



King's Fund Summary: UK NHS' Long Term Plan (1)

- On January 7th, 2019 NHS England published the NHS Long-Term Plan, setting out their priorities for healthcare and how NHS funding will be used.
- Key points include:
 - **Bringing primary and community healthcare closer together**
 - » Prevention is the keyword here. The plan aims to reduce hospital admissions by increasing investment in primary and community care.
 - **More personalized care for patients**
 - » There will be an increased emphasis on patients managing their own health, and social prescribing will be made more widely available across the country.
 - **Digitally-enabled primary care services**
 - » The NHS App is seen as the doorway to digitized NHS services, including online advice and symptom checking. The plan aims to enable patients to connect with clinicians using video consultations.
 - **The importance of Integrated Care Systems**
 - » In 2016, the NHS organizations and local councils formed 44 sustainability and transformation partnerships (STPs). In some areas, these partnerships will evolve to form Integrated Care Systems (ICSs), new organizations championing even closer collaboration.
 - **Investment in NHS staff**
 - » There is a recognition that primary care needs more staff, and newly qualified doctors and nurses entering general practice will be offered a 2-year fellowship to enable them to consider primary care as a first destination role.
 - **Improving public health using targeted solutions**
 - » Population health management solutions will support ICSs in understanding which areas have the greatest need. With that knowledge, the NHS can match the appropriate services and programs to tackle them.

A Bit More Detail: NHS Long Term Plan [\(2.3\)](#)

<p>What?</p>	<ul style="list-style-type: none"> ■ What the NHS Long Term Plan aims to deliver for patients? <ul style="list-style-type: none"> - Make sure everyone gets the best start in life <ul style="list-style-type: none"> » Reducing stillbirths and mother and child deaths during birth by 50% » Ensuring most women can benefit from continuity of carer through and beyond their pregnancy, targeted towards those who will benefit most » Providing extra support for expectant mothers at risk of premature birth » Expanding support for perinatal mental health conditions » Taking further action on childhood obesity » Increasing funding for children and young people’s mental health » Bringing down waiting times for autism assessments » Providing the right care for children with a learning disability » Delivering the best treatments available for children with cancer, including CAR-T and proton beam therapy - Deliver world-class care for major health problems <ul style="list-style-type: none"> » Preventing 150,000 heart attacks, strokes and dementia cases » Providing education and exercise programs to tens of thousands more patients with heart problems, preventing up to 14,000 premature deaths » Saving 55,000 more lives a year by diagnosing more cancers early » Investing in spotting and treating lung conditions early to prevent 80,000 stays in hospital » Spending at least £2.3bn more a year on mental health care » Helping 380,000 more people get therapy for depression and anxiety by 2023/24 » Delivering community-based physical and mental care for 370,000 people with severe mental illness a year by 2023/24 - Support people to age well <ul style="list-style-type: none"> » Increasing funding for primary and community care by at least £4.5bn » Bringing together different professionals to coordinate care better » Helping more people to live independently at home for longer » Developing more rapid community response teams to prevent unnecessary hospital spells, and speed up discharges home » Upgrading NHS staff support to people living in care homes » Improving the recognition of carers and support they receive » Making further progress on care for people with dementia » Giving more people more say about the care they receive and where they receive it, particularly towards the end of their lives
<p>Why?</p>	<ul style="list-style-type: none"> ■ Why is the NHS putting this Long Term Plan together? <ul style="list-style-type: none"> - Health and care leaders have come together to develop a Long Term Plan to make the NHS fit for the future, and to get the most value for patients out of every pound of taxpayers’ investment. - Planners have received input from 200 events that have taken place and 2,500 submissions received from individuals and groups representing 3.5 million people
<p>When?</p>	<ul style="list-style-type: none"> ■ When are the next steps? <ul style="list-style-type: none"> - January 2019: Publication of the NHS Long Term Plan - April 2019: Publication of local plans for 2019/20 - Autumn 2019: Publication of local 5-year plans

Where?

■ **Where are collaborations occurring?**

- STPs and ICSs, which are groups of local NHS organizations working together with each other, local councils and other partners, to develop and implement their own strategies for the next 5 years. These strategies will:
 - » Set out how they intend to take the ambitions that the NHS Long Term Plan details
 - » Build on prior work to turn goals into local action to improve services and the health and wellbeing of the communities they serve
- Over the next few months, NHS staff, patients, and members of the public will have the opportunity to help shape what the NHS Long Term Plan means for each area, and how its services will change and improve.
- To allow the public to shape what the Long Term Plan means for their locality the NHS will work with local Healthwatch groups.
 - » Age UK will be leading work with other charities to provide extra opportunities to hear from people with specific needs or concerns

How?

■ **How the NHS will deliver the ambitions of the Long Term Plan over the next 10 years?**

- **Do things differently**
 - » Give people more control over their own health and the care they receive
 - » Encourage more collaboration between general practitioners, their teams, and community services, as 'primary care networks', to increase the services they can provide jointly
 - » Increase the focus on NHS organizations working with their local partners, as 'Integrated Care Systems' (ICSs), to plan and deliver services that meet their communities' needs
- **Prevent illness and tackle health inequalities**
 - » Increase contribution to tackling some of the most significant causes of ill health including new action to help communities and groups of people:
 - ▶ Stop smoking
 - ▶ Overcome drinking problems
 - ▶ Avoid Type 2 diabetes
- **Improve NHS workforce capacity**
 - » Increase the NHS workforce, training and recruiting more professionals including
 - ▶ Thousands of additional clinical placements for undergraduate nurses
 - ▶ Hundreds more medical school places
 - ▶ More routes into the NHS such as apprenticeships
 - » Make the NHS a better place to work, so more staff stay in the NHS and feel able to make better use of their skills and experience for patients
- **Make better use of data and digital technology**
 - » NHS will provide more convenient access to services and health information for patients, with the new NHS App as a digital 'front door', better access to digital tools and patient records for staff, and improvements to the planning and delivery of services based on the analysis of patient and population data.
- **Get the most out of taxpayers' investment in the NHS**
 - » Work with doctors and other health professionals to identify ways to reduce duplication in how clinical services are delivered
 - » Make better use of the NHS' combined buying power to get commonly used products for cheaper, and reduce spend on administration

Previous Plan 5-Year Forward View (4)

- On October 22nd, 2014 NHS England shared the Five Year Forward View plan, which outlined the current and future challenges facing the NHS. It detailed a shared view of what needed to change to overcome these challenges by 2019.

NHS CONFEDERATION

The Five Year Forward View

There are three areas where fundamental change is necessary to sustain the NHS in England. These areas each have a significant and widening gap between current resources and the demands on the service. With action and support from the NHS, the government and the public, these gaps can be closed.

- The health and wellbeing gap**

The majority of illnesses the NHS treats are caused by obesity, smoking or alcohol.

Many of these illnesses, such as heart disease or diabetes, are preventable.
- The care and quality gap**

People are living longer and need a wider range of health services over a longer period of time.

Care is disjointed across different organisations.
- The funding and efficiency gap**

The way the NHS currently delivers care isn't cost-effective.

There will be a gap between patient needs and NHS resources of £30 billion a year by 2020/21.

References

1. Charles, A., Ewbank, L., McKenna, H., & Wenzel, L. (2019, January 23). The NHS long-term plan explained. Retrieved from <https://www.kingsfund.org.uk/publications/nhs-long-term-plan-explained>
2. NHS Long Term Plan. (2019, January 7). Retrieved from <https://www.longtermplan.nhs.uk/>
3. NHS Long Term Plan. (2019, January 7). Retrieved from <https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/the-nhs-long-term-plan-summary.pdf>
4. NHS Five Year Forward View. (2014, October 22). Retrieved from <https://www.england.nhs.uk/publication/nhs-five-year-forward-view/>