

# Developing the EALING JSNA 'Focus on' Musculoskeletal Health

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## Webinar Outline

- Musculoskeletal health
- Wider context
- Purpose of the JSNA
- Who guided us
- Drafting – two versions, two stages
- Provenance and governance framework
- Implementation
- References

## Ealing JSNA Musculoskeletal Health

- Google: Ealing JSNA MSk
- [https://www.ealing.gov.uk/download/downloads/id/12850/musculoskeletal\\_health.pdf](https://www.ealing.gov.uk/download/downloads/id/12850/musculoskeletal_health.pdf)
- [https://www.ealing.gov.uk/download/downloads/id/12849/focus\\_on\\_musculoskeletal\\_health.pdf](https://www.ealing.gov.uk/download/downloads/id/12849/focus_on_musculoskeletal_health.pdf)

# Musculoskeletal health

- Good musculoskeletal health
  - Requires suppleness, strength, sturdy bones, coordination and motivation to be active
  - Allows physical activity without pain, stiffness or fatigue
  - Is integral to a full working life
- Musculoskeletal conditions affect the joints, bones and muscles, and includes back pain and rarer autoimmune diseases



Public Health  
England

Protecting and improving the nation's health

# Musculoskeletal Health a Public Health Issue:

## Prevention, Early Detection and Treatment

Professor Kevin Fenton

Senior Advisor Health and Wellbeing, Public Health England

## Musculoskeletal conditions are a costly and growing problem



Prevalence of MSK conditions is being fuelled by our **ageing population** and rising levels of **physical inactivity** and **obesity**



Each year 20% of people in the UK see a doctor about a MSK problem

**NHS**



£

5 billion each year

The NHS in England spends **£5 billion each year** on treating MSK conditions

## Impact of MSK on productivity

MSK 2nd biggest cause of days lost in work after cough and colds



In 2016,

over 30.8 million

working days are lost due to MSK conditions



that accounts for 22% of sickness absence

MSK conditions cost the UK an estimated





# Consensus for Living well for Longer

<http://arma.uk.net/musculoskeletal-disorders-msk/living-well-for-longer>

- **Physical Wellbeing**: To keep moving is essential for your muscles, bones, joints and mind; it can ease pain and stiffness.
- **Mental Wellbeing**: Take practical steps to protect your mental wellbeing
- **Healthy Eating**: Nutritious diets will help keep your body healthy, strong as well as looking and feeling your best.
- **Vitamin D**: Essential for healthy bones, take a daily supplement
- **Sleep**: A regular bedtime routine will help you wind down to sleep





### Commissioners



- commission training to improve the skills and competencies of the current and future workforce
- commission evidence-based interventions for people with specific MSK conditions



### Voluntary Sector



- empower local communities and influence and shape policy decisions regarding MSK



### Local Government



- support discussions between the wider public health workforce to promote a healthier ageing environment
- engage with local businesses to develop local workplace health standards



### Royal Colleges and Associations



- provide pre and post-graduate education and professional development



### Healthcare Professionals and Providers



- influence behaviour to improve MSK health as part of making every contact count (MECC)
- raising awareness of MSK key risk factors and interventions



## Purpose of the Joint Strategic Needs Assessment

- Statutory document published by the London Borough of Ealing and NHS Ealing Clinical Commissioning Group
- Describes the health and social care needs of the population
  - Contains topic and theme-based chapters
  - Updated on a rolling basis
  - The 'Focus on' series provides succinct chapter summaries from the JSNA
- Primarily for the use of professionals and commissioners
  - Informs strategy and policy development
  - Informs commissioning decisions
  - Informs the public and service users
  - Holds commissioners to account

## Who guided us

- Arthritis Research UK.

- *Musculoskeletal Health. A Public Health Approach 2014*
  - Shift from treating MSk conditions to lifelong musculoskeletal health
  - Promotion of musculoskeletal health
  - Prevention of disease and disability
- *State of Musculoskeletal Health 2017*
- *Musculoskeletal Conditions and Multimorbidity 2017*

- Statistics

- Arthritis Research UK. *Musculoskeletal Calculator*
- Department of Work and Pensions. *DWP Quarterly statistical summaries 2017*
- Health and Safety Executive. *LFS - Labour Force Survey 2017*
- Institute for Health Metrics and Evaluation (IHME). *GBD Compare Data Visualization*
- Public Health England. *Health Profile 2017*
- Public Health England. *Return on Investment of Interventions for the Prevention and Treatment of Musculoskeletal Conditions 2017*

## Drafting – two versions, two stages

- Academic, fully referenced, evidence-based version
  - Executive Summary
  - Epidemiology and Pathophysiology
  - Level of Need in Ealing
  - Health promotion and prevention of musculoskeletal disability
  - NW London Sustainability and Transformation Plan (STP)
  - Current Interventions in Ealing
  - Gap analysis
  - Recommendations for Commissioners
- ‘Focus on’ version
  - Infographic, summary format
  - Based on London Borough of Camden JSNA template
  - Creates a ‘brand’
  - For a wide range of audiences
- Publication cycle: 3-5 year cycle for reviewing chapters of the JSNA

## Provenance and governance framework

- Authors with public health expertise and specialist knowledge
- Oversight through the JSNA Steering group
- Peer review
  - Internal
    - *CCG*: clinical executive, commissioning managers, quality and safety lead, analysts
    - *Public Health Department*: consultants, commissioners, analysts
    - *Council Officers*: commissioners, research and performance, strategy and engagement
  - External
    - Healthwatch
    - Community musculoskeletal service providers, GPs
    - Voluntary sector agencies
    - Special interest groups (NW London STP Musculoskeletal Transformation Programme)
    - Methods analysts (2014)
- Health and Wellbeing Board (Statutory)

## Implementation – How does a JSNA inform and influence?

- Ealing
  - Ealing Standard: Quality Framework for Primary Care
  - Education and upskilling programme for primary and community care providers
  - Single Contract for Out of Hospital Services
  - NW London STP Musculoskeletal Transformation Programme
- Royal Borough of Windsor and Maidenhead, Berkshire
  - Workshops with commissioners on key recommendations

## References

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<http://vizhub.healthdata.org/gbd-compare>
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