



**Academic Health
Science Network**
North East and North Cumbria

AHSN NENC: Regional Perspective

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*The***AHSN***Network*

The AHSN Network, consists of 15 regional Academic Health Science Networks (AHSN), established by NHS England in 2013 to spread innovation at pace and scale.

Each AHSN serves a distinct geography to improve population health, generate economic growth and transform patient safety.





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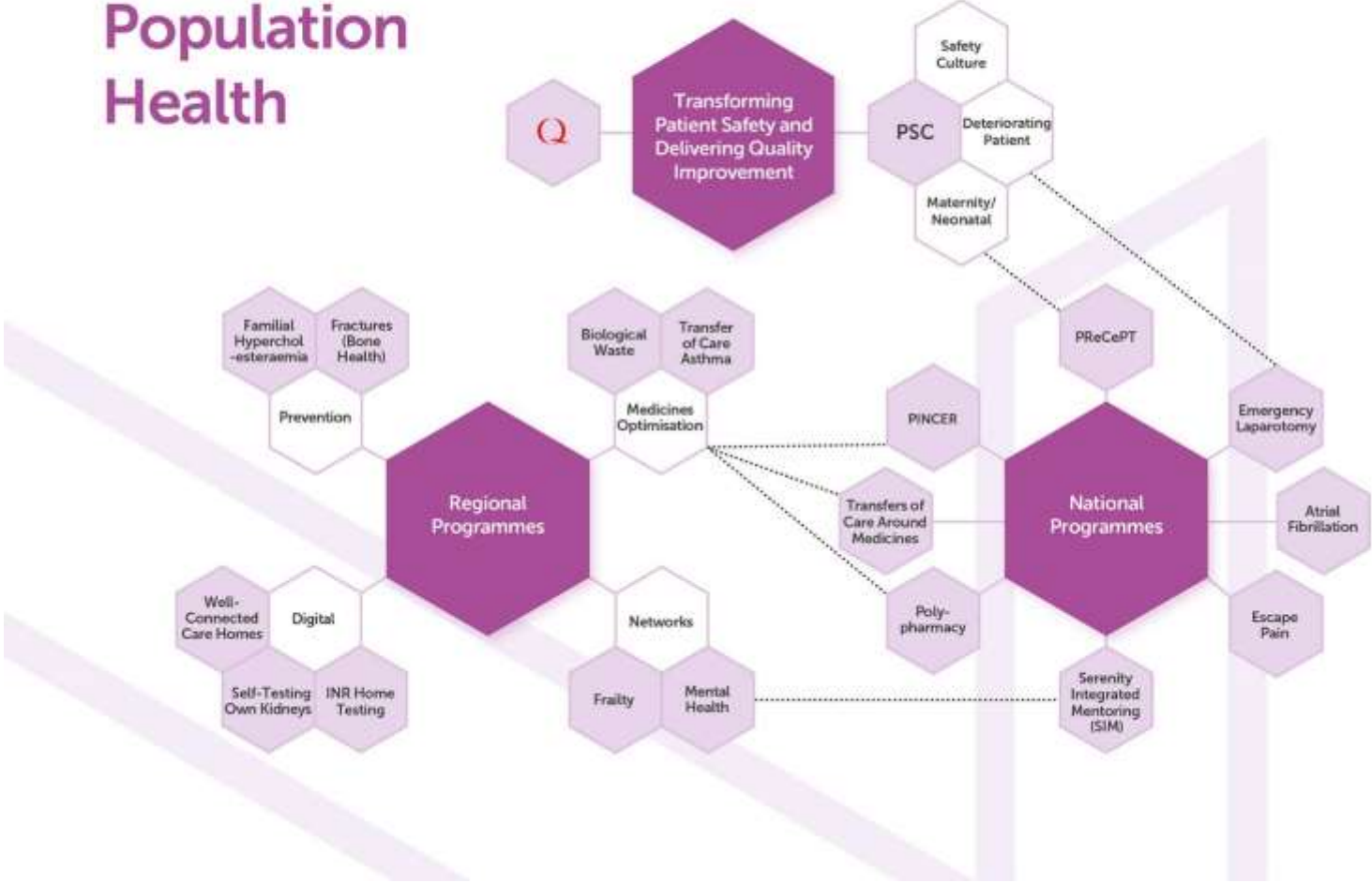
What does the AHSN do?

<https://www.youtube.com/watch?v=8MSwWsayAcl>

What We Stand For...



How We Improve Population Health



National Health Programmes

Seven programmes developed regionally have been selected for national adoption and spread across the AHSN Network during 2018-2020. These are:

- Atrial Fibrillation (AF)
- PReCePT
- Transfers of Care Around Medicine (TCAM)
- PINCER
- ESCAPE-pain
- Serenity Integrated Mentoring (SIM)
- Emergency Laparotomy Collaborative (ELC).

Atrial Fibrillation: detect, protect and perfect

Atrial fibrillation (AF) is the most common type of irregular heart rhythm.

In England a large number of individuals are unaware they have AF, and some people with known AF do not receive optimal treatment, resulting in avoidable strokes. AF-related strokes represent a significant burden to patients, carers, the NHS and social care.

The AHSNs collectively identified that the spread and adoption of AF best practice across the AHSN Network could make a stepped improvement in care outcomes, leading to a reduction in AF-related strokes across England. AF programme, supported by our community of practice of regional AF clinicians and managers to share learning and amplify impact.

Spanning the AF clinical pathway, our national programme is drawing on this shared experience and intelligence to 'detect, protect and perfect'.



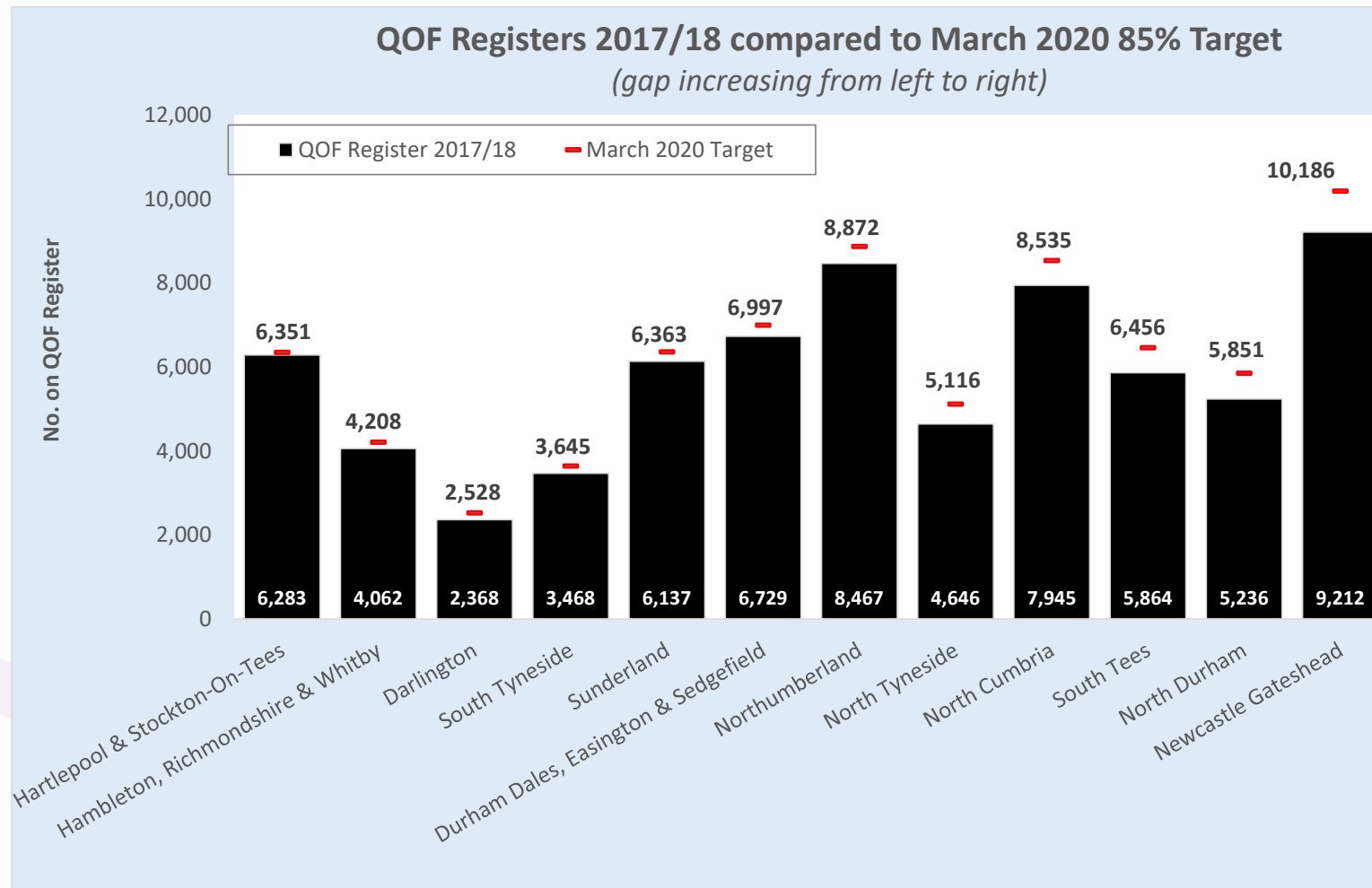
Targets – to be achieved by March 2020

- To achieve at least 85% prevalence across NENC.
- To achieve 90% of all CCGs achieving 84% of all patients with a CHA2DS2VASc score of 2 receiving anticoagulation, with all CCGs above 80%, across NENC.
- To achieve less than 30% patients with known AF admitted with stroke not anticoagulated.
- 5% and 10% reduction in incidence of stroke in people with known AF.

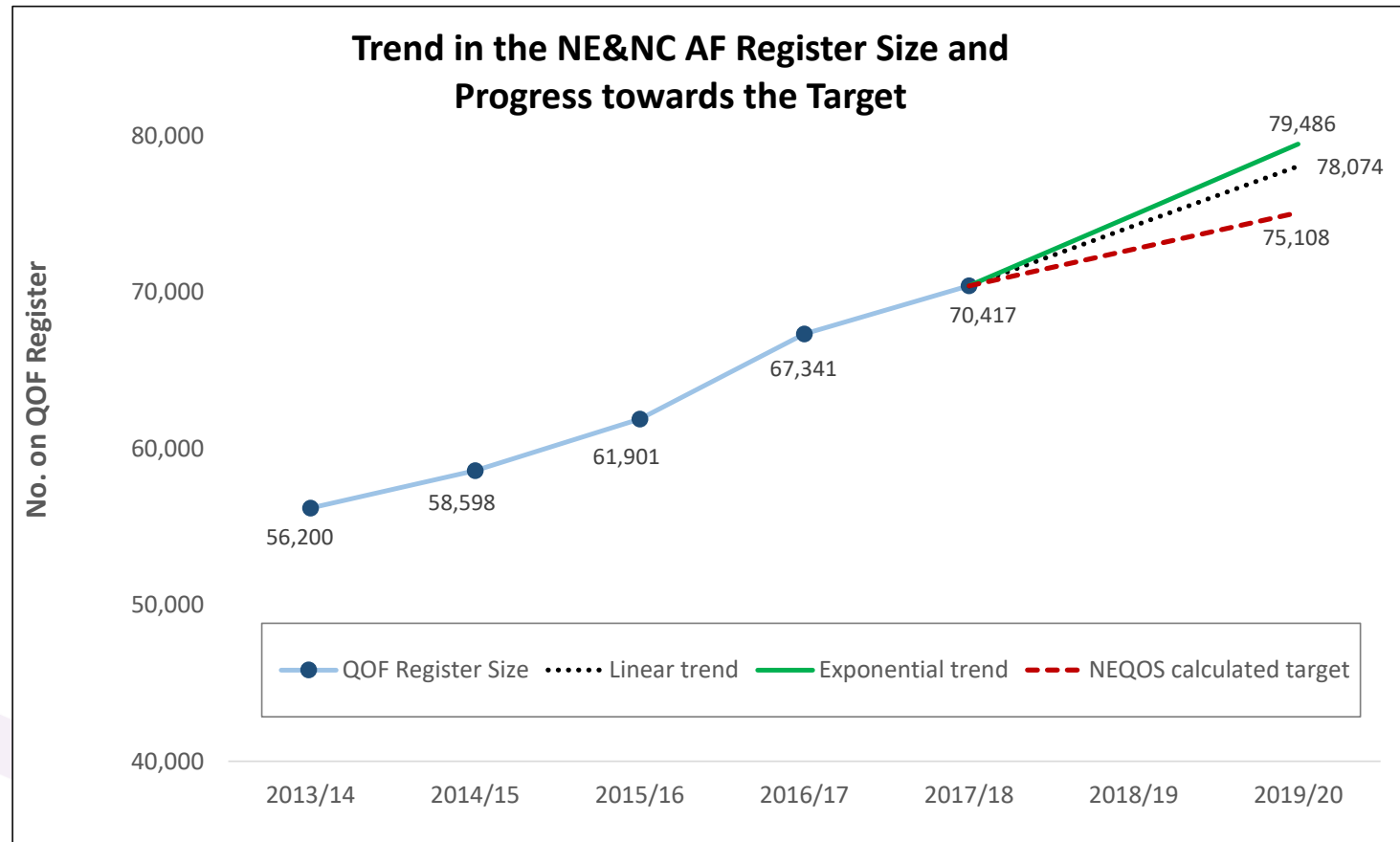
So what?

- By achieving these targets, for the NENC area, we could prevent 282 strokes, save 71 lives over 2 years and £6.3M at one year and £12.9M at 5 years.

Detection

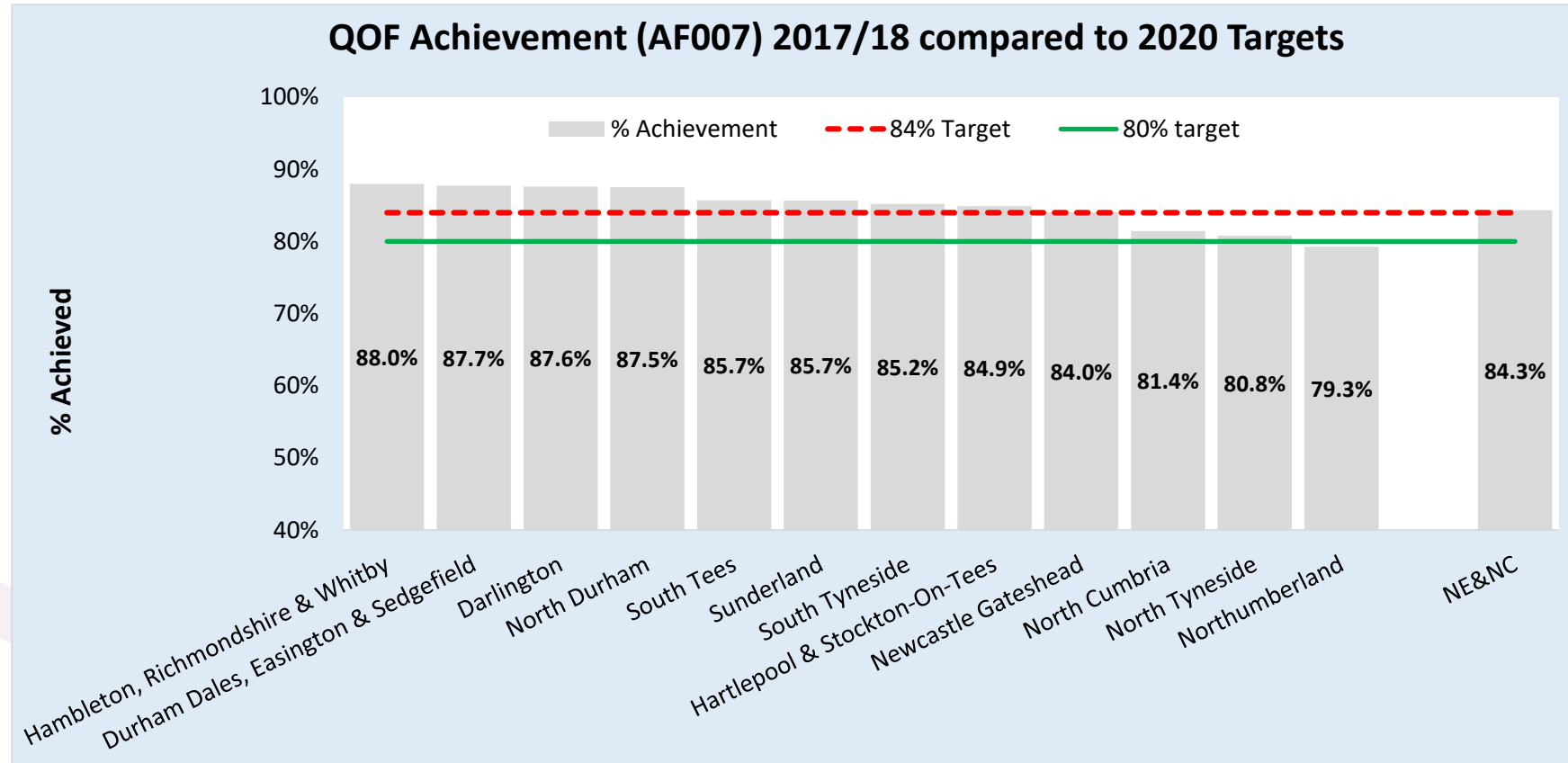


Detection

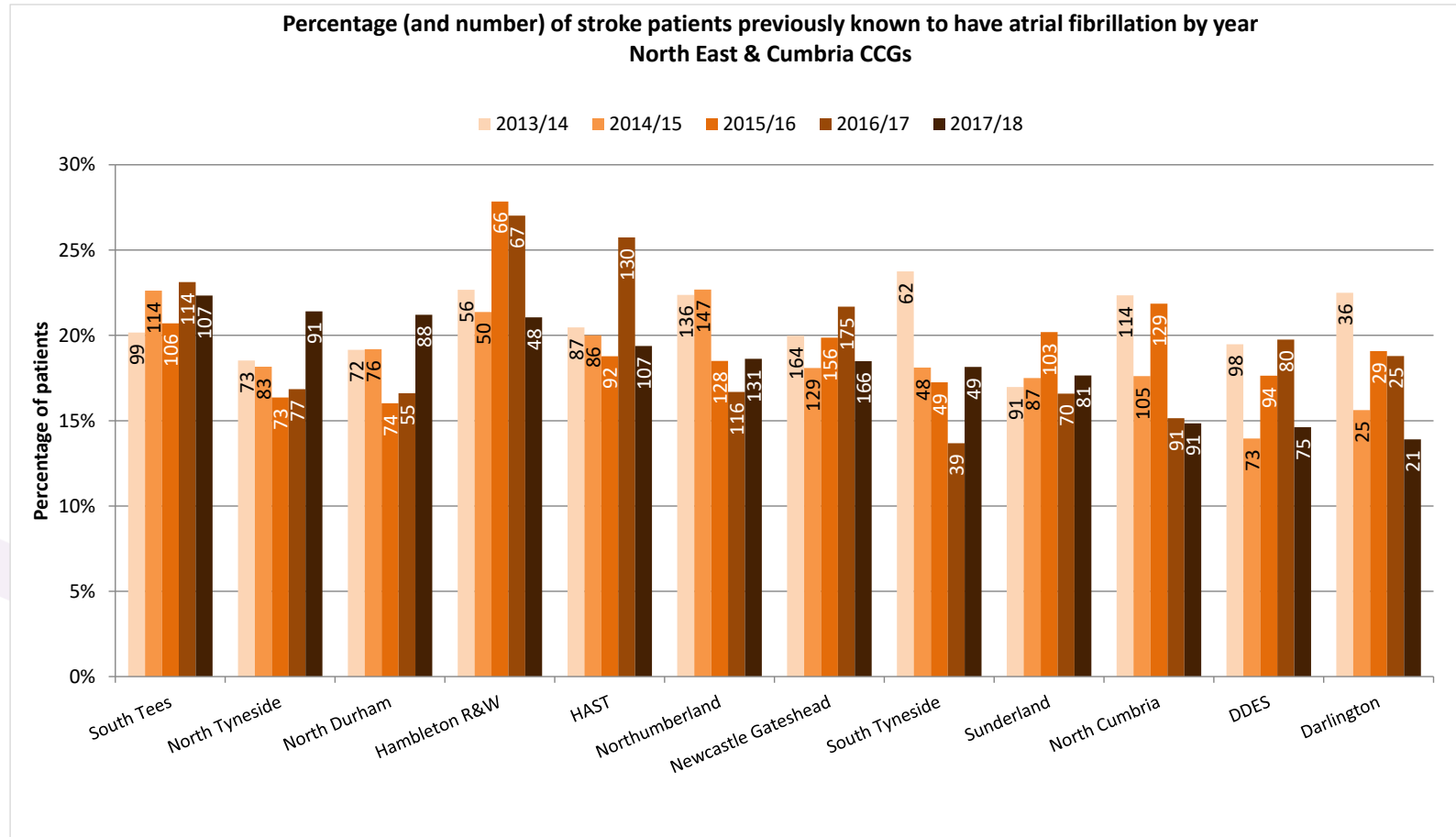


NEQOS estimate that by March 2020, prevalence will be 89% - 91% across NENC if trends continue.

Anticoagulation



Stroke patients previously known to have AF



Overview of clinical management of AF

Primary prevention of AF

Identification and management of risk factors for AF including: obesity, sleep apnoea, hypertension, alcohol, diabetes, hyperlipidaemia, vascular disease, lifestyle

Public health
Voluntary sector

Diagnosis and management of AF

Opportunistic screening of at risk

Rate / rhythm control

Stroke / TE prophylaxis

Regular patient review: concordance with agreed management plan

Primary care

Specialist care

AHSN AF programme

AHSN AF programme

Clinical evidence and guidelines, training, education and support

Audit and review

AHSN AF Vision & Mission

- **Vision Statement**

To achieve nationally set standards (mandated by NHSE for AHSNs) closing the prevalence gap for those with AF, and achieving greater rates of effective anticoagulation by working across the whole health economy at a system level.

- **Mission Statement**

To improve detection of undiagnosed Atrial Fibrillation (AF) and ensure those with known AF are managed optimally according to NICE Guidance (CG180) and best practice, thus reducing AF-related strokes.

AF Steering Group: est. April 2015

- Healthcare professionals with an interest in reducing AF-related stroke including:
 - Secondary care practitioners including consultants and nurses
 - Primary care practitioners including general practitioners
 - AHSN NENC Medicine Optimisation programme
 - Public health
 - British Heart Foundation
 - The Stroke Association
 - Pharmaceutical industry
 - Northern England Strategic Clinical Network
 - AHSN-NENC personnel including Medical Director, Health Improvement Manager & AF Programme Lead.

AF Pathway

- Detect: AF by a pulse check
- Protect: from AF-stroke by using anticoagulation (not aspirin)
- Perfect: the treatment and the patient care pathway

Work you will hear about in more detail...

- Detection:
 - Use of a small hand-held pulse checking device, AliveCor.
 - Irregular pulses in patients with diabetes during their annual foot check.
- Protect & Perfect:
 - NHSE Virtual Clinics model.
 - Sustaining management of AF in an overstretched primary care.
 - AF Card Deck.
 - Shared Decision Making.
 - Anticoagulation with Jack.

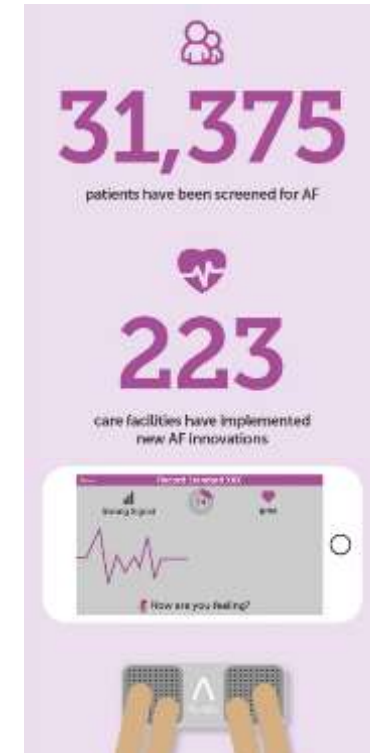
CCG Engagement

- **Stage 0:** not engaged in any aspect of the work.
- **Level 1:** if there has been some engagement around one of the aspects of AF work.
- **Level 2:** engaged and plans are underway to implement changes within the majority of practices.
- **Level 3:** implemented 2 out of the three elements of the detect / protect / perfect elements within the majority of practices.
- **Level 4:** if all elements been implemented across majority of practices in CCG.

Every CCG has engaged with the AHSN and most are between levels 1 and 3.

Atrial Fibrillation: results so far....

So far, the Programme has prevented an estimated **60+ strokes** and saved the NHS **£1.3M**. In the first year and after 5 years the savings equate to **£2.7M** (SSNAP, 2016).



AF Strategy Launch

- The Strategy launched today is on your tables.
- Together, we can make a difference to our patients and the NHS system.