
  - Borough
  - Practice name

#### 7. Key performance indicators and payment

Key performance indicator	Payment	Frequency of payment
Invite 15% of the practice's eligible population for an NHS Health Check during the LCS period.	£1,000 per average eligible population list size.	At the end of a 12 month period (1 <sup>st</sup> April 2021 – 31 <sup>st</sup> March 2021).
In order to count towards the 15% target, invitations will need to be new invitations (i.e. to patients who have not previously been invited for a health check before the start	The number of patients each practice needs to invite to achieve this target and the payment	

<sup>2</sup> Either at the general practice or in a pharmacy or community setting.

<p>of the LCS (1<sup>st</sup> April 2019), or invitations to patients who had a Health Check more than 5 years ago.</p> <p>The high priority group (patients with a QRISK2 <math>\geq</math>20% and those with a mental health or learning disabilities diagnosis) is to be invited first.</p>	<p>amount they will receive if they achieve it is specified in <b>Appendix 1.</b></p>	
<p>Deliver a NHS Health Check to eligible patients who take up the offer (including diabetes risk assessment and HbA1c or fasting plasma glucose test as required<sup>3</sup>).</p>	<p>£35 per check in eligible patients (aged 40-74 with no pre-existing diagnosis)</p> <p>£10 extra payment in addition to the standard health check payment will be made for patients with a QRISK 2 score of 20% or greater.</p> <p>£5 extra payment in addition to the standard health check payment will be made for patients on the mental health and/or learning disabilities registers.</p> <p>£5 extra payment in addition to the standard health check payment will be made for patients who are aged 65+ who received a pulse check and dementia awareness</p> <p>[Note: if patients are on the LD or MH register AND have a QRISK2 score of <math>\geq</math>20% and are aged <math>\geq</math>65, then the check will attract both bonus payments i.e. £35 + £5 + £10 +£5= £55]</p>	<p>Paid quarterly as follows:</p> <p>Q1: August 2021 Q2: November 2021 Q3: February 2022 Q4: May 2022</p> <p>Payment will be calculated using activity data extracted remotely from GP systems.</p>

<sup>3</sup> Patients with a QDiabetes score of >5.6 should receive a HbA1c or fasting plasma glucose test to check for diabetes.

Camden & Islington Public Health will only remunerate practices for NHS Health Checks conducted in a maximum of 15% of the practice's eligible population (as specified in Appendix 1) i.e. in an eligible population of 1000, if the practice offers health checks to 15% of the population (150 patients) and all patients take up the offer, the practice will be reimbursed for a maximum of 150 health checks. If the same practice offers health checks to 20% of its eligible population (200 patients) and all patients take up the offer, the practice would only be reimbursed for 150 of those 200 checks.

## 8. Reporting Requirements

Data on the number and percentage of patients invited for an NHS Health Check during the period of the LCS will be remotely extracted using the SNOMED codes in the NHS Health Checks Handbook for General Practice.

Data on the number of NHS Health Checks in eligible patients carried out during the period of the LCS will be remotely extracted on a quarterly basis using the SNOMED codes in the NHS Health Checks Handbook for General Practice.

## 9. Monitoring

By signing up to the NHS Health Checks LCS, practices agree to have their servers accessed by Islington CCG GP IT team on a quarterly basis, and to SNOMED codes relevant to this LCS being extracted remotely. Data extracted remotely will be anonymous and used by the Camden & Islington Public Health team exclusively for payment and evaluation purposes. Practices will be notified in advance before their servers are accessed remotely but the key dates are specified below.

The LCS covers the contractual period 1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022.

### Key dates for the LCS:

- Remote data extraction Q1: 2<sup>nd</sup> – 13<sup>th</sup> July 2021
- Payment Q1: August 2021
- Remote data extraction Q2: 1<sup>st</sup> – 13<sup>th</sup> October 2021
- Payment Q2: November 2021
- Remote data extraction Q3: 3<sup>rd</sup> – 14<sup>th</sup> January 2022
- Payment Q3: February 2022
- Remote data extraction Q4: 1<sup>st</sup> – 12<sup>th</sup> April 2022
- Payment Q4: May 2022 (Includes bonus payment for 2020/21)

## 9. Useful Guidance

### NHS Health Checks Handbook for General Practice

- Contains instructions on how to run searches to identify target population in EMIS,
- Contains full details information to support the delivery of NHS Health Check
- Link to handbook here: <https://gps.camdenccg.nhs.uk/service/nhs-health-checks>, also available on request from the Camden GP IT and Systems.

### NHS Health Check Best Practice Guidance 2019

- Information on the NHS Health Check programme from Public Health England
- Link to guidance here: <https://www.healthcheck.nhs.uk/commissioners-and-providers/national-guidance/>

## NHS Health Check Invitation Letter

- Standard NHS Health Check invitation letter produced by Public Health England developed based on behavioural insights research
- Link to letter template here: <https://www.healthcheck.nhs.uk/commissioners-and-providers/delivery/invitation-letter-and-results-card/>

## NHS Health Check Information Leaflet

- Used to accompany the letter invitations
- Link to leaflet here: <https://gps.camdenccg.nhs.uk/service/nhs-health-checks>

## 10. Acceptance of Terms

Service Specification for 2021/22

General Practice NHS Health Check Locally Commissioned service (LCS)

Practice Code:...F..... Name of Practice:.....

By signing this document, the practice agrees to provide the LCS according to the specification and has both met the training criteria described in section 6 and provided the evidence to the commissioner to support this. This document will become part of the contract documentation between Public Health [Commissioner] and ..... General Practice [Provider] to provide NHS Health Checks.

**I hereby confirm my acceptance of the terms of this service.  
(Please sign and date below to confirm acceptance):**

Signed on behalf of [Provider].....

Print name..... Date.....

Signed on behalf of [Commissioner].....

Print name..... Date.....



## Appendix 1: Targets and remuneration by practice

Practice code	Practice Name	Eligible population aged 40-74 with no pre-existing diagnosis (Based on Q3 2020-21)	Number of patients offered a check to meet bonus payment (15% of eligible population)	Bonus payment for meeting 15% invitation target (£1000 per average sized practice)	Maximum payment for checks delivered (based on inviting 15% of the eligible population)	Maximum payment that can be achieved through LCS including bonus payment
F83671	The Beaumont Practice	757	114	£362.99	£3,974.25	£4,337.24
F83004	Archway Primary Care Team	2501	375	£1,199.25	£13,130.25	£14,329.50
F83039	The Rise Group Practice	1599	240	£766.73	£8,394.75	£9,161.48
F83012	Elizabeth Avenue Group Practice	2235	335	£1,071.70	£11,733.75	£12,805.45
F83660	Highbury Grange Medical Practice	2725	409	£1,306.66	£14,306.25	£15,612.91
F83032	St Peters Street Medical Practice	3236	485	£1,551.69	£16,989.00	£18,540.69
F83010	Islington Central Medical Centre	5385	808	£2,582.15	£28,271.25	£30,853.40
F83056	The Mitchison Road Surgery	1304	196	£625.28	£6,846.00	£7,471.28
F83060	The Northern Medical Centre	2175	326	£1,042.93	£11,418.75	£12,461.68
F83027	The Family Practice	1225	184	£587.40	£6,431.25	£7,018.65

F83053	Mildmay Medical Practice	1670	251	£800.78	£8,767.50	£9,568.28
Y01066	Hanley Primary Care Centre	1805	271	£865.51	£9,476.25	£10,341.76
F83008	Goodinge Group Practice	2869	430	£1,375.71	£15,062.25	£16,437.96
F83015	St Johns Way Medical Centre	3658	549	£1,754.04	£19,204.50	£20,958.54
F83678	Pine Street Medical Practice	749	112	£359.15	£3,932.25	£4,291.40
F83652	Amwell Group Practice	2541	381	£1,218.43	£13,340.25	£14,558.68
F83063	Killick Street Health Centre	2617	393	£1,254.87	£13,739.25	£14,994.12
F83624	Clerkenwell Medical Practice	2569	385	£1,231.86	£13,487.25	£14,719.11
F83002	The Group Practice At River Place	2436	365	£1,168.08	£12,789.00	£13,957.08
F83673	The Medical Centre	1120	168	£537.05	£5,880.00	£6,417.05
F83064	City Road Medical Centre	1632	245	£782.56	£8,568.00	£9,350.56
F83045	The Miller Practice	3246	487	£1,556.48	£17,041.50	£18,597.98
F83680	Sobell Medical Centre	1003	150	£480.95	£5,265.75	£5,746.70
F83033	Barnsbury Medical Practice	790	119	£378.81	£4,147.50	£4,526.31

F83664	The Village Practice	2005	301	£961.41	£10,526.25	£11,487.66
F83666	Andover Medical Centre	1394	209	£668.43	£7,318.50	£7,986.93
F83021	Ritchie Street Group Practice	4430	665	£2,124.22	£23,257.50	£25,381.72
F83007	Roman Way Medical Centre	1098	165	£526.50	£5,764.50	£6,291.00
F83034	New North Health Centre	557	84	£267.09	£2,924.25	£3,191.34
F83681	Partnership Primary Care Centre	1099	165	£526.98	£5,769.75	£6,296.73
F83686	Stroud Green Medical Clinic	1579	237	£757.14	£8,289.75	£9,046.89
F83674	The Junction	2726	409	£1,307.14	£14,311.50	£15,618.64