

## **Fund for Innovation & Leadership 2017 Men's Health**

**Title: The Light Bulb Course**  
**Leader: Cassandra McLaughlin**  
**Location: London**

The Light Bulb Course aims to engage male veterans diagnosed with Post Traumatic Stress Disorder (PTSD) in a novel group-based trauma treatment programme that may be more accessible and acceptable to these 'hard-to-reach' men.

The goal of the course is to provide a new format for psycho-education and skills training, to help veterans to better understand and manage common symptoms of PTSD, such as hypervigilance, nightmares, flashbacks, sleep disturbance, anger and irritability, and alterations in mood and cognitions.

The course encourages them to develop strategies to overcome the avoidance that typically maintains trauma symptoms through graduated exposure, alongside learning and practicing tools to regulate nervous system arousal. It is hoped that the project will improve the physical and emotional health of participants and reduce social isolation.

**Title: Darwen AHEAD Project**  
**A – Airways H – Health E – Education A – And D – Diabetes**  
**Leader: Debbie Yates**  
**Location: Darwen, East Lancashire**

The AHEAD Project will be dedicated to improving health outcomes for male patients within the Darwen Practice.

Over the last 12 months, 458 males were invited for a Health Check Appointment with only 32% attending and of those attendees 17% were identified with a risk to their health. This project aims to achieve at least 60% attendance for a Health Check and further increase reviews for men with asthma, diabetes, COPD or cardiovascular disease. It is hoped that in excess of 400 men will benefit.

The project aims to provide clinics at times that suit working men and will also offer domiciliary visit to housebound male patients if required. Those that fail to attend will be followed up by phone calls, texts or email to encourage attendance.

**Title: Best Foot Forward**  
**Leader: Claire Coleman**  
**Location: Bath, Somerset**

This project aims to provide a complete Foot Care Health Service to improve the foot health of homeless men residing at Julian House in Bath.

It also seeks to engage with other homeless men who are known to the various homeless help organisations in Bath and surrounding areas. Service users often feel very embarrassed about the state of their feet and have limited funds to buy necessary foot products. They may also experience difficulties in accessing services in order to wash and dry clothes.

As well as access to a podiatry service, the men attending will be provided with foot products such as nail clippers and sample bottles of medicated wash to encourage continuing foot care. A sock exchange Service will also be set up as part of the project where used socks can be discreetly disposed of and new ones acquired. In addition it is hoped that through a flexible drop in foot care clinic opportunistic screening, health education and support to self care may be achieved with some of these service users. Whilst attending the clinic, links with the wider homeless hostel and outreach team may be forged and access to support services encouraged, so promoting a broader and inadvertent provision of care.

**Title: Increasing Sexual Health Awareness and the importance of screening in young men in primary care**

**Leader: Samantha Kendall**

**Location: Huddersfield, West Yorkshire**

This project aims to develop a bespoke Sexually Transmitted Infection (STI) screening service, to increase engagement with the male population of the University – whether registered or not with the university practice. It is hoped the service will increase rate of STI testing by offering accessible and convenient opportunities to engage with practice staff and destigmatise the service.

A promotional campaign will be developed to include an information pack for male student which will promote available services. The pack will contain information leaflets, condoms, urine testing pot for Gonorrhoea (GC) and chlamydia, appointment card to book for Blood Borne Virus (BBV) blood tests at the University.

Packs will be available from reception, clinicians, and toilets within the University Health Centre and from student union premises, University gym and main Halls of Residence. Pop up clinics will also be provided at strategic locations on campus/halls of residence/gym. Secure drop off points for samples will be available throughout the health centre e.g. post box for samples in reception.

**Title: Improving Health and Wellbeing for men who are prescribed antipsychotic medication**

**Leader: Judith Graham**

**Location: Rotherham and Doncaster, South Yorkshire**

The aim of this project is to help reduce health inequalities for men who are prescribed antipsychotic medication.

This would enable them to be more informed about their prescribed medication, able to access lifestyle advice and support to prevent the development of correlated health conditions such as diabetes, stroke, etc. This approach is associated with improved medication adherence, which would help prevent relapse and potential hospital admission.

Within this project, team nurses would engage with peer support workers, to enhance services for men prescribed antipsychotic medication, with the development of specific social exercise and weight management activities. Through this support it is hoped to demonstrate improved fitness and wellbeing, improved social activity, which would subsequently have a positive effect upon mental health and an improved ability to manage and monitor own antipsychotic medication.

**Title: "Way to go"**

**Name: Deena Geal**

**Location: Blandford Forum, Dorset**

This project aims to develop a new service providing weight and health management programmes specifically targeted at improving the health and well-being of obese men in the pre-retirement age range who do not currently engage with primary care services.

This will be done by encouraging men to lose weight through a range of personalised programmes, including a consistent relationship with a single nurse to support and/or monitor progress at a time that works for working men. The programme will be structured in a way that will provide motivational support for those contemplating changes in lifestyle. Preventing and identifying conditions associated with obesity (e.g. heart disease and diabetes). Improving health outcomes for those with existing conditions associated with obesity and involving partners and family members in all stages of the journey in which they wish to be involved.

**Title: Six Months to Improve Health**

**Leader: Rebecca Gill**

**Location: Cardiff, Wales**

This project aims to improve the cardiovascular well-being of men by addressing and encouraging lifestyle changes in a supportive, non-threatening environment. Men will be identified using Qrisk2 scoring system which is an algorithm that predicts the risk of cardiovascular disease. The aim is to identify 15 men with a QRISK 2 score greater than 10% and inform them of their risk of cardiovascular disease. The initial assessment will include weight monitoring, Body Mass Index (BMI), waist circumference, blood pressure (BP), HbA1c and lipid measurements.

They will then be invited to participate in a programme of education and intervention methods, attending fortnightly, over a six month period at group meetings to implement lifestyle changes and improve health. A second cohort will be recruited after 4 months to introduce a rolling programme of support. This will be a multidisciplinary team approach which will include the general practice team, dietician, fitness instructor and pharmacist.

**Title: Development and piloting a patient held PSA (prostate specific antigen) passport for men with stable prostate cancer .**

**Leader: Sandra Dyer**

**Location: London**

This project aims to develop, pilot and evaluate a patient held PSA passport for men who have stable prostate cancer who are being cared for outside of hospital. This group of men will have their care transferred into primary care as part of an innovative new pathway of care that is being rolled out across South West London. The pathway of care has been fully tested by a pilot supported by Prostate Cancer UK with positive outcomes demonstrating its safety, clinical effectiveness and with positive patient experience data.

The Passport aims to support men to self-manage their condition and increase ownership of their follow up care enabling them to track their PSA result and have an increased awareness of 'red flags' indicating action is required. The project will test a patient held passport that we will develop in partnership with users and clinicians. The final product will be available for sharing with other teams implementing similar pathways across the country.

**Title: 'The Blues Boys'**  
**Leader: Rebecca Price**  
**Location: Hull, Humberside**

The overall aim of this project is to support men transitioning to Fatherhood, paying particular attention to paternal postnatal depression. This will be done by increasing Health Visiting knowledge and awareness enabling Health Visitors to raise the issue of paternal postnatal depression in a non-judgemental way, and promote the positive role of fathers during their transition to parenthood. Men go through a multitude of complex changes when they become fathers, making the transition to fatherhood a particularly important, yet vulnerable, time in a man's life.

It is hoped that this project will improve engagement with fathers promoting a wider father-inclusive health visiting service for the future.

**Title: We seek him here**  
**Leader: Jane Strong**  
**Location: Eastbourne, East Sussex**

The aim of the project is to encourage men from a very mixed social and economic demographic to use their GP surgery appropriately and engage them in healthcare activities which will promote wellbeing and reduce the health inequality gender gap. The project will have a flexible approach, where services will be tailored to the needs of the focussed community.

The rationale for this project is simple - the service needs to refocus on maintaining health and wellbeing of men rather than treating the consequence of illness. The new service will use aspects of social media, outreach and personal invitation to encourage the male population of the practice to attend for general health check, bowel screening, and smoking cessation in a one stop clinic

**Title: T2D4XY (type 2 diabetes for men) Diabetes Education programme for men with type 2 diabetes**  
**Leader: Nicki Skillen**  
**Location: High Wycombe, Buckinghamshire**

This project will pilot a men-only structured education programme to improve confidence in self-managing type 2 diabetes and to reduce diabetes-related complications. To promote health and wellbeing and enable those attending to take small steps to a better future. It is hoped that this approach will provide a safe environment for men to be able to discuss personal feelings and problems, and to encourage them to take ownership of their diabetes, .e.g. lifestyle choices, thus improving their feeling of control and self-esteem.

The programme will initially be run for three specific groups of men: taxi drivers, men from the local prison population, and men from minority ethnic groups.