Dietetic involvement in the NHS Long Term Plan and Integrated Care Systems

In the table below, we have outlined a number of significant commitments from within the <u>NHS England Long Term Plan</u> (including where you'll find them in the document), and highlight how we think dietitians can play an important role. This is by no means an exhaustive list, but will hopefully be helpful for making your case for dietitians' involvement in the ICS and with the LTP. We have also endeavoured to include further information, evidence and links that might be useful. If you have a case study or more information that you'd like us to include in any section, get in touch – <u>t.embury@bda.uk.com</u>

	Long Term Plan Commitment	Role for Dietitians	Further information
	CHAPTER 1: A NEW SERVICE MODEL FOR T	HE 21ST CENTURY	L
	"Boost 'out-of-hospital' care, and finally dissolve the historic divide between primary and community health services, including a promise to increase investment in primary medical and community health services as a share of the total national NHS revenue spend across the five years from 2019/20 to 2023/24." p13-14	The BDA believes that dietitians have a critical role to play in supporting primary care services. Diet and obesity are the main factors or one of the main factors in the aetiology of many long- term conditions (LTCs) or Ambulatory Care Sensitive conditions (ACS). This means that dietary treatment is key to the management of these conditions. We also know that 96% of people living with malnutrition are in the community, and more needs to be done to prevent people ending up in the hospital with malnutrition.	BDA Primary Care Project
		 We believe dietitians can have a number of important impacts: Enable patients to self-manage their conditions Reduce demand on GP time Make 'prevention' possible in primary care Manage medicines and ACBS products effectively Reduce the need for expensive referrals to secondary care and the need for hospitalisation 	
Primary Care	"Primary care networks will be able to attract and fund additional staff to form an integral part of an expanded multidisciplinary team." p83	Dietitians should be a core part of this multidisciplinary team. The recent GP contract did not specifically include dietitians, but this does not mean that dietitians can't be involved. We need to make the case. The research we are undertaking as part of the Primary Care Project will help give evidence of the impact dietitians can have in Primary Care.	<u>A five-year framework for GP</u> <u>contract reform</u>
de O	"We will upgrade NHS support to all care home residents who would benefit by	"Access to hydration and nutrition support" is a core part of the Enhanced Health in Care Homes model, so dietitians have a central	Enhanced Health in Care Home Framework

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	2023/24, with the Enhanced Health in Care Homes model rolled out across the whole country." p15	role to play, either in the direct delivery of this support, or the training and development of those that will deliver it.	Quick Guide: allied health professionals enhancing health for people in care homes
	"We will go further in improving the care we provide to people with dementia and delirium, whether they are in hospital or at home" p17	Nutrition and hydration play a critical role in the management of dementia, so dietitians should be a key part of delivering this aim, especially for people require additional support to enable them to eat or drink.	BDA Dementia Key Fact Sheet
	"Hospitals will also reduce avoidable admissions through the establishment of acute frailty services, so that such patients can be assessed, treated and supported by skilled multidisciplinary teams delivering comprehensive geriatric assessments in A&E and acute receiving units" p22	Dietitians already play a central role in the prevention of frailty, and can work as part of multidisciplinary falls/frailty teams alongside other AHPs such as physiotherapists and occupational therapists. Improving hydration, tackling sarcopenia and preventing osteoporosis are all critical to preventing frailty and all have a core nutrition element.	" <u>Reducing inpatient days</u> <u>amongst frail elderly people:</u> <u>the dietitian's role</u> " – Older People Specialist Group Study Day
Social Care	"The NHS and social care will continue to improve performance at getting people home without unnecessary delay when they are ready to leave hospital, reducing risk of harm to patients from physical and cognitive deconditioning complications" p23	We know that malnutrition is responsible for increasing hospital stays by up to 30%, so getting nutrition right from the moment someone enters hospital is critical. We also know that being malnourished makes complications more likely and increases someone's chance of being readmitted to hospital. Dietitians clearly have a central role to play.	Malnutrition Key Fact Sheet
Digital and personalised care	"Delivering personalised care, including offering patients more personalised therapeutic options." p24	Personalised care is what dietitians do, so it should not be difficult to adapt to this more person-centred model of care. Dietitians are already delivering services that cater for specific nutritional and care needs as part of MDTs and in an increasing range of settings.	Health Foundation – What is Person Centred Care? Patient-centred care to improve dietetic practice: an integrative review – J Hum Nutr
	"Through social prescribing the range of support available to people will widen, diversify and become accessible across the country" p25	Social prescribing is a key part of the NHS's commitment to Universal Personalised Care. It will not be something that only a GP can do, but any member of the wider MDT. Of course, dietitians may find themselves delivering social prescribing services as well, perhaps as part of the third sector.	NHS Social Prescribing

	CHAPTER 2: More NHS action on prevention ar	nd health inequalities	
General	"The Global Burden of Disease (GBD) study quantifies and ranks the contribution of various risk factors that cause premature deaths in England. The top five are: smoking, poor diet, high blood pressure, obesity, and alcohol and drug use." p33	Dietitians have a role to play in the prevention and treatment of all of the top five risk factors for premature death, in particular poor diet and obesity. Clearly, these factors are too widespread to be dealt with by dietitians alone, but RDs can provide crucial support and training to other healthcare professionals where they aren't delivering services directly. The recently published AHP public health strategic framework sets out a much wider role for all AHPs in prevention and public health.	<u>Global Burden Of Disease Study</u> <u>Country Profile - England</u> <u>UK AHP Public Health Strategic</u> <u>Framework</u>
	"The NHS will provide a targeted support offer and access to weight management services in primary care for people with a diagnosis of type 2 diabetes or hypertension with a BMI of 30+" p37	Dietitians clearly have a central role in delivering weight management programmes already, but the emphasis on primary care is what is of interest here. Against a backdrop of cuts to local authority public health weight management services, this represents an opportunity to bolster provision within the NHS.	BDA Obesity Key Fact Sheet
	"We are now committing to fund a doubling of the NHS Diabetes Prevention Programme over the next five years, including a new digital option to widen patient choice and target inequality" p37	Dietitians already support the Diabetes Prevention Programme, but the doubling of funding represents a significant opportunity for dietitians to grow their service. Dietitians already use digital solutions to help treat patients with type 2 diabetes, such as Oviva's diabetes programme.	<u>NHS Diabetes Prevention</u> <u>Programme</u> <u>NHSDPP – digital innovation</u> <u>Oviva Diabetes programme</u>
Diabetes	"We will test an NHS programme supporting very low-calorie diets for obese people with type 2 diabetes." p37	Dietitians have been involved in the development and roll out of the very low-calorie diet approach studied as part of DiRECT. As a specialist diet that is difficult to maintain, it is important that those using it have support from dietitians and other suitably qualified professionals.	Very Low Calorie Diet programme Diabetes UK – VLC and DiRECT
Medical Training	"Together with the professional bodies and universities we will ensure nutrition has a greater place in medical training." p37	The BDA already works with organisation such as Nutritank and NNEdPro. There are also examples, such as Brighton & Sussex and Bristol Medical Schools, where dietitians are already helping to deliver training to junior doctors. This is something that dietitians need to grasp by the horns or else someone else will deliver it.	 <u>NNEdPro</u> <u>Nutritank</u> <u>Brighton and Sussex</u> <u>Medical School</u> <u>Blog from Elaine</u> <u>MacAninch RD, Dietitian</u> <u>Medical Educator.</u>

	"NHS England, working with PHE and our partners in the voluntary and community sector and local government, will develop and publish a 'menu' of evidence-based interventions that if adopted locally would contribute to reducing health inequality" p40	Food poverty and insecurity are a key driver of health inequality. Ensuring that dietetic options are part of this menu of options is key. The BDA will look to contribute to this process, but individual dietitians also need to highlight the work they do that could form part of this suite of interventions.	Long Term Plan Healthy Inequalities Impact Assessment
Inequality	"We will invest up to £30 million extra on meeting the needs of rough sleepers" p42	Nutrition is a key part of meeting the needs of homeless people, and some dietitians, particularly those working in the third sector, already have experience of delivering services for this particularly vulnerable group.	Case study - <u>Building a dietetics</u> programme for homeless young people
Mental Health	"By 2020/21, the NHS will ensure that at least 280,000 people living with severe mental health problems have their physical health needs met. By 2023/24, we will further increase the number of people receiving physical health checks to an additional 110,000 people per year" p41	Dietetic interventions lead to reduced malnutrition, better weight management, reduction in nutrition related side-effects of psychiatric medications, improve self-care and management of co- morbid conditions, and improved health and nutritional status amongst those with mental health conditions. Dietitians are committed to parity of esteem between mental and physical health.	<u>BDA Mental Health Key Fact</u> <u>Sheet</u> <u>Equally Well</u>
LD and Autism	"Action will be taken to tackle the causes of morbidity and preventable deaths in people with a learning disability and for autistic people." p52	Poor nutrition, obesity and its related conditions are one of the key reasons for higher morbidity for people with LD and Autism. It is obvious therefore why dietitians have a key role to play. The BDA Mental Health Specialist Group are signatories to the STOMP initiative, to prevent over medication of people with LD and autism.	STOMP initiative BDA learning disabilities specialist key facts
	CHAPTER 3: Further progress on care quality and		
Children and Young People	"All maternity services that do not deliver an accredited, evidence-based infant feeding programme, such as the UNICEF Baby Friendly Initiative, will begin the accreditation process in 2019/20." p49	The BDA supports the Baby Friendly Initiative, and would encourage all dietitians to ensure they are aware of the expectations on them required by it, and take steps to actively support breastfeeding where possible.	UNICEF Baby Friendly BDA Breastfeeding Policy Statement

"Over the next five years, we will also boost investment in children and young people's eating disorder services." Nutrition interventions are an essential part of treatment of an individual with an eating disorder. Dietitians are the experts in using evidence-based practice and behaviour change skills to work alongside an individual with an eating disorder. Dietitians are the experts in using evidence-based practice and behaviour change skills to work alongside an individual with an eating disorder. Dietitians are the experts in using evidence-based practice and behaviour change skills to work alongside an individual with an eating disorder. Devidence based personalised strategy to restore and maintain a healthy body weight, and re-ordering beliefs and attitudes to food, weight and appetite. BDA Cancer Key Fact S "We will therefore develop and implement networked care to improve outcomes for children and young people with cancer, simplifying pathways and transitions between services and ensuring every patient has access to specialist expertise." Many people experience eating concerns either before, during and after their treatment, for example unintentional weight loss, cancer retain supporting children and young people with cancer. BDA Cancer Key Fact S "models will support health development by providing holistic care for children across local authority and NHS services, including primary care, community services, speech and language therapy etc." Moving dietetic services closer to patients, with a greater role for dietitians in primary care, needs to apport to with long term conditions such as allergy, childhood obesity, type 1 diabetes and other conditions more appropriately and conveniently. BDA Food Fact Sheet - Diabetes "from 2019/20 clinical networks will be rolled out to ensure we i	
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wellbeing information and support" stage of their cancer treatment and rehabilitation. p61 p61 "Scaling up and improving marketing of cardiac rehabilitation to be amongst the best Dietitians are recognised by the British Association for Cardiovascular Prevention and Rehabilitation as a core part of the	
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8 "Scaling up and improving marketing of cardiac rehabilitation to be amongst the best Dietitians are recognised by the British Association for Cardiovascular Prevention and Rehabilitation as a core part of the BACPR – BDA Ally	
in Europe will prevent up to 23,000 cardio rehab team. <u>BACPR Standards</u>	
premature deaths and 50,000 acute	
ੁੱਛਾ admissions over 10 years."	
≥ p63	

"The NHS will work with Health Education	Approximately 30% of stroke survivors have malnutrition, poor	BDA Key Fact Sheet – Stroke
England to modernise the stroke workford	dietary intake and dehydration. These conditions can lead to a	
with a focus on cross-specialty and in som	higher incidence of death, disability, chest infection and longer	SSNAP – Providing an excellent
cases cross-profession accreditation of	hospital stay. Dietitians clearly have a key role in a modernised	dietetic service to stroke
particular 'competencies"	stroke workforce.	patients
	p64	
"We will support people who are newly	Dietitians have a key role to play in supporting people with Type 2	BDA Key Fact Sheet – Diabetes
diagnosed with T2D to manage their own	diabetes, given the central role that diet plays. That should include	
health by further expanding provision of	offering a range of services and options for patients to help them	Case Study: Move Away from
structured education and digital self-	manage their condition or even put it into remission. This includes	Prediabetes
management support tools. For those wh	a range of dietary approaches, including Very Low Calorie Diets,	
periodically need secondary care support	low fat and lower carbohydrate approaches.	
will ensure that all hospitals in future prov	de	
access to multidisciplinary footcare teams		
and diabetes inpatient specialist nursing		
teams to improve recovery and to reduce		
lengths of stay and future readmission rat	s."	
	p93	
"Low back and neck pain is the greatest ca	Ise It is positive to see Physios are being given a leading role, but	<u>ARMA – BDA Ally</u>
of years lost to disability, with chronic joir	important that other AHPs are also involved – MSK conditions are	
pain or osteoarthritis affecting over 8.75	often caused by or exacerbated by obesity, and conditions such as	BDA Food Fact Sheet –
million people in the UK"	osteoporosis can be prevented or managed through changing	Osteoporosis
	b73 lifestyle factors such as diet and exercise.	
"Under the Long Term Plan, the local NHS	S Cutting waiting lists for surgery will be aided by preparing people	Case Study – Prehabilitation for
being allocated sufficient funds over the r	xt better for surgery and helping them recover more quickly, freeing	major abdominal cancer
five years to grow the amount of planned	space. Dietitians are already taking forward the prehab approach	surgery
surgery year-on-year, to cut long waits, ar	for nutrition, and these should be expanded to help people	
reduce the waiting list."	prepare nutritionally for surgery.	
	p74	

CHAPTER 4: NHS Staff will get the backing they need			
	"We aim to ensure sufficient supply of nurses	We strongly believe that dietitians are amongst those AHPs that	Nine step guide for making the
	and to address specific shortages for AHPs	are in short supply, even with growing numbers. It is very clear	case for dietetics
	and other key groups. The national workforce	that RDs could be playing a much bigger role. It will be important	
	group will make specific recommendations	for dietitians to monitor and provide evidence the workplace	Interim NHS People Plan
	for AHPs, in particular those in short supply."	pressures that they face and to build business cases for expanding	
	p79	their services. There are concerns that the longer-term impact of	"Building our workforce of the
		removing the AHP bursary could see fewer young people applying	<u>future</u> " – blog from CAHPO
		for health courses as a first degree.	Suzanne Rastrick regarding
			interim people plan and
		We also strongly believe that dietitians could be playing a wider	#AHPsIntoAction
		role and would urge members to evidence their impact, and	
		demonstrate their leadership roles.	
	"in the short-term we must also continue to	The BDA strongly believes that the non-UK dietetic workforce,	Government Immigration White
	ensure that high-skilled people from other	representing some 10% of all dietitians, is hugely important.	<u>Paper</u>
	countries from whom it is ethical to recruit	Current limitations on immigration from outside the EU, in	
	are able to join the NHS."	particular the very high minimum earnings threshold prevents	
	p84	talented dietitians from coming from abroad.	
	"we will also seek to grow wider	The BDA is supportive in principle of the development of	BDA Apprenticeships webpages
	apprenticeships in clinical and non-clinical	apprenticeships which relate to the dietetic workforce, subject to	
ce	jobs in the NHS"	apprenticeship schemes meeting the following criteria:	
cfoi	p81	High quality delivery;	
/orl		Affordable; Occurational standard adhering to DDA surrisulum quidelines.	
HCP AHP Workforce Training		Occupational standard adhering to BDA curriculum guidelines;	
		Standard aligning with HCPC requirements for eligibility to	
	"Following agreement of the UFF training	practise as a dietitian in the UK;	
	"Following agreement of the HEE training budget in this year's Government Spending	Current investment in CPD, both in time and financial support, is too low, so this is welcome. Dietitians will need to push their	BDA CPD
	Review, we will expect to increase investment	services and managers to ensure that they grant sufficient time for	BDA's professional
	in CPD over the next five years."	CPD and other development and training, and make best use of	development toolkit
	p85	the additional resources for CPD.	
	μου		

	"To make the NHS a consistently great place to work, we will seek to shape a modern employment culture for the NHS – promoting flexibility, wellbeing and career development, and redoubling our efforts to address discrimination, violence, bullying and	This is very welcome; however, it remains to be seen how this improvement in workforce wellbeing will be achieved. At least some of the pressure on NHS staff is as a consequence of resource and funding pressure.	Interim NHS People Plan
	harassment."		
	p86		
	"the NHS will have the most comprehensive	It is important that world-leading mental health support is offered	BDA Trade Union Wellbeing
	national mental health support offer to	to all health care professionals, not just doctors – all healthcare	<u>advice</u>
	doctors of any health system in the world."	professionals face mental health pressures, and need access to	
	p87	confidential, non-stigmatising services.	
	"By 2021, NHS Improvement will support NHS	Job planning is an important way to help ensure people's roles and	Allied health professionals job
	trusts and foundation trusts to deploy	professional activity and we support the use of AHP Job Planning	planning: a best practice guide
	electronic rosters or e-job plans."	best practice. We welcome the wider use of e-rostering with	
	p88	appropriate safeguards for existing rights. It offers an opportunity	<u>NHS Employers – e-rostering</u>
		to provide more efficient and flexible way to organise working	
÷		hours, sick leave, holiday and so forth for our members.	
Improved place to work	"We will also do more to nurture the next	It is vital that leadership is a path available to all healthcare	BDA Professional Leadership
to	generation of leaders by more systematically	professionals, not just doctors or nurses. AHPs need to have	Policy Statement
ace	identifying, developing and supporting those with the capability and ambition to reach the	options to go into senior leadership positions in trusts, including Director of Nursing posts, and to access training and programmes	
plq	most senior levels of the service."	to help them realise their leadership potential. Dietitians should	AHPF Leadership campaign
ved	p89	push for these opportunities within their trusts, and inform us of	Investigation in chief allied booth
oro	pos	barriers they encounter.	Investing in chief allied health professionals: insights from
<u>l</u>			trust executives
CHAPTF	R 5: Digitally-enabled care will go mainstrea	am across the NHS	
Digital Tools	"People will be empowered, and their	We fully support this vision. Professionals also have much to	NHSX – driving forward digital
	experience of health and care will be	contribute and should be enabled to contribute to the	transformation
	transformed, by the ability to access, manage	development of these digital tools and services. This requires a	
	and contribute to digital tools, information	systematic approach to education and training of the future and	
igit	and services."	present workforce and a culture that supports innovation in	
Δ	p93	services.	

	"Supporting moves towards provention and	There are great examples of convises developing and using digital	Coing all digital articles from
	"Supporting moves towards prevention and	There are great examples of services developing and using digital	<u>Going all digital</u> – articles from
	support, we will go faster for community-	services, but it will be challenging to deliver these everywhere and	Dietetics Today
	based staff. Over the next three years we	consistently. This requires a supportive culture and the	
	want all staff working in the community to	infrastructure to enable the delivery of digital services on the go.	
	have access to mobile digital services"		
	p94	Disting a local dall concernsion distantly and the sector local sectors of	Conserve to Divite I Mandal
	"If people need NHS advice or care, they will	Dietitians already deliver services digitally, and there's plenty of	Somerset Digital Model
	have increasing digital options."	good examples, such as the Somerset Digital Model using webinars	
	p95	to increase the range of options for patients and massively	<u>Calling dietitians – would you</u>
		increasing the number of patients that can access a dietitian.	like to join the digital
			transformation?
	"All providers, across acute, community and	This is an ambitious target given the NHS's track record with digital	
	mental health settings, will be expected to	and IT projects, and it will be important that this process is not	
	advance to a core level of digitisation by	rushed. Barriers to digital transformation are well recognised –	
	2024"	resourcing, culture and training needs.	
es	p96		
Digital Services	"During 2019, we will deploy population	Understanding population health needs, using data and evidence	
Ser	health management solutions to support ICSs	to determine services and target efforts towards areas of greatest	
tal	to understand the areas of greatest health	need is absolutely the right approach. Dietitians need to play an	
Jigi	need and match NHS services to meet them."	active part in this process, taking into account wider determinants	
_	p97	of health.	
CHAPTE	R 6: Taxpayers' investment will be used to r	naximum effect.	
	"NHS England's revenue funding would grow	This is an extremely welcome step, but as the LTP recognises,	Prime minister sets out 5-year
	by an average of 3.4% in real terms a year	much of this additional funding is likely to be taken up by	NHS funding plan
	over the next five years"	demographic change and dealing with current pressures. NHS	
	p100	funding will need to increase further in future, and digitisation and	
		efficiency will not be enough to produce the ambitious	
	"The NHS (including providers) will return to	improvements to services outlined elsewhere in the LTP.	
50	financial balance"	Consideration also needs to be given to the cuts that have been	
linε	p101	made elsewhere in the health and care system, such as to local	
Funding		authority public health budgets or social care provision which will	
Ē		directly impact on NHS sustainability.	

"The NHS will achieve cash-releasing	We welcome steps to improve productivity and efficiency and	Carter review into unwarranted
productivity growth of at least 1.1% per year"	reduce waste, including freeing up more time for dietitians and	variations in mental health and
	other healthcare professionals to spend with patients.	community health services
"Despite the overall efficiency of the NHS,		
there is still waste and an opportunity to	However, as is recognised within the LTP, the NHS is already more	
improve efficiency"	productive than the economy as a whole and has improved much	
p103	more quickly already. Drives for efficiency	
	We are concerned that the NHS has already made decisions about	
	prescribing and services (for examples for gluten free foods) which	
	are driven by short term financial concerns, rather that longer	
	term considerations, so we hope the approach in this instance is	
	different.	

СНАРТЕ	CHAPTER 7: Next Steps			
Funding	"To support local planning, local health systems will receive five-year indicative financial allocations for 2019/20 to 2023/24 and be asked to produce local plans for implementing the commitments set out in the Long Term Plan in 2019" p110	We warmly welcome longer-term funding commitments, which will help services plan for the longer term. It will still be important to ensure funding is not just provided in advance, but is sufficient to pay for the services that are required.		
and Improved Models	"ICSs will be central to the delivery of the Long Term Plan and by April 2021 we want ICSs covering all of the country." p110	Dietitians and indeed all AHPs should be closely involved with the creation and running of ICSs. It is vital that these organisations are not dominated by any one professional group. We welcome the creation of local/regional AHP networks, which have the function of enabling allied health professionals to respond to and influence local workforce priorities and support the deliver of ICS. We would strongly encourage all dietitians to get involved with their AHP network.	North West AHP Network	
New and Impr	"The NHS has an almost unrivalled ability to bring together data to inform care, and we will build on the Model Hospital by increasing its transparency and extending it into the model health system."	The BDA believes that all dietetic managers and their teams should be involved with the Model Hospital programme.	<u>Model hospital on BDA website</u> <u>What Does A Model Hospital</u> <u>Look Like?</u> – Article from BDA Ed&PD team	