CVD: Primary Care Intelligence Packs

NHS Southwark CCG
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Introduction
This intelligence pack has been compiled by GPs and nurses and pharmacists in the Primary Care CVD Leadership Forum in collaboration with the National Cardiovascular Intelligence Network

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Local intelligence as a tool for clinicians and commissioners to improve outcomes for our patients

Why should we use this CVD Intelligence Pack

The high risk conditions for cardiovascular disease (CVD) - such as hypertension, atrial fibrillation, high cholesterol, diabetes, non-diabetic hyperglycaemia and chronic kidney disease - are the low hanging fruit for prevention in the NHS because in each case late diagnosis and suboptimal treatment is common and there is substantial variation. High quality primary care is central to improving outcomes in CVD because primary care is where much prevention and most diagnosis and treatment is delivered.

This cardiovascular intelligence pack is a powerful resource for stimulating local conversations about quality improvement in primary care. Across a number of vascular conditions, looking at prevention, diagnosis, care and outcomes, the data allows comparison between clinical commissioning groups (CCGs) and between practices.

This is not about performance management because we know that variation can have more than one interpretation. But patients have a right to expect that we will ask challenging questions about how the best practices are achieving the best, what average or below average performers could do differently, and how they could be supported to perform as well as the best.

How to use the CVD intelligence pack

The intelligence pack has several sections – CVD prevention, hypertension, stroke and atrial fibrillation (AF), diabetes, kidney disease, heart disease and heart failure. Each section has one slide of narrative that makes the case and asks some questions. This is followed by data for a number of indicators, each with benchmarked comparison between CCGs and between practices.

Use the pack to identify where there is variation that needs exploring and to start asking challenging questions about where and how quality could be improved. We suggest you then develop a local action plan for quality improvement – this might include establishing communities of practice to build clinical leadership, systematic local audit to get a better understanding of the gaps in care and outcomes, and developing new models of care that mobilise the wider primary care team to reduce burden on general practice.
This slide pack compares the clinical commissioning group (CCG) with CCGs in its strategic transformation plan (STP) and England. Where a CCG is in more than one STP, it has been allocated to the STP with the greatest geographical or population coverage. The slide pack also compares the CCG to its 10 most similar CCGs in terms of demography, ethnicity and deprivation. For information on the methodology used to calculate the 10 most similar CCGs please go to: http://www.england.nhs.uk/resources/resources-for-ccgs/comm-for-value/

The 10 most similar CCGs to NHS Southwark CCG are:
NHS Lambeth CCG
NHS City and Hackney CCG
NHS Lewisham CCG
NHS Hammersmith and Fulham CCG
NHS Waltham Forest CCG
NHS Brent CCG
NHS Greenwich CCG
NHS Haringey CCG
NHS Wandsworth CCG
NHS Islington CCG

The majority of data used in the packs is taken from the 2015/16 Quality and Outcomes Framework (QOF). Where this is not the case, this is indicated in the slide. All GP practices that were included in the 2015/16 QOF are included. Full source data are shown in the appendix.

For the majority of indicators, the additional number of people that would be treated if all practices were to achieve as well as the average of the top achieving practices is calculated. This is calculated by taking an average of the intervention rates (ie the denominator includes exceptions) for the best 50% of practices in the CCG and applying this rate to all practices in the CCG. Note, this number is not intended to be proof of a realisable improvement; rather it gives an indication of the magnitude of available opportunity.
Benchmarking is helpful because it highlights variation. Of course it has long been acknowledged that some variation is inevitable in the healthcare and outcomes experienced by patients.

But John Wennberg, who has championed research into clinical variation over four decades and who founded the pioneering Dartmouth Atlas of Health Care, concluded that much variation is unwarranted – ie it cannot be explained on the basis of illness, medical evidence, or patient preference, but is accounted for by the willingness and ability of doctors to offer treatment.

Benchmarking may not be conclusive. Its strength lies not in the answers it provides but in the questions it generates for CCGs and practices.

For example:
1. How much variation is there in detection, management, exception reporting and outcomes?
2. How many people would benefit if average performers improved to the level of the best performers?
3. How many people would benefit if the lowest performers matched the achievement of the average?
4. What are better performers doing differently in the way they provide services in order to achieve better outcomes?
5. How can the CCG support low and average performers to help them match the achievement of the best?
6. How can we build clinical leadership to drive quality improvement?

A key observation about benchmarking data is that it does not tell us why there is variation. Some of the variation may be explained by population or case mix and some may be unwarranted. We will not know unless we investigate.

The variation that exists between demographically similar CCGs and between practices illustrates the local potential to improve care and outcomes for our patients.

Why does variation matter?

There are legitimate reasons for exception reporting. But ……

Excepting patients from indicators puts them at risk of not receiving optimal care and of having worse outcomes. It is also likely to increase health inequalities. The substantial variation seen in exception reporting for some indicators suggests that some practices are more effective than others at reaching their whole population. Benchmarking exception reporting allows us to identify the practices that need support to implement the strategies adopted by low excepting practices.
Cluster methodology: your most similar practices

Each practice has been grouped on the basis of demographic data into 15 national clusters. These demographic factors cover:
• deprivation (practice level)
• age profile (% < 5, % < 18, % 15-24, % 65+, % 75+, % 85+)
• ethnicity (% population of white ethnicity)
• practice population side

These demographic factors closely align with those used to calculate the “Similar 10 CCGs”.
These demographic factors have been used to compare practices with similar populations to account for potential factors which may drive variation. Some local interpretation will need to be applied to the data contained within the packs as practices with significant outlying population characteristics e.g. university populations or care home practices will need further contextualisation.
Further detailed information including full technical methodology and a full PDF report on each of the 15 practice clusters is available here: https://github.com/julianflowers/geopractice.
Cluster methodology: calculating potential gains

The performance of every practice in the GP cluster contributes to the average of the top performing 50% of practices to form a benchmark.

The difference between the benchmark and the selected practices is displayed on this chart. The benchmark will most likely be different for different practices as they are in different clusters, so the difference is the key measure here. If the practice performance is below the benchmark, the difference is applied to the denominator plus exceptions to demonstrate potential gains on a practice basis. The potential gains on a CCG basis are calculated based on the difference between the top 5 performing closest CCGs and the selected CCG, applied to the denominator plus exceptions.

Using the GP cluster method of calculating potential gains, if all practices were to achieve as well as the average of the best achieving practices, then an additional 15 people would be treated.
CVD prevention
“The NHS needs a radical upgrade in prevention if it is to be sustainable”
5 year Forward View 2014

This is because England faces an epidemic of largely preventable non-communicable diseases, such as heart disease and stroke, cancer, Type 2 diabetes and liver disease.

The size of the prevention problem
- 2/3 of adults are obese or overweight
- 1/3 of adults are physically inactive
- average smoking prevalence is 17% but is much higher in some communities
- in high risk conditions like atrial fibrillation, high blood pressure, diabetes and high ten year CVD risk score, up to half of all people do not receive preventative treatments that are known to be highly effective at preventing heart attacks and strokes
- around 90% of people with familial hypercholesterolaemia are undiagnosed and untreated despite their average 10 year reduction in life expectancy

Social prescribing and wellbeing hubs offer new models for supporting behaviour change while reducing burden on general practice.

The NHS Health Check is a systematic approach to identifying local people at high risk of CVD, offering behaviour change support and early detection of the high risk but often undiagnosed conditions such as hypertension, atrial fibrillation, CKD, diabetes and pre-diabetes.

Question: What proportion of our local eligible population is receiving the NHS Health Check and how effective is the follow-up management of their clinical risk factors in primary care?
Global Burden of Disease Study 2015
Risk Factors for premature death and disability caused by CVD in England, expressed as a percentage of total disability-adjusted life-years

- High systolic blood pressure
- Dietary risks
- High total cholesterol
- High body-mass index
- Tobacco smoke
- High fasting plasma glucose
- Low physical activity
- Air pollution
- Low glomerular filtration rate
- Other environmental risks

Percentage of total CVD disability-adjusted life-years (DALYs)
Estimated smoking prevalence (QOF) by CCG
Comparison with demographically similar CCGs

Prevalence of 18.6% in NHS Southwark CCG

Note: It has been found that the proportion of patients recorded as smokers correlates well with IHS smoking prevalence and is a good estimate of the actual smoking prevalence in local areas, [http://bmjopen.bmj.com/content/4/7/e005217.abstract](http://bmjopen.bmj.com/content/4/7/e005217.abstract)

Definition: denominator of QOF clinical indicator SMOKE004 (number of patients 15+ who are recorded as current smokers) divided by GP practice’s estimated number of patients 15+
Estimated smoking prevalence (QOF) by GP practice

- 48,943 people who are recorded as smokers in NHS Southwark CCG
- GP practice range: 10.1% to 26.5%

Note: This method is thought to be a reasonably robust method in estimating smoking prevalence for the majority of GP practices. However, caution is advised for extreme estimates of smoking prevalence and those with high numbers of smoking status not recorded and exceptions.
Hypertension
Hypertension

The Global Burden of Disease Study confirmed high blood pressure as a leading cause of premature death and disability.

High blood pressure is common and costly
- it affects around a quarter of all adults
- the NHS costs of hypertension are around £2bn
- social costs are probably considerably higher

What do we know?
- at least half of all heart attacks and strokes are caused by high blood pressure and it is a major risk factor for chronic kidney disease and cognitive decline
- treatment is very effective – every 10mmHg reduction in systolic blood pressure lowers risk of heart attack and stroke by 20%
- despite this 4 out of 10 adults with hypertension, over 5 and a half million people in England, remain undiagnosed
- and even when the condition is identified, treatment is often suboptimal, with blood pressure poorly controlled in about 1 out of 3 individuals

What might help?
- support practices to share audit data and systematically identify gaps and opportunities for improved detection and management of hypertension
- work with practices and local authorities to maximise uptake and follow up in the NHS Health Check
- support access to self-test BP stations in waiting rooms and to ambulatory blood pressure monitoring.
- commission community pharmacists to offer blood pressure measurement, diagnosis and management support, including support for adherence to medication

The Missing Millions
On average, each CCG in England has 26,000 residents with undiagnosed hypertension – these individuals are unaware of their increased cardiovascular risk and are untreated.

What questions should we ask in our CCG?
1. for each indicator how wide is the variation in achievement and exception reporting?
2. how many people would benefit if all practices performed as well as the best?
3. how can we support practices who are average or below average to perform as well as the best in:
   - detection of hypertension
   - management of hypertension

What do we know?
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- treatment is very effective – every 10mmHg reduction in systolic blood pressure lowers risk of heart attack and stroke by 20%
- despite this 4 out of 10 adults with hypertension, over 5 and a half million people in England, remain undiagnosed
- and even when the condition is identified, treatment is often suboptimal, with blood pressure poorly controlled in about 1 out of 3 individuals
Hypertension observed prevalence compared with expected prevalence by CCG

Comparison with CCGs in the STP

- the ratio of those diagnosed with hypertension versus those expected to have hypertension is 0.55. This compares to 0.59 for England
- this suggests that 55% of people with hypertension have been diagnosed

Note: this slide shows Hypertension prevalence estimates created using data from QOF hypertension registers 2014/15 and Undiagnosed hypertension estimates for adults 16 years and older. 2014. Department of Primary Care & Public Health, Imperial College London
Hypertension observed prevalence compared with expected prevalence by CCG

Comparison with demographically similar CCGs

NHS Greenwich CCG 0.60
NHS Brent CCG 0.58
NHS Waltham Forest CCG 0.56
NHS Lewisham CCG 0.56
NHS Haringey CCG 0.55
NHS Southwark CCG 0.55
NHS City and Hackney CCG 0.53
NHS Hammersmith and Fulham CCG 0.51
NHS Lambeth CCG 0.51
NHS Islington CCG 0.50
NHS Wandsworth CCG 0.49
Hypertension observed prevalence compared with expected prevalence by GP practice

- it is estimated that there are 26,775 people with undiagnosed hypertension in NHS Southwark CCG
- GP practice range of observed to expected hypertension prevalence 0.37 to 0.81
Percentage of patients with hypertension whose last blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less by CCG

Comparison with CCGs in the STP

- NHS Bexley CCG: 81.2%
- NHS Southwark CCG: 79.4%
- NHS Lambeth CCG: 78.0%
- NHS Bromley CCG: 77.3%
- NHS Greenwich CCG: 76.0%
- NHS Lewisham CCG: 74.9%

England: 79.6%

- 33,504 people with hypertension (diagnosed)* in NHS Southwark CCG
- 26,618 (79.4%) people whose blood pressure is <= 150/90
- 901 (2.7%) people who are excepted from optimal control
- 5,985 (17.9%) additional people whose blood pressure is not <= 150/90

*Using QOF clinical indicator HYP006 denominator plus exceptions
Percentage of patients with hypertension whose last blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less by CCG

Comparison with demographically similar CCGs

<table>
<thead>
<tr>
<th>CCG</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>NHS City and Hackney CCG</td>
<td>86.3%</td>
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<tr>
<td>NHS Brent CCG</td>
<td>79.8%</td>
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<tr>
<td>NHS Southwark CCG</td>
<td>79.4%</td>
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<tr>
<td>NHS Wandsworth CCG</td>
<td>78.1%</td>
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<td>NHS Lambeth CCG</td>
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<td>NHS Waltham Forest CCG</td>
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<td>NHS Islington CCG</td>
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<td>NHS Greenwich CCG</td>
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<td>NHS Lewisham CCG</td>
<td>74.9%</td>
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<td>NHS Haringey CCG</td>
<td>74.7%</td>
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<tr>
<td>NHS Hammersmith and Fulham CCG</td>
<td>74.3%</td>
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</tbody>
</table>
Percentage of patients with hypertension whose last blood pressure reading (measured in the preceding 12 months) is not 150/90 mmHg or less by GP practice

- in total, including exceptions, there are 6,886 people whose blood pressure is not <= 150/90
- GP practice range: 11.1% to 35.4%
New diagnosis of hypertension who have been given a CVD risk assessment whose CVD risk exceeds 20% and treated with statins by CCG

Comparison with CCGs in the STP

- 110 people with a new diagnosis* of hypertension with a CVD risk of 20% or higher in NHS Southwark CCG
- 80 (72.7%) people who are currently treated with statins
- 30 (27.3%) people who are exempted from treatment with statins
- 0 (0%) additional people who are not currently treated with statins

*Using the QOF clinical indicator CVD-PP001 denominator plus exceptions
New diagnosis of hypertension who have been given a CVD risk assessment whose CVD risk exceeds 20% and treated with statins by CCG

Comparison with demographically similar CCGs

<table>
<thead>
<tr>
<th>CCG</th>
<th>Percentage</th>
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<tr>
<td>NHS Hammersmith and Fulham CCG</td>
<td>84.4%</td>
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<td>NHS Greenwich CCG</td>
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<td>NHS Islington CCG</td>
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<td>NHS Haringey CCG</td>
<td>74.3%</td>
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<tr>
<td>NHS City and Hackney CCG</td>
<td>73.9%</td>
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<td>NHS Southwark CCG</td>
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<tr>
<td>NHS Waltham Forest CCG</td>
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<tr>
<td>NHS Brent CCG</td>
<td>70.1%</td>
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<tr>
<td>NHS Lambeth CCG</td>
<td>61.2%</td>
</tr>
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</table>
New diagnosis of hypertension who have been given a CVD risk assessment whose CVD risk exceeds 20% and not treated with statins by GP practice

- in total, including exceptions, there are 30 people who are not treated with statins
- GP practice range: 0.0% to 100.0%
Stroke
Only a half of people with known AF who then suffer a stroke have been anticoagulated before their stroke.

Stroke is one of the leading causes of premature death and disability. Stroke is devastating for individuals and families, and accounts for a substantial proportion of health and social care expenditure.

Atrial fibrillation increases the risk of stroke by a factor of 5, and strokes caused by AF are often more severe, with higher mortality and greater disability.

Anticoagulation reduces the risk of stroke in people with AF by two thirds.

Despite this, AF is underdiagnosed and under treated: up to a third of people with AF are unaware they have the condition and even when diagnosed inadequate treatment is common – large numbers do not receive anticoagulants or have poor anticoagulant control.

What questions should we ask in our CCG?
1. for each indicator how wide is the variation in detection, treatment and exception reporting?
2. how many people would benefit if all practices performed as well as the best?
3. how can we support practices who are average and below average to perform as well as the best in detection of atrial fibrillation and stroke prevention with anticoagulation.

What might help?
• increase opportunistic pulse checking especially in over 65s
• support practices to share audit data and systematically identify gaps and opportunities for improved detection and management of AF - eg GRASP-AF
• promote systematic use of CHADS-VASC and HASBLED to ensure those at high risk are offered stroke prevention
• promote systematic use of Warfarin Patient Safety Audit Tool to ensure optimal time in therapeutic range for people on warfarin
• develop local consensus statement on risk-benefit balance for anticoagulants, including the newer treatments (NOACs)
• work with practices and local authorities to maximise uptake and clinical follow up in the NHS Health Check
• commission community pharmacists to offer pulse checks, anticoagulant monitoring, and support for adherence to medication

Atrial fibrillation increases the risk of stroke by a factor of 5, and strokes caused by AF are often more severe, with higher mortality and greater disability.

Anticoagulation reduces the risk of stroke in people with AF by two thirds.
Atrial fibrillation observed prevalence compared to expected prevalence by CCG
Comparison with CCGs in the STP

- The ratio of those diagnosed with atrial fibrillation versus those expected to have atrial fibrillation is 0.55. This compares to 0.7 for England.
- This suggests that 55% of people with atrial fibrillation have been diagnosed.

Note: This slide compares the prevalence of atrial fibrillation recorded in QOF in 2015/16 to the estimated prevalence of atrial fibrillation, taken from National Cardiovascular Intelligence Network estimates produced in 2017. The estimates were developed by applying age-sex specific prevalence rates as reported by Norberg et al (2013) to GP population estimates from NHS Digital. Estimates reported are adjusted for age and sex of the local population.
Atrial fibrillation observed prevalence compared to expected prevalence by CCG

Comparison with demographically similar CCGs

- NHS Hammersmith and Fulham CCG: 0.65
- NHS Islington CCG: 0.62
- NHS Greenwich CCG: 0.60
- NHS Wandsworth CCG: 0.57
- NHS City and Hackney CCG: 0.57
- NHS Southwark CCG: 0.55
- NHS Lewisham CCG: 0.53
- NHS Lambeth CCG: 0.52
- NHS Haringey CCG: 0.52
- NHS Waltham Forest CCG: 0.51
- NHS Brent CCG: 0.47
Atrial fibrillation observed prevalence compared with expected prevalence by GP practice

- it is estimated that there are 4,091 people with undiagnosed atrial fibrillation in NHS Southwark CCG
- GP practice range of observed to expected atrial fibrillation prevalence 0.2 to 0.8
In patients with AF with a CHA2DS2-VASc score of 2 or more, the percentage treated with anti-coagulation therapy by CCG

Comparison with CCGs in the STP

- 1,791 people with atrial fibrillation* with a CHA2DS2-VASc score \( \geq 2 \) in NHS Southwark CCG
- 1,347 (75.2%) people treated with anti-coagulation therapy
- 193 (10.8%) people who are exceptions
- 251 (14%) additional people with a recorded CHA2DS2-VASc score \( \geq 2 \) who are not treated

*Using the QOF clinical indicator AF007 denominator plus exceptions
In patients with AF with a CHA2DS2-VASc score of 2 or more, the percentage treated with anti-coagulation therapy by CCG

Comparison with demographically similar CCGs

<table>
<thead>
<tr>
<th>CCG</th>
<th>Optimal management</th>
<th>No treatment</th>
<th>Exceptions reported</th>
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<tbody>
<tr>
<td>NHS City and Hackney CCG</td>
<td>76.5%</td>
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<td>NHS Islington CCG</td>
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In patients with AF with a CHA2DS2-VASc score of 2 or more, the percentage treated with anti-coagulation therapy by GP practice

- in total, including exceptions, there are 444 people with a recorded CHA2DS2-VASc score >= 2 who are not treated
- GP practice range: 11.5% to 44.8%
In patients with AF with a CHA2DS2-VASc score of 2 or more, the percentage treated with anti-coagulation therapy by GP practice – opportunities compared to GP cluster

- using the GP cluster method of calculating potential gains, if each practice was to achieve as well as the upper quartile of its national cluster, then an additional 158 people would be treated

Details of this methodology are available on slide 9. Click here to view them.
Percentage of patients with a history of stroke whose last blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less by CCG

Comparison with CCGs in the STP

- 2,834 people with a history of stroke or TIA* in NHS Southwark CCG
- 2,448 (86.4%) people whose blood pressure is <= 150 / 90
- 73 (2.6%) people who are exceptions
- 313 (11%) additional people whose blood pressure is not <= 150 / 90

*Using the QOF clinical indicator STIA003 denominator plus exceptions
Percentage of patients with a history of stroke whose last blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less by CCG

Comparison with demographically similar CCGs

<table>
<thead>
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<th>CCG</th>
<th>Below 150/90</th>
<th>Not below 150/90</th>
<th>Exceptions reported</th>
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<td>NHS Haringey CCG</td>
<td>78.9%</td>
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Percentage of patients with a history of stroke whose last blood pressure reading (measured in the preceding 12 months) is not 150/90 mmHg or less by GP practice

- in total, including exceptions, there are 386 people whose blood pressure is not <= 150 / 90
- GP practice range: 0.0% to 35.9%
Percentage of patients with a stroke shown to be non-haemorrhagic, or a history of TIA, who have a record in the preceding 12 months that an anti-platelet agent, or an anti-coagulant is being taken by CCG

Comparison with CCGs in the STP

- 1,743 people with a stroke shown to be non-haemorrhagic* in NHS Southwark CCG
- 1,612 (92.5%) people who are taking an anti-platelet agent or anti-coagulant
- 71 (4.1%) people who are exceptions
- 60 (3.4%) additional people with no treatment

*Using the QOF clinical indicator STIA007 denominator plus exceptions
Percentage of patients with a stroke shown to be non-haemorrhagic, or a history of TIA, who have a record in the preceding 12 months that an anti-platelet agent, or an anti-coagulant is being taken by CCG

Comparison with demographically similar CCGs
Percentage of patients with a stroke shown to be non-haemorrhagic, or a history of TIA, who do not have a record in the preceding 12 months that an anti-platelet agent, or an anti-coagulant is being taken by GP practice

- in total, including exceptions, there are 131 people who are not taking an anti-platelet agent or anti-coagulant
- GP practice range: 0.0% to 28.6%
Diabetes
Diabetes prevention and management

Type 2 Diabetes in numbers
• diagnosed prevalence – 3.0 million
• undiagnosed diabetes – 900,000
• non-diabetic hyperglycaemia (high risk of diabetes) – 5 million

What questions should we ask in our CCG?
1. for each indicator how wide is the variation in achievement and exception reporting?
2. how many people would benefit if all practices performed as well as the best?
3. how can we support practices who are average and below average to perform as well as the best in:
   • detection of diabetes
   • delivery of the 8 care processes and achievement of the 3 treatment targets
   • identification and management of Non-diabetic hyperglycaemia

What might help
• ensure universal participation by practices in the National Diabetes Audit (NDA)
• benchmark practice level data from the NDA – and support practices to explore variation
• increase support for patient education and shared management
• maximise uptake of the NHS Health Check to aid detection of diabetes and Non Diabetic Hyperglycaemia
• maximise uptake of the NHS Diabetes Prevention Programme

Type 2 diabetes is often preventable
People at high risk of developing type 2 diabetes can be identified through the NHS Health Check, and the disease can be prevented or delayed in many through intensive behaviour change support.

Complications of diabetes are preventable
Diabetes is a major cause of premature death and disability and greatly increases the risk of heart disease and stroke, kidney failure, amputations and blindness. 80% of NHS spending on diabetes goes on managing these complications, most of which could be prevented. There are 8 essential care processes, in addition to retinal screening, that together substantially reduce complication rates. Despite this, around a half of people with diabetes do not receive all 8 care processes, and there is widespread variation between CCGs and practices in levels of achievement.

Diabetes costs the NHS £9.8 billion per year – and the prevalence is rising

Complications of diabetes are preventable
Diabetes is a major cause of premature death and disability and greatly increases the risk of heart disease and stroke, kidney failure, amputations and blindness. 80% of NHS spending on diabetes goes on managing these complications, most of which could be prevented. There are 8 essential care processes, in addition to retinal screening, that together substantially reduce complication rates. Despite this, around a half of people with diabetes do not receive all 8 care processes, and there is widespread variation between CCGs and practices in levels of achievement.

Diabetes is a major cause of premature death and disability and greatly increases the risk of heart disease and stroke, kidney failure, amputations and blindness. 80% of NHS spending on diabetes goes on managing these complications, most of which could be prevented. There are 8 essential care processes, in addition to retinal screening, that together substantially reduce complication rates. Despite this, around a half of people with diabetes do not receive all 8 care processes, and there is widespread variation between CCGs and practices in levels of achievement.
Diabetes observed prevalence compared with expected prevalence by CCG

Comparison with CCGs in the STP

• 0.65 ratio of observed to expected diabetes prevalence in NHS Southwark CCG, compared to 0.77 in England

• this suggests 65% of people have been diagnosed

Note: This slide compares the prevalence of Diabetes recorded in QOF in 2015/16 to the expected prevalence of Diabetes in 2016 taken from the NCVIN diabetes prevalence model produced in 2015.
Diabetes observed prevalence compared with expected prevalence by CCG

Comparison with demographically similar CCGs

- NHS Greenwich CCG: 0.80
- NHS Brent CCG: 0.78
- NHS Waltham Forest CCG: 0.67
- NHS Islington CCG: 0.66
- NHS Lewisham CCG: 0.66
- NHS Haringey CCG: 0.65
- NHS Southwark CCG: 0.65
- NHS Wandsworth CCG: 0.62
- NHS City and Hackney CCG: 0.61
- NHS Hammersmith and Fulham CCG: 0.60
- NHS Lambeth CCG: 0.58
• GP practice range of observed diabetes 3.2% to 9.4%
• there are an estimated 8,228 people with undiagnosed diabetes in NHS Southwark CCG

Note: The estimated number of undiagnosed people with diabetes has been calculated by multiplying the estimated prevalence rate to the 2015/16 QOF list size and subtracting the number of people on the diabetes register.
Expected total prevalence of diabetes and non-diabetic hyperglycaemia

- the estimated total prevalence of diabetes in NHS Southwark CCG is 9.1% (diagnosed and undiagnosed)

- in addition, there are an estimated 10.2% of people in NHS Southwark CCG who are at increased risk of developing diabetes (i.e. with non-diabetic hyperglycaemia)

- this means that 19.3% of the population in NHS Southwark CCG are estimated to have diabetes, or at high risk of developing of diabetes

Note: Prevalence estimates of non-diabetic hyperglycaemia were developed using Health Survey for England (HSE) data. Five years of HSE data were combined, 2009-2013. The estimates take into account the age, ethnic group and estimated body mass index of the population. These estimates were produced using the GP registered population.
People with diabetes who had eight care processes by CCG 2015/16

- data on care processes and treatment targets are taken from the National Diabetes Audit (NDA)
- overall practice participation in the 2015/16 audit was 81.4% in England
- in NHS Southwark CCG, 42 out of 42 practices (100.0%) participated in the NDA
- 39.7% of people with diabetes (of practices who participated in the audit) had the eight recommended care processes in NHS Southwark CCG, compared to 52.6% in England
People with diabetes who had eight care processes by GP practice, 2015/16

- achievement - 8 care processes: in practices who provided data via the NDA, between 3.4% and 81.4% of patients received all 8 care processes
- at least 8,839 people did not receive the eight care processes
People with diabetes who met all 3 treatment targets by CCG, 2015/16

- 37.0% of people with diabetes (of practices who participated in the audit) met the three treatment targets in NHS Southwark CCG, compared to 39.0% in England.
People with diabetes who met all 3 treatment targets by GP practice, 2015/16

- Achievement - 3 treatment targets: in practices who provided data via the NDA, between 25.9% and 57.7% of patients achieved all 3 treatment targets
- At least 8,369 people did not meet the three treatment targets
### People with diabetes who met all 3 treatment targets by GP practice, 2015/16 - opportunities compared to GP cluster

<table>
<thead>
<tr>
<th>GP Practice</th>
<th>Percentage Gain</th>
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<tbody>
<tr>
<td>DR I SALAU'S PRACTICE</td>
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<tr>
<td>DR SMS HOSSAIN'S PRACTICE</td>
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<tr>
<td>PENROSE SURGERY</td>
<td>0%</td>
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<tr>
<td>THE LISTER PRIMARY CARE CENTRE</td>
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<tr>
<td>STERNHALL LANE SURGERY</td>
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<tr>
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<tr>
<td>ST GILES SURGERY DR PATEL</td>
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<tr>
<td>DMC CHADWICK ROAD</td>
<td>-20%</td>
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<tr>
<td>MANOR PLACE SURGERY</td>
<td>-15%</td>
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<tr>
<td>FOREST HILL GROUP PRACTICE</td>
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<td>THE GARDENS SURGERY</td>
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<tr>
<td>SURREY DOCKS HEALTH CENTRE</td>
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<tr>
<td>DR AT BRADFORD'S PRACTICE</td>
<td>5%</td>
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<tr>
<td>TRAFALGAR SURGERY</td>
<td>-15%</td>
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<tr>
<td>CONCORDIA PARKSIDE</td>
<td>-20%</td>
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<tr>
<td>BERMONDSEY AND LANSDOWNE MEDICAL MISSION</td>
<td>-10%</td>
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<tr>
<td>THE THREE ZERO SIX MEDICAL CENTRE</td>
<td>-5%</td>
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<tr>
<td>THE NEW MILL STREET SURGERY</td>
<td>0%</td>
</tr>
<tr>
<td>DR RHK SINHA'S PRACTICE</td>
<td>5%</td>
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<tr>
<td>DR R SHARMA'S PRACTICE</td>
<td>10%</td>
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</table>

- using the GP cluster method of calculating potential gains, if each practice was to achieve as well as the upper quartile of its national cluster, then an additional 1,051 people would be treated.

Details of this methodology are available on slide 9. Click [here](#) to view them.
Kidney
Chronic Kidney Disease can progress to kidney failure and it substantially increases the risk of heart attack and stroke.

Chronic Kidney Disease (CKD) is common. It is one of the commonest co-morbidities and affects a third of people over 75. In 2010 it was estimated to cost the NHS around £1.5bn. Average length of stay in hospital tends to be longer and outcomes are considerably worse: approximately 7,000 excess strokes and 12,000 excess heart attacks occur each year in people with CKD compared to those without. Individuals with CKD are also at much higher risk of developing acute kidney injury when they have an intercurrent illness such as pneumonia.

Late diagnosis of CKD is common. Around a third of people with CKD are undiagnosed. More opportunistic testing and improved uptake of the NHS Health Check will increase detection rates.

What questions should we ask in our CCG?
1. for each indicator how wide is the variation in achievement and exception reporting?
2. how many people would benefit if all practices performed as well as the best?
3. how can we support practices who are average and below average to perform as well as the best in:
   • detection of CKD
   • more systematic delivery of evidence based care

What might help
• Support practices to share audit data and systematically identify gaps and opportunities for improved detection and management of CKD.
• Promote uptake of and follow up from the NHS Health Check to aid detection and management of CKD
• Offer local training and education in the detection and management of CKD

Evidence based guidance from NICE highlights CVD risk reduction, good blood pressure control and management of proteinuria as essential steps to reduce the risk of cardiovascular events and progression to kidney failure. Despite this there is often significant variation between practices in achievement and exception reporting.
Chronic kidney disease (CKD) observed prevalence (2015/16) compared with expected prevalence (2011) by CCG

Comparison with CCGs in the STP

- the ratio of those diagnosed with chronic kidney disease versus those expected to have chronic kidney disease is 0.61. This compares to 0.68 for England
- this suggests that 61% of people with chronic kidney disease have been diagnosed

Note: This slide compares the prevalence of CKD recorded in QOF in 2015/16 to the expected prevalence of CKD produced by the University of Southampton in 2011. A small number of CCGs have a ratio greater than 1. It is unlikely that all people with CKD will be diagnosed in any CCG and therefore a ratio greater than 1 suggests that the figures are underestimating the true CKD prevalence in the area. These ratios should be taken as an indication of the comparative scale of undiagnosed CKD rather than absolute figures.
Chronic kidney disease (CKD) observed prevalence (2015/16) compared with expected prevalence (2011) by CCG

Comparison with demographically similar CCGs

NHS Greenwich CCG: 0.67
NHS Southwark CCG: 0.61
NHS City and Hackney CCG: 0.61
NHS Lambeth CCG: 0.55
NHS Hammersmith and Fulham CCG: 0.55
NHS Waltham Forest CCG: 0.52
NHS Islington CCG: 0.51
NHS Haringey CCG: 0.50
NHS Brent CCG: 0.49
NHS Lewisham CCG: 0.49
NHS Wandsworth CCG: 0.42

Ratio
The CKD prevalence by GP practice for the year 2015/16 is shown in the diagram. The prevalence ranges from 0.4% to 8.8% across different GP practices. A note indicates that it is estimated that there are 3,254 people with undiagnosed chronic kidney disease in NHS Southwark CCG. The characteristics of registered and resident populations may vary in some CCGs, and local interpretation is required.
Percentage of patients on the CKD register whose last blood pressure reading (measured in the preceding 12 months) is 140/85 mmHg or less by CCG, 2014/15

Comparison with CCGs in the STP

- 5,127 people with CKD (diagnosed*) in NHS Southwark CCG
- 3,857 (75.2%) people whose blood pressure is <= 140/85
- 399 (7.8%) people who are exceptions
- 871 (17%) additional people whose blood pressure is not <= 140/85

*Using the QOF clinical indicator CKD002 denominator plus exceptions. Note: as the CKD002 indicator was removed from the QOF in 15/16 this is historic data taken from the 2014/15 QOF.
Percentage of patients on the CKD register whose last blood pressure reading (measured in the preceding 12 months) is 140/85 mmHg or less by CCG, 2014/15

Comparison with demographically similar CCGs

<table>
<thead>
<tr>
<th>CCG</th>
<th>Below 140/85</th>
<th>Not below 140/85</th>
<th>Exceptions reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>NHS City and Hackney CCG</td>
<td>82.6%</td>
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<tr>
<td>NHS Greenwich CCG</td>
<td>76.7%</td>
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<tr>
<td>NHS Islington CCG</td>
<td>76.0%</td>
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<tr>
<td>NHS Waltham Forest CCG</td>
<td>75.8%</td>
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<tr>
<td>NHS Wandsworth CCG</td>
<td>75.4%</td>
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<td>NHS Brent CCG</td>
<td>75.3%</td>
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<tr>
<td>NHS Southwark CCG</td>
<td>75.2%</td>
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<tr>
<td>NHS Lambeth CCG</td>
<td>74.6%</td>
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<tr>
<td>NHS Lewisham CCG</td>
<td>74.0%</td>
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<tr>
<td>NHS Haringey CCG</td>
<td>71.7%</td>
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<tr>
<td>NHS Hammersmith and Fulham CCG</td>
<td>70.3%</td>
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</table>
Percentage of patients on the CKD register whose last blood pressure reading (measured in the preceding 12 months) is not 140/85 mmHg or less by GP practice, 2014/15

- in total, including exceptions, there are 1,270 people whose blood pressure is not ≤ 140 / 85
- GP practice range: 12.0% to 46.5%
Percentage of patients on the CKD register whose last blood pressure reading (measured in the preceding 12 months) is not 140/85 mmHg or less by GP practice, 2014/15 – opportunities compared to GP cluster

- using the GP cluster method of calculating potential gains, if each practice was to achieve as well as the upper quartile of its national cluster, then an additional 438 people would be treated

Details of this methodology are available on slide 9. Click here to view them.
Percentage of patients on the CKD register whose notes have a record of a urine albumin: creatinine ratio test in the preceding 12 months by CCG, 2014/15

Comparison with CCGs in the STP

- 5,127 people with CKD (diagnosed*) in NHS Southwark CCG
- 3,958 (77.2%) people who have a record of urine albumin:creatinine ratio test
- 207 (4%) people who are exceptions
- 962 (18.8%) additional people who have no record of urine albumin:creatinine ratio test

*Using the QOF clinical indicator CKD004 denominator plus exceptions. Note: as the CKD004 indicator was removed from the QOF in 15/16 this is historic data taken from the 2014/15 QOF.
Percentage of patients on the CKD register whose notes have a record of a urine albumin: creatinine ratio test in the preceding 12 months by CCG, 2014/15

Comparison with demographically similar CCGs

Recorded  Not recorded  Exceptions reported

NHS City and Hackney CCG  84.4%
NHS Islington CCG  77.2%
NHS Southwark CCG  77.2%
NHS Wandsworth CCG  76.7%
NHS Lambeth CCG  76.4%
NHS Haringey CCG  76.0%
NHS Lewisham CCG  74.9%
NHS Waltham Forest CCG  74.7%
NHS Brent CCG  74.4%
NHS Greenwich CCG  70.6%
NHS Hammersmith and Fulham CCG  69.6%
Percentage of patients on the CKD register whose notes do not have a record of a urine albumin: creatinine ratio test in the preceding 12 months by GP practice, 2014/15

- in total, including exceptions, there are 1,169 people who have no record of urine albumin:creatinine ratio test
- GP practice range: 6.3% to 45.1%
Heart
Coronary Heart Disease is one of the principal causes of premature death and disability. The key elements of management for an individual who has already had a heart attack or angina are symptom control and secondary prevention of further cardiovascular events and premature mortality. There is robust evidence to support the use of anti-platelet treatment, statins, beta-blockers and angiotensin converting enzyme inhibitors or angiotensin receptor blockers. There is also robust evidence to support good control of blood pressure. Each of these interventions is incentivised in QOF but variation in achievement and exception reporting at practice level shows that there is often considerable potential for improving management and outcomes.

Heart failure is a common and an important complication of coronary heart disease and other conditions. Appropriate treatment including up-titreration of ace inhibitors and beta blockers in heart failure due to LVSD can significantly improve symptom control and quality of life, and improve outcomes for patients. Despite this, around a quarter of people with heart failure are undetected and untreated. And amongst those who are diagnosed, there is significant variation in the quality of care.

What questions should we ask in our CCG?
1. for each indicator how wide is the variation in achievement and exception reporting?
2. how many people would benefit if all practices performed as well as the best?
3. how can we support practices who are average and below average to perform as well as the best in:
   • more systematic delivery of evidence based care for people with CHD
   • improved detection and management of heart failure

What might help
1. roll out of GRASP-Heart Failure audit tool that identifies people with heart failure who are undiagnosed or under treated
2. education for health professionals to promote evidence based management of CHD and high quality measurement of blood pressure
3. ensure access to rapid access diagnostic clinics and specialist support for management of angina and heart failure
4. ensure access to cardiac rehab for individuals with CHD and heart failure
Heart failure prevalence by CCG

Comparison with CCGs in the STP

- prevalence of 0.46% in NHS Southwark CCG compared to 0.76% in England
Heart failure prevalence by CCG
Comparison with demographically similar CCGs

NHS City and Hackney CCG: 0.64%
NHS Greenwich CCG: 0.61%
NHS Brent CCG: 0.54%
NHS Haringey CCG: 0.50%
NHS Islington CCG: 0.49%
NHS Lewisham CCG: 0.47%
NHS Waltham Forest CCG: 0.46%
NHS Southwark CCG: 0.46%
NHS Hammersmith and Fulham CCG: 0.41%
NHS Lambeth CCG: 0.41%
NHS Wandsworth CCG: 0.32%
Heart failure prevalence by GP practice

- 1,461 people with diagnosed heart failure in NHS Southwark CCG
- GP practice range: 0.2% to 1.3%
Percentage of patients with heart failure due to left ventricular systolic dysfunction (LVSD) who are treated with ACE-I / ARB by CCG

Comparison with CCGs in the STP

595 people with heart failure* with LVSD in NHS Southwark CCG
- 521 (87.6%) people treated with ACE-I or ARB
- 58 (9.7%) people who are exceptions
- 16 (2.7%) additional people who are not treated with ACE-I or ARB

*Using the QOF clinical indicator HF003 denominator plus exceptions

CVD: Primary Care Intelligence Packs
Percentage of patients with heart failure due to left ventricular systolic dysfunction (LVSD) who are treated with ACE-I / ARB by CCG

Comparison with demographically similar CCGs

- NHS Lewisham CCG: 92.0%
- NHS Greenwich CCG: 89.4%
- NHS Waltham Forest CCG: 88.7%
- NHS Brent CCG: 88.4%
- NHS Southwark CCG: 87.6%
- NHS City and Hackney CCG: 86.7%
- NHS Lambeth CCG: 86.6%
- NHS Wandsworth CCG: 86.3%
- NHS Hammersmith and Fulham CCG: 84.8%
- NHS Haringey CCG: 83.3%
- NHS Islington CCG: 81.7%
Percentage of patients with heart failure due to left ventricular systolic dysfunction (LVSD) who are not treated with ACE-I/ARB by GP practice

- in total, including exceptions, there are 74 people who are not treated with ACE-I or ARB
- GP practice range: 0.0% to 100.0%
Percentage of patients with heart failure due to left ventricular systolic dysfunction (LVSD) who are treated with ACE-I/ARB and BB by CCG

Comparison with CCGs in the STP

- 514 people with heart failure* with LVSD treated with ACE-I/ARB in NHS Southwark CCG
- 456 (88.7%) people treated with ACE-I/ARB and BB
- 40 (7.8%) people who are exceptions
- 18 (3.5%) additional people who are not treated with ACE-I/ARB and BB

*Using the QOF clinical indicator HF004 denominator plus exceptions
Percentage of patients with heart failure due to left ventricular systolic dysfunction (LVSD) who are treated with ACE-I/ARB and BB by CCG

Comparison with demographically similar CCGs

<table>
<thead>
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<th>CCG</th>
<th>Treatment</th>
<th>No treatment</th>
<th>Exceptions reported</th>
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<tbody>
<tr>
<td>NHS Lewisham CCG</td>
<td>88.8%</td>
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<tr>
<td>NHS Southwark CCG</td>
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<td>NHS Lambeth CCG</td>
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<td>NHS Islington CCG</td>
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<td>NHS Hammersmith and Fulham CCG</td>
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Percentage of patients with heart failure due to left ventricular systolic dysfunction (LVSD) who are not treated with ACE-I/ARB and BB by GP practice

- in total, including exceptions, there are 58 people who are not treated with ACE-I or ARB
- GP practice range: 0.0% to 66.7%
Percentage of patients with CHD whose blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less by CCG

Comparison with CCGs in the STP

- 4,418 people with coronary heart disease* in NHS Southwark CCG
- 4,006 (90.7%) people whose blood pressure <= 150 / 90
- 113 (2.6%) people who are exceptions
- 299 (6.8%) additional people whose blood pressure is not <= 150 / 90

*Using the QOF clinical indicator CHD002 denominator plus exceptions
Percentage of patients with CHD whose blood pressure reading (measured in the preceding 12 months) is 150/90 mmHg or less by CCG

Comparison with demographically similar CCGs

<table>
<thead>
<tr>
<th>CCG</th>
<th>Below 150/90</th>
<th>Not below 150/90</th>
<th>Exceptions reported</th>
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<tbody>
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<td>NHS City and Hackney CCG</td>
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<tr>
<td>NHS Southwark CCG</td>
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<td>NHS Brent CCG</td>
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<td>NHS Haringey CCG</td>
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<tr>
<td>NHS Hammersmith and Fulham CCG</td>
<td>83.9%</td>
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Percentage of patients with CHD whose blood pressure reading (measured in the preceding 12 months) is not 150/90 mmHg or less by GP practice

- in total, including exceptions, there are 412 people whose blood pressure is not <= 150 / 90
- GP practice range: 0.0% to 22.4%
Percentage of patients with CHD whose blood pressure reading (measured in the preceding 12 months) is not 150/90 mmHg or less by GP practice – opportunities compared to GP cluster

- using the GP cluster method of calculating potential gains, if each practice was to achieve as well as the upper quartile of its national cluster, then an additional 141 people would be treated

Details of this methodology are available on slide 9. Click here to view them.
Percentage of patients with CHD with a record in the preceding 12 months that aspirin, an alternative anti-platelet therapy, or an anti-coagulant is being taken by CCG

Comparison with CCGs in the STP

- 4,415 people with coronary heart disease* in NHS Southwark CCG
- 4,087 (92.6%) people who are taking aspirin, an alternative anti-platelet therapy, or an anti-coagulant
- 146 (3.3%) people who are exceptions
- 182 (4.1%) additional people who are not taking aspirin, an alternative anti-platelet therapy, or an anti-coagulant

*Using the QOF clinical indicator CHD005 denominator plus exceptions
Percentage of patients with CHD with a record in the preceding 12 months that aspirin, an alternative anti-platelet therapy, or an anti-coagulant is being taken by CCG

Comparison with demographically similar CCGs

- NHS Brent CCG: 93.3%
- NHS Wandsworth CCG: 93.0%
- NHS City and Hackney CCG: 92.9%
- NHS Southwark CCG: 92.6%
- NHS Islington CCG: 92.0%
- NHS Waltham Forest CCG: 92.0%
- NHS Lewisham CCG: 91.9%
- NHS Greenwich CCG: 91.4%
- NHS Haringey CCG: 91.4%
- NHS Lambeth CCG: 90.8%
- NHS Hammersmith and Fulham CCG: 87.9%
Percentage of patients with CHD without a record in the preceding 12 months that aspirin, an alternative anti-platelet therapy, or an anti-coagulant is being taken by GP practice

- in total, including exceptions, there are 328 people are not taking aspirin, an alternative anti-platelet therapy, or an anti-coagulant
- GP practice range: 0.0% to 22.3%
Some data on outcomes for people with cardiovascular disease
in NHS Southwark CCG, the hospital admission rate for coronary heart disease in 2015/16 was 447.2 (729) compared to 527.9 for England.
Hospital admissions for stroke for all ages 2002/03 – 2015/16

• in NHS Southwark CCG, the hospital admission rate for stroke in 2015/16 was 222.7 (340) compared to 172.8 for England.

Source: Hospital Episode Statistics (HES), 2002/03 - 2015/16, Copyright © 2017, Re-used with the permission of NHS Digital. All rights reserved.
Additional risk of complications for people with diabetes, three year follow up, 2013/14

- The risk of a stroke was 69.2% higher and the risk of a heart attack was 192.8% higher compared to people without diabetes.

Note: This slide uses data from the National Diabetes Audit (NDA)
Deaths from coronary heart disease, under 75s

- in NHS Southwark CCG, the early mortality rate for coronary heart disease in 2013-15 was 43.7, compared to 40.6 for England

Source: Office for National Statistics (ONS) mortality data 2002 - 2015
Deaths from stroke, under 75s

- in NHS Southwark CCG, the early mortality rate for stroke in 2013-15 was 12.5, compared to 13.6 for England

Source: Office for National Statistics (ONS) mortality data 2002 - 2015
Data sources

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- NHS Stop smoking services Copyright © 2014, NHS Digital


- National Diabetes Audit, 2013/14 and 2015/16, Copyright © 2016, re-used with the permission of NHS Digital. All rights reserved

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About Public Health England

Public Health England exists to protect and improve the nation’s health and wellbeing, and reduce health inequalities. We do this through world-class science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health, and are a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

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