

EAST & NORTH HERTS AND WEST HERTS PRIMARY CARE TRUSTS

Commissioning Proposal for a Parkinson's Disease Specialist Nurse West Herts PCT

Introduction

It is widely acknowledged that for people with Parkinson's, Disease effective management of symptoms is essential to maintain their quality of life. This is achieved by a coordinated care package. If care is unplanned and uncoordinated patients are more likely to be high intensity users of health services including secondary care and emergency services.

This paper will set out a proposal to recruit a Parkinson's Disease Specialist Nurse for West Herts, and the PCT is supportive of the need for specialist nursing support in this area having evaluated the Specialist Nurse employed by the PCT in East & North Herts and cognisant of national evidence.

Background

The Parkinson's Disease Society (PDS) and the local West Herts Branch have been campaigning for a Specialist nurse for a number of years. They state that there are over a 1,000 people with Parkinson's disease in the area and that a single person with Parkinson's disease costs £4,000 per annum to live at home, but if that person should require full time institutional care that cost rises to in excess of £19,000. Many of these people will experience complex phases of the disease which can result in frequent hospital admissions.

A specialist nurse can improve the quality of care for patients and at the same time contribute to the achievement of healthcare targets and reducing costs by;

- Reduce unplanned admissions
- Prevent unnecessarily extended hospital stays
- Reduce the need for outpatient care
- Help achieve outpatient waiting times
- Empower and educate patients to become expert in their condition
- Help integrate health and social care
- Educate health and social care professionals about Parkinson's along the patient's care pathway.

These health care targets will be formed into key performance indicators.

Specifically in relation to West Herts the PDS and the Service Lead for neurological services advocate that the specialist nurse would be involved in the patients with complex needs and those recently diagnosed. The main task would be the regular monitoring of patients through local clinics and the post holder would be qualified to change medication in line with patient group directives. They would also provide support to the patient and carers.

Current Service Provision

There is a PD specialist nurse in East & North Herts who is based with the Multiple Sclerosis Specialist Nurse and sees patients within outpatient clinics. There are plans to base these nurses with other community neurological services within the area.

Within West Herts patients access care from either the Neurology consultants at West Herts Hospital Trust or London Hospitals. However, there is a lack of co-ordination and continuity for patients locally. This is coupled with a lack of specialist nursing advice, information and expertise available for those recently diagnosed, or availability to assist with crisis interventions.

Within the PCT provider arm there is a neurological rehabilitation service working alongside other community teams. This service provides a multidisciplinary approach to the care of patients with a mix of different therapists and nurses. Each clinician also takes the lead in certain conditions which ensures that the whole team is kept updated on the latest developments. The team operates with one assessment form and one set of notes.

Costings

A study by Harlow PCT on the affect on the cost of Hospital Admissions of having Specialist nurses, identified savings of £168,520; and after total nursing expenses had been subtracted, savings of £64,174. Of these savings, those due to the Parkinson's disease nurse were £80,448, with the net savings to the PCT £43,748 per annum.

Benefits of a Parkinson's disease specialist nurse	2004/05	2005/6
Total admissions to hospital	31	14
Reduction in bed days	377	69

The study was carried out by Harlow PCT, so is independent of the PDS.

Commissioning Intention

From the PCT point of view it is apparent that there is a need to offer an equitable service to West Hertfordshire residents by providing a service to support people with Parkinson's disease.

Therefore, as commissioners it is our intention to ask the West Herts PBCs to support the appointment of a Parkinson's disease specialist nurse.

The nurse would be part of the neurological rehabilitation service, seeing patients in a variety of settings; outpatient clinics, inpatient unit and the patient's home. The nurse would have the knowledge and ability to respond in a timely fashion to changes in the patient's condition reviewing and altering the medication appropriately to avoid a reduction in the patient's quality of life.

The service delivery model demonstrates that a Parkinson's disease nurse would be easily accommodated within the team and provides for a better patient experience. The Vice Chair of the West Herts Parkinson's Disease Society advocates that the nurse focus on the newly diagnosed patients and monitoring the medication of others.

The Parkinson Disease Society employs a 0.5 community support worker who they envisage working closely with the Parkinson's disease nurse.

The post would be funded in 2008/09 and 2009/10 by the Parkinson's Disease Society, with the PCT expected to pick up ongoing funding in 2010/11, which is in the region of £40,000 per annum. This would be dependent on a positive evaluation of the role and its outcomes.

Location of Clinics

It is proposed that the Parkinson's disease specialist nurse runs nurse led clinics in:

- Jacketts Field, Abotts Langley
- Holywell, St. Albans
- Potters Bar Community Hospital
- A venue to be identified in Hemel Hempstead, possibly Grovehill Clinic

PbC groups are asked to make recommendations on the location of clinics proposed

Process to achieve desired outcome

- Seek PbC approval to appoint 1.0 WTE specialist nurse.
- Agree proposed location of clinics with PbC
- Issue service specification to PCT provider arm, including key performance indicators
- PbC to advise if they would like the Parkinson 's disease specialist nurse to run an outpatient clinic with the Consultant in WHHT or if the PCT pursues an outreach arrangement with the Consultant working in the clinics, and this could be discussed at the West Herts conclave.
- PCT providers to recruit to post

Tracey Cooper/Clare Hawkins December 2007



Parkinson's
Disease Society

The Society's mission is the conquest of Parkinson's disease and the alleviation of the suffering and distress it causes, through effective research, education welfare and communication

West Hertfordshire Branch
Serving Watford, St Albans, Hemel Hempstead
and surrounding areas

14 February 2008

Please reply to:
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All West Herts PCT Practice Board Commissioning Leads (via Michelle Plummer)

APPOINTMENT OF A PARKINSON'S DISEASE NURSE SPECIALIST FOR THE WEST HERTS PCT

Dear Sir/Madam

I have recently been elected Chairman of the West Herts Branch of the Parkinson's Disease Society (PDS).

We understand that the decision on whether to employ a Parkinson's Disease Nurse Specialist (PDNS) within the West Herts PCT area is to be made at a meeting of the West Herts Practice Board Commissioning Leads on 21 February. The national PDS strongly support the provision of PDNSs and we the local branch have been fundraising and campaigning for an appointment in West Herts for ten years. The case for a PDNS has been clearly presented to the Trust on a number of occasions and the money we have raised to pump prime an appointment for two years has been in place and ring fenced for some time. We were told last year to expect a decision by Christmas but unfortunately this did not happen. While I am sure there are good reasons for the continual delay, you will understand that those who desperately need the service are becoming increasingly frustrated and disillusioned.

You will be aware that North and East Herts have had their PDNS for some time. Now we hear that a second MS nurse has been appointed in West Herts. Without minimising the need of the MS community in any way there does not seem to be equality in the Trust area between the provision for those with Parkinson's disease and those with other neurological conditions.

You should also know that changes in policy at PDS Headquarters are quite likely to result in the money that we have worked very hard to raise locally, and have ring fenced to support a PDNS for the first two years, will be taken from our control later this year and lost

in some national PDS pot. This would be a body blow for the people who have worked so hard to improve the lot of those with PD in this area.

I do hope that this appointment will finally be approved. If there are any points that need clarification, please do not hesitate to contact me or Alan Naylor, who has been masterminding our case for some years (01442 247230). If there are any Leads who have the time to meet us before 21 February, we would be very keen to do that too.

Yours sincerely,

Mike Peaker

Branch Chairman
West Herts Branch
Parkinson's Disease Society