

Health promotion in action



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Objective: Make health promotion assessment advice & support an everyday hospital practice.

Method: Train staff to deliver HP *and* provide them with a simple, quick & standardised assessment and referral pathway.

Results: A 'nurse friendly' assessment form:
Standardised practice, good recording and simple referral pathway for on-going support

The assessment form and supporting leaflet

Questions and answers section

Patient information leaflet

Royal Bolton Hospital NHS Foundation Trust

Date: _____
 Time: _____
 Name: _____
 Ward / Dept: _____

Health Promotion Assessment

SMOKING
 Do you smoke? (If NO ask next question) Have you ever smoked? (If NO go to alcohol questions)
 If quit, how long? Days Weeks months years. Level if Request Unsure
 Would you like some advice or support to stop or stay stopped? Unsure

ALCOHOL Do you ever drink alcohol? (If NO go to diet questions)
 On how many days of the week do you drink alcohol?
 How many drinks do you have on these days?
 Occasional drinker Per Month
 What sort of alcohol do you normally drink? e.g. pint of lager...
 Have you ever experienced alcohol withdrawal? Unsure
 Would you like any advice or support about reducing the amount of alcohol you drink? Unsure

DIET Do you feel that you should improve your diet? Unsure
 Would you like some advice or support about improving your diet? Unsure

EXERCISE Do you feel you would like to do more physical activity? Unsure
 Would you like any advice or support to help you get more physical activity? Unsure

WEIGHT Do you consider yourself to be: under-weight normal-weight over-weight
 Would you like any advice or support to help you maintain a healthy weight? Unsure

ISP: / HI: m WI: kg BMI: Waist Circ: in

SEXUAL HEALTH If you think you may have been exposed to a sexually transmitted infection, we advise you make a screening appointment as soon as possible at the sexual health clinic. (opens in new window) [View this link](#)

Confirm patient has agreed to be referred/signposted
 Smoking Cessation Alcohol Diet Physical Activity Weight

Keep top section of this form in the patient records. Further information on 01204 462128 email: boltonh@nhs.net

NHS Bolton

For further advice or support please detach this slip & send to Health Trainer Service at St Peters House, Bolton.
 This patient has requested advice/support for the issues marked:

Smoking Cessation Alcohol Diet Physical Activity Weight

Patient Details (date)	Gp Name:	Referred by:
Surgery Address:	Dept / ward:	Date:
Tel:	Tel:	Tel:

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SEXUAL HEALTH

This is often a neglected part of our health. Sex is one of the most natural things we do. However, if you have sexual relationships, with a regular partner or not, it is very important that you can get more information about things that may affect your health. Some sexually transmitted infections (STIs) are not always painful or obvious and you may not know you need some treatment.

There is no need to feel embarrassed or awkward about sexual health services. Times have changed people can talk more freely about these things. You should not be afraid to ask for help or information. Getting yourself tested is quite easy and should be done whenever you feel you may have been at risk of contracting an STI.

The Sexual Health Clinic is based at the Royal Bolton Hospital NHS Foundation Trust, Main Road, Bolton BL4 4JH Tel: 01204 390771. This is a confidential service for males and females including:

- Help and advice
- Emergency contraception
- Free condoms and contraception support
- Pregnancy testing service
- Advice, screening and treatment for sexually transmitted infections
- Call and telephone during the appointment only after normal consultation
- Sexual testing (by appointment only)

If you contact the centre on the above number you will be offered an appointment at any of the following clinics:

Royal Bolton Hospital
 Monday - 8.00am - 6.00pm (for appointment 8.00pm)
 Tuesday - 8.00am - 5.00pm
 Wednesday - 8.00am - 5.00pm
 Thursday - 8.00am - 6.00pm (for appointment 6.00pm)
 Friday - 8.00am - 5.00pm

Low Clinics
 Monday - 8.00pm - 1.00pm
 Tuesday - 8.00pm - 8.00pm
 Thursday - 8.00pm - 8.00pm

Five Live Health Centre
 Wednesday - 1.00pm - 5.00pm

Waterside
 Thursday - 1.00pm - 5.00pm

Forrester Health Centre
 Wednesday - 8.00pm - 10.00pm

Some people may not be able to attend these times. Please call 11 - 11 on to see us.

The Health Service, Bolton
 Tel: 01204 337333
 Monday - 9.00am - 6.00pm
 Tuesday - 9.00am - 5.00pm
 Wednesday - 9.00am - 6.00pm
 Thursday - 9.00am - 6.00pm
 Friday - 11.00am - 5.00pm

You can contact any of the services yourself on the above numbers or you can contact The Hospital Health Trainer Service on 01204 462128, email: boltonh@nhs.net or 111.

Hope you're **NHS**
 Royal Bolton Hospital NHS Foundation Trust

Detachable referral slip

Results:

- Assessment, recording and referral within one form.
- Tested the whole pathway (as a pilot project) from hospital assessment to patient follow up
- Now being fully integrated as a pathway.
- Widely consulted on
- Fits into existing healthcare roles (i.e quick)
- One single pathway for all health issues – simplicity
- Training seems to encourage staff themselves to improve lifestyle

591 lifestyle issues (patients can be referred for multiple issues)

- **313 referrals**

- Diet **157**
- Weight management **146**
- Smoking **145**
- Physical activity **127**
- Alcohol **15**
- Issue not recorded **1**

- Contact with Support Service **151**
- Engaging fully with support service **57**
- **13** recorded a lifestyle change

Summary

Positive



- Hospital is efficient environment to assess and refer – high number of referrals
- Healthcare staff like the training and the assessment design
- Has introduced standardised practice and record keeping.
- Good local deprivation area contacts

Negative



- High losses after referral
- Data capture and analysis is not robust
- Not capturing alcohol related early interventions

**NEED CONSULTATION, ADVICE
AND REMEDIES TO IMPROVE!**