The Health Inequalities National Support Team (HINST)

Practical support to improve health and wellbeing, tackle variation in practice and improve health outcomes for all

HINST was one of a number of DH Public Health National Support Teams that provide tailored delivery support to health partnerships in England – PCTs / NHS Trusts and Local Authorities. Local areas were offered support identified principally on the extent of challenge, and who would most benefit. HINST has visited all 70 Spearhead (most deprived) areas plus a dozen or so others.

Team members were drawn from the NHS, Local Government and Third sector with expertise in relevant health and wellbeing topic areas, change management, commissioning and public health. Recommendations for action and improvement were based on evidence and good practice but with local practical outcomes at the forefront. The key areas focused on were vision; partnerships; leadership; strategy; governance; intelligence; frontline services; community engagement and key specific health and well-being challenges in each local area and as part of national policy drives.

HINST has produced a wide range of materials and practical resources. Much of the work is still highly relevant during this period of major structural change transition and efficiency savings. The documents and tools listed overleaf highlight ways of improving outcomes, especially for patients and communities who often experience the poorest health and premature death. Evidence-based higher quality, innovative and early interventions make financial as well as clinical and social sense. Tackling inequalities effectively improves care and services for all patients and communities.

The materials are highly practical, many illustrated with tangible examples of real improvements made in local areas, as well as providing a step-by-step checklist of how to take certain approaches and initiatives forward. They are useful for:

- National policy bodies and agencies
- GP Commissioning Consortia
- Health and Well-being Boards
- Transition teams in PCT clusters
- Public Health teams
- Elected member scrutiny panel members
- LINks/HealthWatch and voluntary & community sector bodies

Although the Health Inequalities National Support Team will no longer exist as a Department of Health initiative from 31st March 2011, it will be worth searching the net for HINST as new materials and resources are likely to be forthcoming from individual team members beyond April 2011.
The following HINST resources are available at:
www.dh.gov.uk/HINST

How to Guide’s: taking you step by step through a range of tried and tested strategic approaches:
• How to model the scale of use of evidence-based interventions necessary to hit your targets on reducing inequalities in life expectancy
• How to develop and implement a Balanced Scorecard to tackle health inequalities
• How to develop a taxonomy of general medical practices to support and encourage performance development
• How to undertake a retrospective cardio-vascular disease mortality audit to support more systematic delivery of secondary prevention
• How to model need and develop a workforce plan to manage chronic disease registers as an industrial scale process
• Achieving population health impact by systematically addressing the quality and cost effectiveness of prescribing as part of the management of major killer chronic diseases in primary care
• How to develop an ongoing programme of GP chronic disease management audits using a z-score-based dashboard
• How to develop and implement a strategic framework for community engagement - the Five Elements model
• How to Develop Voluntary Organisations, Community Groups, Charities and Social Enterprises as Strategic Partners
• Establishing a 'list of lists' register (Seasonal Excess Deaths)
• Systematic delivery of effective interventions to vulnerable older people
• Mortality Audit
• Developing a Health Gain Programme (making health gain everybody’s business)
• Systematic delivery of effective interventions to vulnerable older people
• Developing tobacco control strategies to impact in the shorter term
• How to reduce excess morbidity from Cancer (can be found via National cancer Action Team website http://ncat.nhs.uk/our-work/improvement/equality

Masterclasses: illustrating good practice from across England which has had a measurable impact
• Systematic approaches to 'raising the bar' in primary care - what has been done to increase quality overall and specifically in those underperforming
• A systematic approach to achieving effective and comprehensive care for patients with diabetes
• Closing the gap - finding the missing thousands with a chronic health problem not on GP registers
• The identification and management of Atrial Fibrillation
• Customer access strategies - developing targeted services to increase accessibility

HINST Workbooks: the practical resources used by HINST in our own facilitated workshops – now available for you to plan and run your own sessions to tackling inequalities in relation to the following major health and wellbeing issues:
• Generic Workbook – commissioning for optimal impact at population level in any service
• Cardio-Vascular Disease
• Stroke
• Cancer
• Chronic Obstructive Pulmonary Disease
• Diabetes
• Seasonal Excess Deaths
• Physical health of people with a mental illness
• Alcohol Related Harm
• Tobacco Control
• Unemployment, Worklessness & Health at Work
• Housing and Health
• Income and Debt
• Offender Health

Practical tools
• A summary paper outlining tools and resources available to support local areas work on health inequalities (in addition to those listed here)
• Priority Action List: a checklist to structure a systematic approach to tackling health inequalities
• Modelling the Numbers: provides a practical excel spreadsheet to assist local areas in planning who to target, and with what interventions. It will give clear indication of the number of lives that can be saved in order to strategically address health inequalities (sits along side the How to Guide of the same name as above)
• Slide pack (produced with the National Clinical Commissioning Network) for use by GP Consortia. It highlights how GP commissioning can take health inequalities into account when commissioning. Hosted at: http://www.networks.nhs.uk/nhs-networks/national-pbc-clinical-leaders-network