

## Population Health Management Wave 3

### **Aims and Objectives**

People: achieve demonstrable improvement in outcomes and experience of people living with frailty in Leeds.

Legacy: Provide the skills and confidence to enable Local Care Partnerships to understand and innovate using a Population Health Management approach.

### **Pre-Reading and Watching**

#### **Video Media**

Simon Sinek: How great leaders inspire action <https://youtu.be/7zFeuSagktM>

Why good leaders make you feel safe: Simon Sinek <https://youtu.be/lmyZMtPVodo>

Social Services Are Broken. How We Can Fix Them: Hilary Cottam <https://youtu.be/Mr8nvXvl-y8>

Sustainable community development: from what's wrong to what's strong: Cormac Russell <https://youtu.be/a5xR4QB1ADw>

ABCD Leeds: A short film showcasing asset based community development in Leeds <https://youtu.be/7ezvHZmkLA4>

Health Watch <https://healthwatchleeds.co.uk/our-work/how-does-it-feel-for-me/>  
What is Population Health? The Kings Fund <https://youtu.be/itNE8uan8XI>

Population health management: using data to inform strategy: The Kings Fund <https://youtu.be/YqSB4zZm8Hs>

Team Sky's Sir Dave Brailsford explains the concept of Marginal Gains <https://youtu.be/Nf5RDRRWHxE>

CORE Principle and Marginal Gains: <https://youtu.be/THNBIQenywc>  
Rekindling hope: the story of the Wigan Deal: The King's Fund [https://youtu.be/JcNI5v\\_DfTU](https://youtu.be/JcNI5v_DfTU)

Frailty Focus: North Hampshire CCG <https://youtu.be/LcEGLEH98Ts>

The Frailty Fulcrum: Fusion 48 [https://youtu.be/Wzq\\_MzWQhwo](https://youtu.be/Wzq_MzWQhwo)

#### **Printed Media**

[Radical Help](#): How we can remake the relationships between us and revolutionise the welfare state: Hilary Cottam (buy this from your local bookshop)

[The Community Paradigm](#): Why Public Services Need Radical Change and How It Can Be Achieved

[You measure best when you treasure first:](#)

[Quality Improvement explained in four everyday objects:](#)

[People and Systems — Creating Networks of System Leadership and Practice](#) Keyes, Singh Khela, Storr, Walsh

### **Why Should I #MakeStuffBetter**

Most Local Care Partnerships are already meeting and will have a “warm up” session to introduce the background, a number of key terms and decisions that support this programme.

- Why the city chose frailty as a focus
- The Proactive Frailty Model
- What is a data driven approach and how have we done this in Leeds?
- Segmentation of the population
- Introduction of your data pack. What jumps out for your area from the data?
- Outcomes framework for people living with frailty

### **What is Population Health Management?**

What is Population Health? The Kings Fund <https://youtu.be/itNE8uan8XI>

Population Health Management is a proactive, data driven, approach we are taking in Leeds to achieve a demonstrable improvement in outcomes and experience for people living with frailty.

Frailty is a distinctive state of health related to the ageing process, usually characterised by a complex mix of physical, mental health and social care needs. It is a condition where the body's in-built reserves are eroded, meaning people are vulnerable to sudden changes in their health triggered by seemingly small events, such as a minor infection or a change in medication.

This approach improves population health by data driven planning and delivery of care to achieve maximum impact. It includes segmentation, stratification and impactability modelling to identify local 'at risk' cohorts - and, in turn, designing and targeting interventions to prevent ill-health and to improve care and support for people with ongoing health conditions and reducing unwarranted variations in outcomes.

In Leeds we have chosen to begin this programme with people living with frailty because it cuts across a range of organisations, including the 3<sup>rd</sup> sector, and gives us the greatest opportunity to test and embed new ways of integrated working.

We are all in our positions as professionals working in the Leeds system (whatever that is) and we are privileged to be in those positions. Some of us get paid, some of us don't. Some of us are paid by the State, some of us aren't.

With these positions comes power. With power comes responsibility.

A business as usual approach – in the face of rising demand and declining resources – is not sustainable. It is time for radical change.

At the heart of this change is building different relationships with our residents, their networks and communities.

We need to be honest that if public services are to move towards a more preventative approach, then individual people, and particularly their communities and networks, must take on a much greater responsibility for their own lives. That flourishing of responsibility will only occur if people and communities are given the power to exercise it.

Can we get the environment right? Can we create trust and cooperation?

Here in Leeds, our take on this is to create Local Care Partnerships. Population Health Management is data driven and we need to look at how we bring this together with our commitment to create a culture where local people are at the heart of local care delivery. This programme will be facilitated by the Local Care Partnership Development Team and colleagues from across the Leeds Health and Care system and 3<sup>rd</sup> sector.

### **Local Care Partnership Development Team**

#### **Our Why**

We believe in doing things differently and in nurturing change to improve personalised care with the people of Leeds.

#### **How**

As a team we will develop and strengthen relationships to connect the system, remove barriers, and make sure all voices are heard.

#### **What**

We believe that people from all communities will have control over their health and wellbeing.

Our system will reduce health inequalities between communities and make the right thing the easiest thing to do.