



***Health Promoting Health  
Service: Development day***

**hphs**

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**Internationally agreed principles of health promotion, fundamental to the Health Promoting Health Service:**

*Equity*

*Participation*

*Empowerment*

*Sustainability*

## **Settings approach**

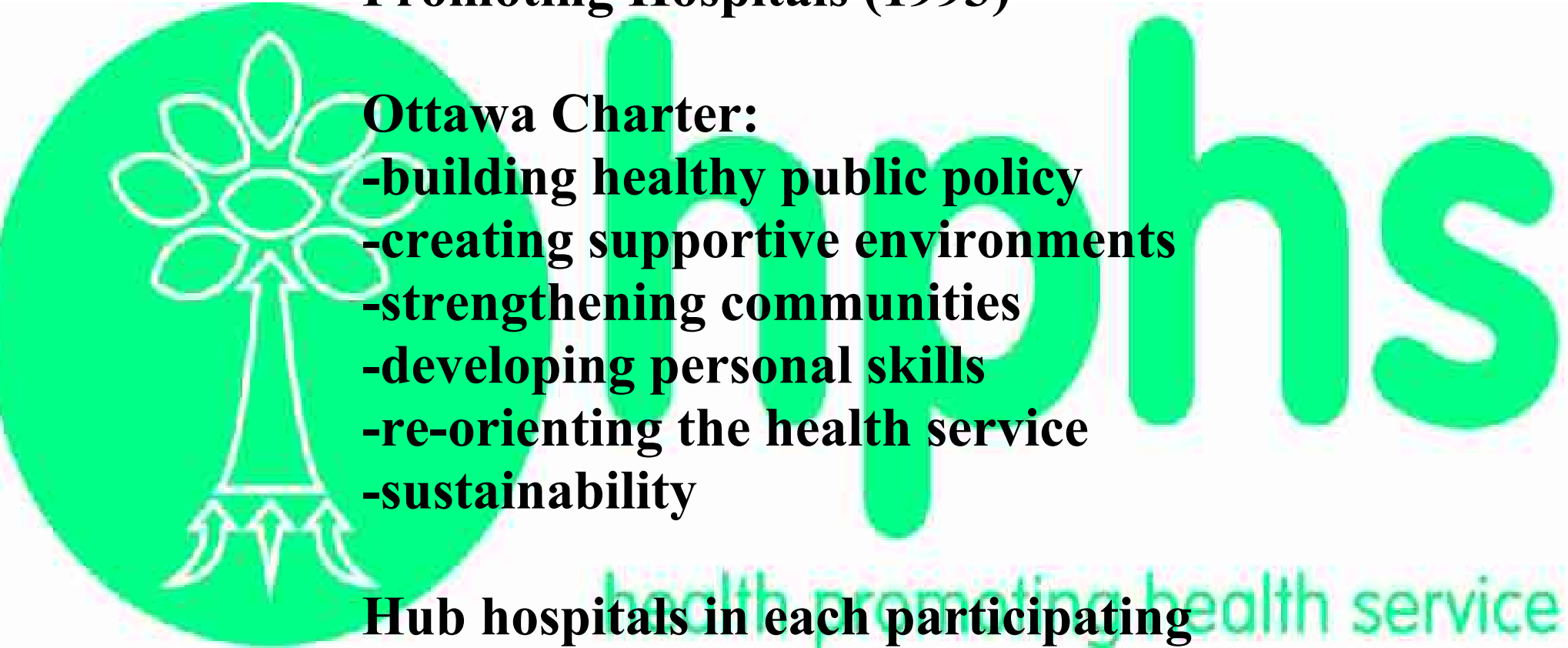
### **WHO European Region Health Promoting Hospitals (1993)**

#### **Ottawa Charter:**

- building healthy public policy**
- creating supportive environments**
- strengthening communities**
- developing personal skills**
- re-orienting the health service**
- sustainability**

**Hub hospitals in each participating  
country**

**Scotland: one step further**



**-Development of Scottish  
HPHS framework (mid  
1990's)**

**-Initial pilots**

**-Review(1999)**

**-Impact evaluation sites**

**-Evaluation (2004)**

**-Present HPHS programme**



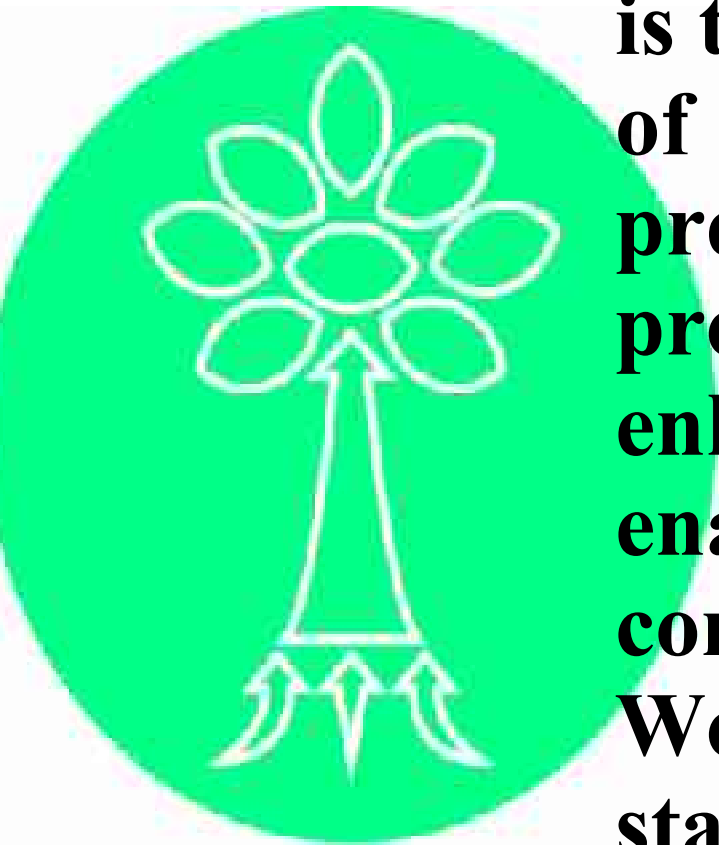
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# Health promoting hospital and HPHS network

## Co-ordinating hospitals (hubs):

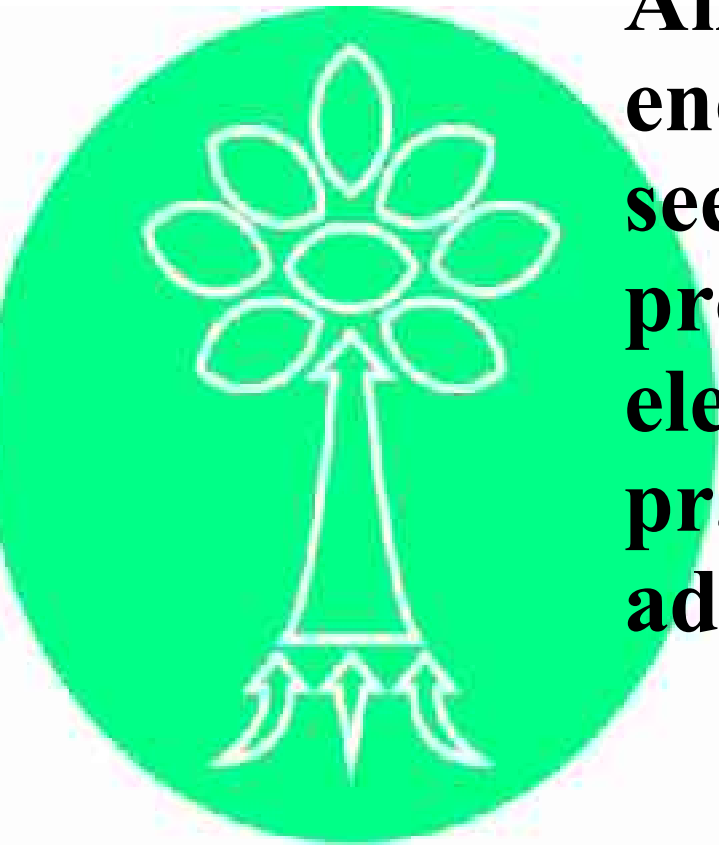
- Maternity -Ninewells
- Mental Health – Leverndale
- Children and Young People –  
Sick Childrens, Edinburgh
- District General – Ayr  
Hospital
- Community Hospital - ?





**The goal of the HPHS package is to help in the development of a HPHS – one which prevents ill health as well as providing health care, enhances positive health, and enables people to take more control over their own health. Work can focus on patients, staff or the wider community.**

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**An additional goal is to encourage health care staff to see the potential for health promotion as a natural element of their existing work practice and not as an additional burden.**

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# ***HPHS Support material***



***Facilitators' notes***

***HPHS: An introduction***

***Guidance for a Health Promoting Health Service***

***Detailed action planning charts***

***Training Pack***

***Monitoring and evaluation training pack***

***HPHS poster and postcard***

***Case Studies***

***WHO Health Promoting Hospital Standards***

***LEAP for Health***

***Other support:***

***Support network for HPHS facilitators***

***Scottish Health Promoting Hospital Network and links to***

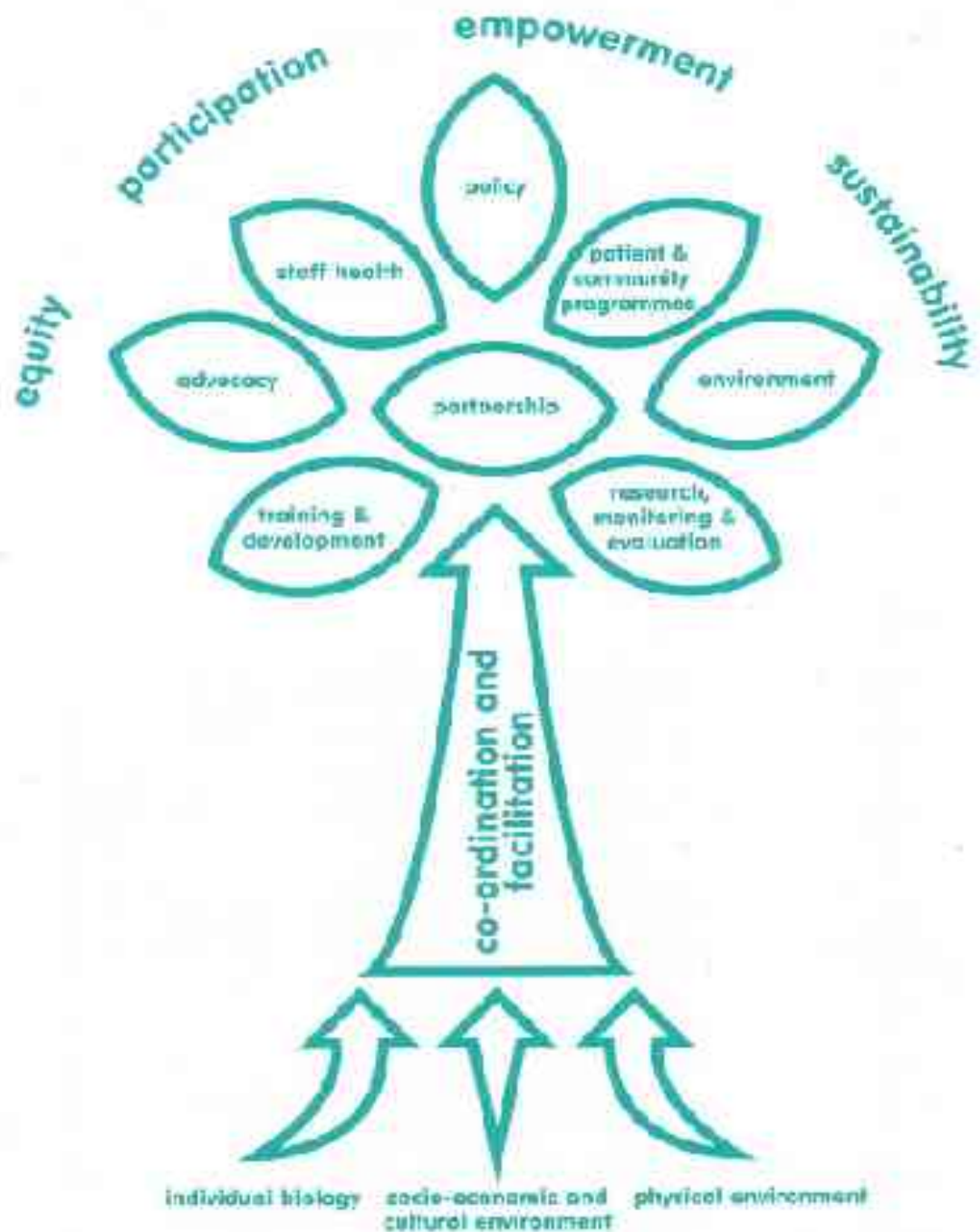
***WHO Network***

***Annual Conference***

***Provision of Promoting Health – Developing Effective***

***Practice training***

***Website [www.hphs.co.uk](http://www.hphs.co.uk)***





## ***Pre-requisites for effective health improvement/health promotion***

- **management support**
- **organisational commitment**
- funding
- **facilitation**
- **co-ordination**
- leadership at project or service level
- **capacity building**
- access to information about good practice
- responsiveness to the wider health improvement agenda, including inequalities



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***Patients and the  
community***

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***Primary***

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Sometimes life  
ain't so  
sweet



offer a

### Confidential Drop-in

Including information,  
counselling & advice on  
diet & exercise, menstrual  
problems, relationships,  
sexual health, contraception,  
pregnancy testing,  
emergency contraception  
& free condoms.



Youth Enquiry Service  
50 hours online: BUMBLES  
Every Monday 5:00 to 8:00pm  
Every Wednesday 1:30 to 5:00pm  
Every Friday 3:00 to 4:30pm  
under 20s.

**NHS**  
Dumfries  
& Galloway

http://bit.ly/g2u



***Community pharmacy***



CRIBS  
SCHOOLS

# Speaking up *for Teachers*

A series of theoretical and practical  
workshops to develop awareness of voice  
use and misuse in the school environment

Jan Stanley  
Head Research & Language Therapist  
Royal Alexandra Hospital, NHS Anghyl & Clyoe



***Primary and  
secondary***

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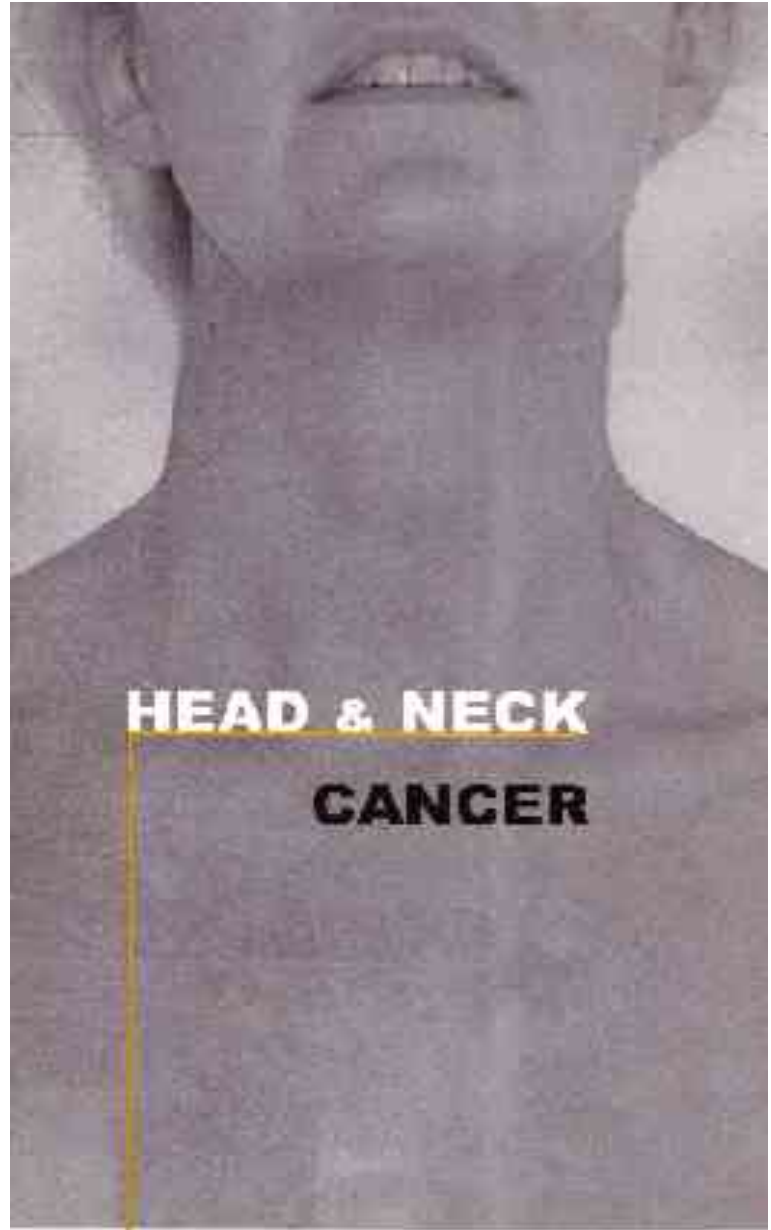
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# *Group work*





Original Artwork  
[www.KellyHawes.com](http://www.KellyHawes.com)



**HEAD & NECK  
CANCER**

**some facts...**





***Secondary***

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# ***Patients and the environment***

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***Patients and staff***

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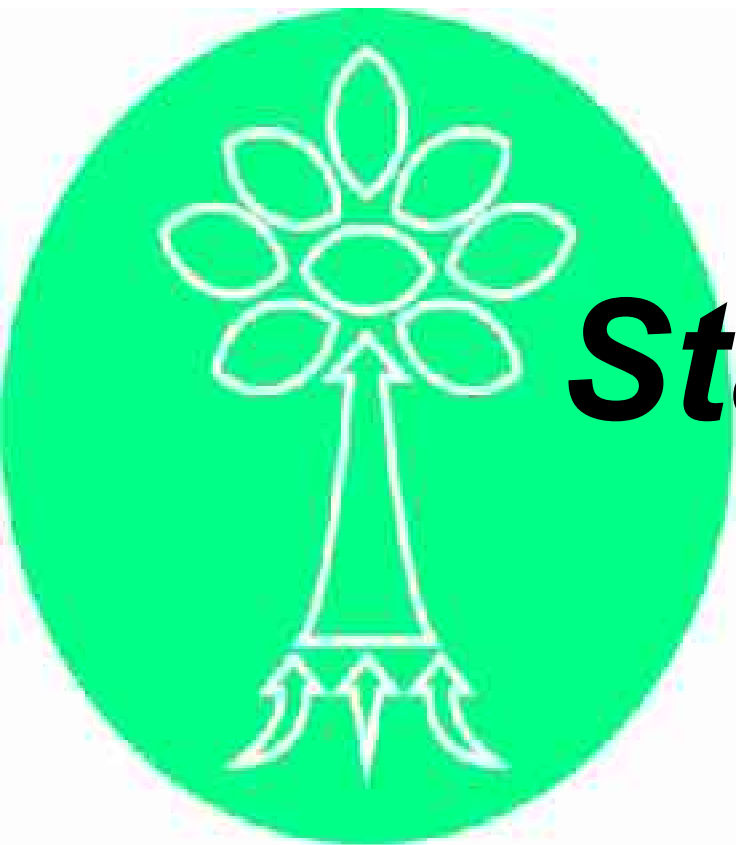
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***Staff and policies***

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# Staff health within an acute hospital setting

## Who?

Project Coordinator - Elaine Young  
(Health Promotion Manager)  
Project Facilitators - Kay Cooper and Sarah Bush  
(Health Promotion Officers)

## Where?

NHS Ayrshire & Arran General Hospitals Division  
Staff numbers approximately 5500

## How?

Staff health needs assessment and focus groups

- Questionnaire - 1/10 of all staff - 550
- Response rate was 59%
- Focus groups were held in five hospital sites using the Health and Safety Forum

## ISSUES:

Smoking and passive smoking in the workplace, stress and healthy eating



## Next steps

Start up a HPHS Link Group to develop a future programme.

Examples include working with the Paediatric Health Promotion Group and initial discussion of Health Promoting Hospitals.

Support national development of HPHS, produce new materials, review and update HPHS training, continue to raise awareness.

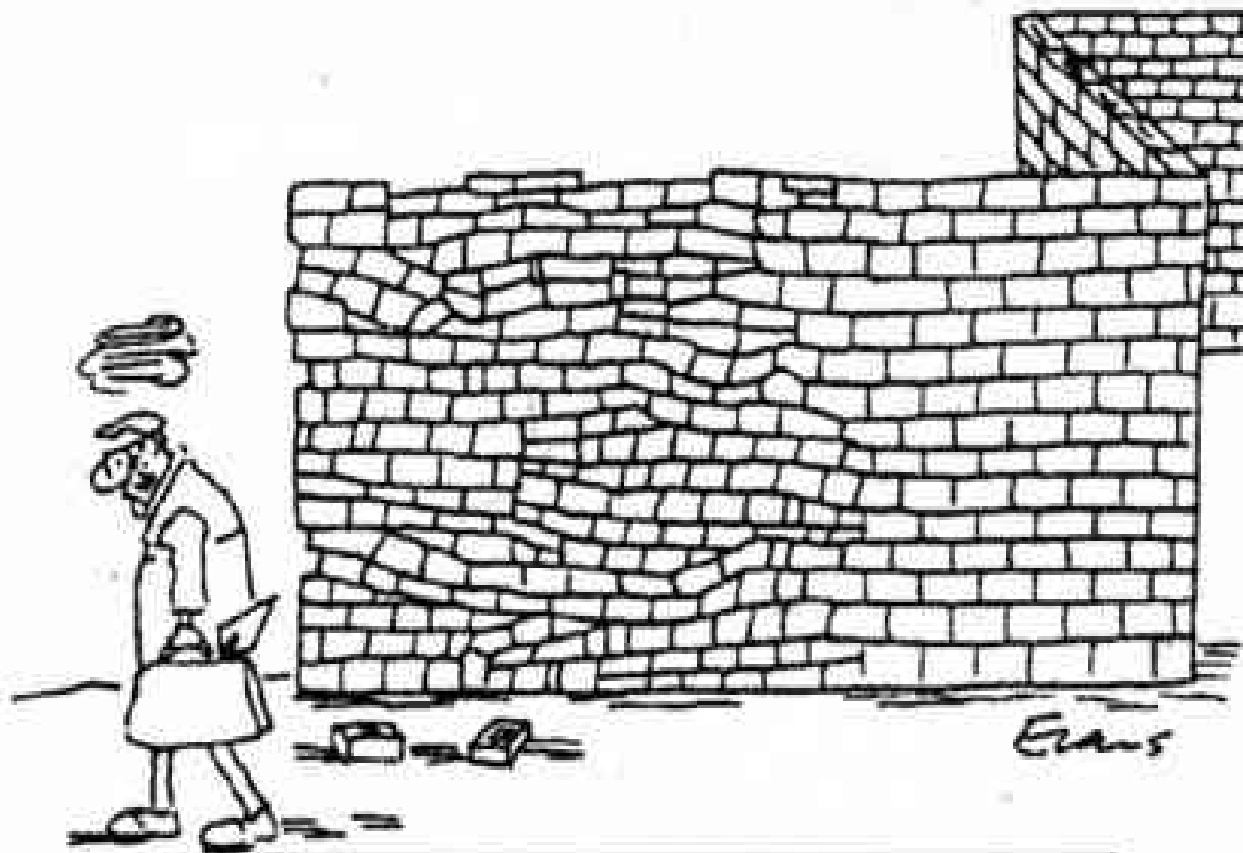
## Outcomes

- Links to Staff Governance Group
- Links to Health and Safety Group
- Policy development, for example:
  - tobacco, healthy eating, physical activity
- Health Promoting Health Service (HPHS) training event held by the Project Facilitator to help others use the HPHS framework

## Conclusion

Health Promotion has become increasingly important to the culture of the General Hospitals Division and Staff Governance now has a platform for monitoring staff health.





long hours and too much pressure  
are not good for you or your work

Why are you  
up here ?



The stress  
counselling came  
a bit too late!





# **Standards for Health Promotion in Hospitals European Region, WHO**

*Management Policy*

*Patient Assessment*

*Patient information and intervention*

*Promoting a healthy workplace*

*Continuity and Co-operation*



# **Standards for Health Promotion in Hospitals European Region, WHO**

## ***Management Policy***

**The organisation has a written policy for health promotion. The policy is implemented as part of the overall organisation quality improvement system, aiming at improving health outcomes. This policy is aimed at patients, relatives and staff.**



# **Standards for Health Promotion in Hospitals European Region, WHO**

## ***Patient assessment***

**The organisation ensures that health professionals, in partnership with patients, systematically assess needs for health promotion activities.**



# **Standards for Health Promotion in Hospitals European Region, WHO**

## ***Patient information and intervention***

**The organisation provides patients with information on significant factors concerning their disease or health condition and health promotion interventions are established in all patient pathways.**



# **Standards for Health Promotion in Hospitals European Region, WHO**

## ***Promoting a healthy workplace***

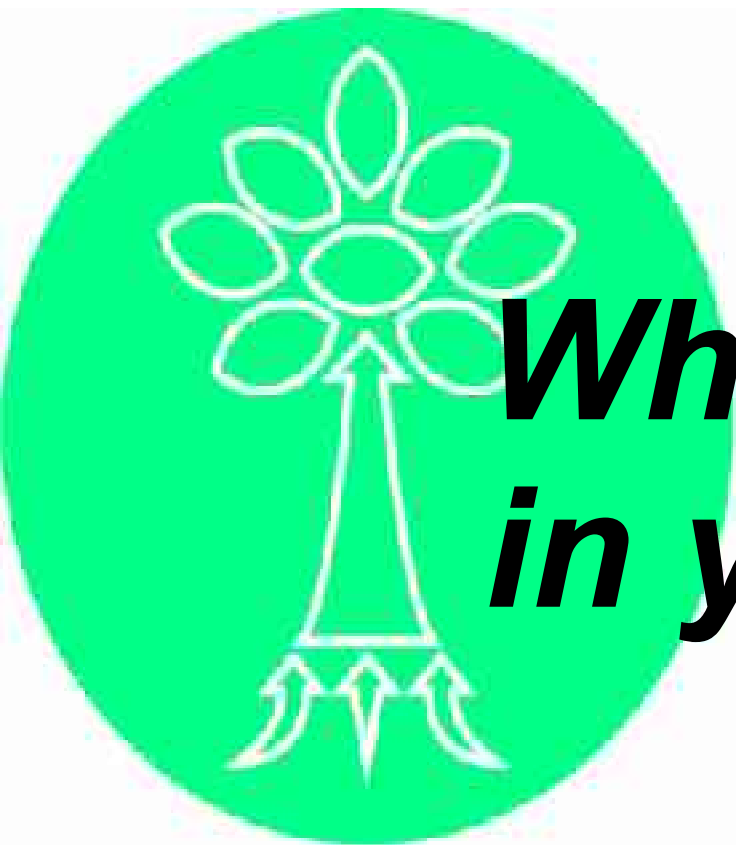
**The management establishes conditions for the development of the hospital as a healthy workplace.**



# **Standards for Health Promotion in Hospitals European Region, WHO**

## ***Continuity and co-operation***

**The organisation has a planned approach to collaboration with other health service sectors and other institutions on an ongoing basis.**



***What is happening  
in your area?***

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**Evidence Base**

**Planning**

**Implementation**

**Monitoring/evaluation/  
programme review**

**And within each  
of these:**

**equity  
participation  
empowerment  
sustainability**



For further information see

<http://www.healthscotland.com/topics/settings/health/index.aspx>