

Occupational Health Project

Project Title	Blood pressure monitoring, health promotion
Programme Of Work	Continuous Improvement - Programme 2
Industry Group	Engineering and Utilities
Objective	To reduce strokes and heart disease rates amongst employees.
Description	<p>During Stroke Awareness week (Oct 2001) the Rolls-Royce sites around the UK with occupational health services invited employees to have their blood pressure (bp) checked and distributed leaflets on stroke prevention. 835 bp were checked, 67% done in the workplace (not in the occupational health department). 173 (20%) employees had a diastolic pressure of more than 90 mm Hg - this is commonly accepted as the level to monitor for hypertension. A few had diastolics greater than 110mm Hg and were referred to their GPs. Screening for blood pressure is considered valuable (Littenberg B, Garber AM, Sox HJ. Screening for Hypertension. Ann Intern Med, 1990; 112:192-202). Electronic sphygmomanometers cost approximately £80 and only one was needed per site. There was also the cost of an occupational health nurse. On some sites the Stroke Association came to help (0117 953 1200) at no cost.</p>
Project Cost	Less than £1,000
Project Start Date	01-10-2001
Project End Date	08-10-2001
Achievements	<p>The employees loved that we were out on the shopfloor or in their offices taking their bp. The employees seemed relieved if their bp was OK and grateful if we found an undiagnosed high bp reading that we could follow-up in the occupational health departments. Strokes and heart disease are significant causes of sickness absence and medical early retirements for the company. Anything that reduces this employee loss is good for the company. The intervention didn't take employees much time to complete. It is planned to hold an awareness week every year and in 2003 it will be on a global scale with all employees on and off international sites being encouraged to get their bp checked. This initiative could definitely work in other industry groups, even those without a formal occupational health service.</p>
Source of Funding	
Submitted By:	Helen Smith
	Rolls-Royce plc
Address:	PO Box 3 Filton Bristol BS34 7QE England - South West
Telephone:	0117 979 5862
EMail:	helen.smith@rolls-royce.com

Occupational Health Project

Project Title	Healthy at Work Healthy for Life
Programme Of Work	Support - Programme 5
Industry Group	Occupational Health Professionals
Objective	To pilot specific support programmes for minimising coronary heart disease: - prevent heart disease from developing - delay the progression of existing heart disease - ensure access to appropriate care once the symptoms of heart disease are present to prevent them from getting worse
Description	1. Funding was secured from the Scottish Executive in the Have a Heart campaign as Paisley has a high rate of coronary heart disease. 2. Support programmes in place to minimise coronary heart disease: - smoking cessation therapies - exercise programmes - healthy eating advice - general healthy lifestyle advice
Project Cost	£10,000 - £50,000
Project Start Date	05-02-2001
Project End Date	01-09-2003
Achievements	The project is entering its final stage. All participants have been re-screened. A report is being prepared which will analyse all the findings and give an overall picture of the health of the project group. Lessons learnt from this project will be used for future projects (see entry "Your Health Matters").
Source of Funding	Renfrewshire Council
Submitted By:	Brian Mitchell
	Renfrewshire Council
Address:	Corporate Services Department North Building Cotton Street Paisley PA1 1TS Scotland
Telephone:	0141 840 3334
EMail:	brian.mitchell@renfrewshire.gov.uk
Partners	Have a Heart Paisley - Scottish Executive

Occupational Health Project

Project Title	Scotland's Health at Work
Programme Of Work	Continuous Improvement - Programme 2
Industry Group	Other
Objective	The aim of Scotland's Health at Work is to encourage and support workplaces to make the active promotion of good health an integral part of Scottish culture.
Description	Scotland's Health at Work provides workplaces of all sizes with a framework to address the social, environmental and organisational issues that affect employees. Workplaces are supported through this process through a network of health promotion advisers located within each of the 15 Scottish NHS areas. The efforts of workplaces are rewarded at three levels, bronze, silver and gold, depending on the achievement of set criteria that includes: communicating health information in a variety of ways; protecting employees from the effects of passive smoking; encouraging healthy lifestyles; developing policy relating to Drugs and Alcohol; dealing with stress; and involvement with improving health within their local communities.
Project Cost	More Than £500,000
Project Start Date	01-09-1996
Project End Date	Ongoing
Achievements	As at July 2003 over 1000 workplaces employing in excess of 26% of the Scottish workforce are registered on the scheme with approximately 600 awards granted.
Source of Funding	NHSScotland and Sponsorship
Submitted By:	Gill Johnson
	Scotland's Health at Work
Address:	NHS Grampian 181 Union Street Aberdeen AB11 6BB Scotland
Telephone:	01224 551444
EMail:	jill.johnston@health-promotions.com
Partners	NHS Health Scotland STUC Scottish NHS Boards Federation of Small Businesses Health and Safety Executive

Occupational Health Project

Project Title	Delivery of occupational health services
Programme Of Work	Continuous Improvement - Programme 2
Industry Group	Occupational Health Professionals
Objective	Widening the scope of occupational health services for the local community
Description	<p>Birmingham Heartlands and Solihull NHS Trust (Teaching) has actively encouraged the occupational health services to deliver services to external clients for some years now. The client group includes schools, colleges, a local authority and a Government agency. The Trust has a long working relationship with the local community trust. The arrival of NHS Plus and the Department of Health initiative to deliver occupational health services to GP practices has presented new challenges and partnerships. The new contract with the primary care trust based on a needs assessment includes the following: - a 24 hour helpline for employees who wish to access immediate advice, e.g. violent incidents; - a 'credit card' issued to all trust staff with the helpline number; - access to external, independent counsellors managed by the occupational health service; - fast track physiotherapy service for both work-related and non work-related conditions; - aromatherapy sessions at subsidised cost. The additional services have also been extended to the acute trust staff and funding is available from contract income support fast-track physiotherapy sessions. Audit of the service over the last 12 months has shown a marked impact on sickness absence rates for staff with musculo-skeletal problems particularly if intervention occurs at an early stage. Clinical psychology services available to trust staff have been increased and free aromatherapy sessions are offered to staff suffering from stress-related symptoms on prescription from OH practitioners. The Trust also have a Health Club which has close links with the Occupational Health Department with referrals working both ways if staff have health problems which may benefit from an exercise programme. The physiotherapy costs c. £25,000 per annum for a set number of sessions and appointments are, therefore, very tightly managed. The Health Club has agreed to allow staff to have a number of free sessions if referred by the Occupational Health Department. Aromatherapy sessions are priced at c. £15 per session on average and up to 6 are usually prescribed if seen as appropriate to aid relaxation.</p>
Project Cost	£10,000 - £50,000
Project Start Date	02-01-2003
Project End Date	Ongoing
Achievements	<p>Income generated is ploughed back into the department to improve services and newly refurbished premises have added to the value of service delivery. The physiotherapy service work closely with the Manual Handling Advisory Service which is another arm of the Occupational Health Service to maximise rehabilitation of staff with musculoskeletal problems. In the long term it is hoped that sickness absence levels will continue to fall.</p>
Source of Funding	
Submitted By:	Mary Brassington
Address:	Occupational Health Department, Stratford House, Birmingham Heartlands and Solihull NHS Trust (Teaching) Birmingham Heartlands Hospital, Bordesley Green East Birmingham B9 5SS England - West Midlands
Telephone:	0121 424 3609
Email:	mary.brassington@heartsol.wmids.nhs.uk

Occupational Health Project

Project Title	Occupational health care within a general practice
Programme Of Work	Continuous Improvement - Programme 2
Industry Group	Occupational Health Professionals
Objective	To provide an Occupational Health Service out of primary care to small and medium companies who may not have otherwise had access to occupational health and to raise awareness of these risks to management.
Description	To provide an occupational health (OH) service from primary care is a unique project. GPs with OH training and a team of OH specialist nurses provide a nurse led service to small, medium and large companies within the West Wiltshire area. A comprehensive OH service is provided covering occupational lung disease, noise conservation, skin surveillance programmes and health promotion. Services range from an in-house occupational health nursing service, with direct access to physiotherapy and counselling, to individual items of service more suited to the client.
Project Cost	None Specified
Project Start Date	01-01-2000
Project End Date	Ongoing
Achievements	Attention has been focused on providing companies with an OH service that meets statutory needs. Employers gain a greater knowledge of OH risks affecting their employees as well as reducing sick absence. The benefits have been that the service is run by local GPs who have knowledge of the local NHS economy - OH provision to 2000+ employees who otherwise have no access to OH ongoing provision to a total of 5000+ employees. OH nurses working within the setting of general practice find the work exciting and challenging. It includes the whole spectrum of OH, from risk assessment and health surveillance to sickness absence in a variety of different settings and different cultures. Nurses are supported by the whole primary healthcare team. Meetings between local GPs and companies improve doctors understanding of local industry, and the risk to which employees are exposed. It also acts as a forum where issues such as rehabilitation and the use of medical certification for workplace absence can be discussed. Bradford on Avon Health Centre Occupational Health Service is part of the NHS Plus scheme which encourages NHS OH teams to provide services to the private sector. It is also part of an offshoot pilot scheme evaluating the potential contribution of general practice to NHS Plus and to OH in general. We hope to be one of the first organisations to have our standards of service audited as part of this pilot.
Source of Funding	
Submitted By:	Helen Clinkard and James Heffer
	The Health Centre
Address:	Bradford on Avon Wiltshire BH15 1DQ England - South West
Telephone:	01225 860023
EMail:	helen.clinkard@gp-J83030.nhs.uk