

Health and Wellbeing Group Grant Form (for small grants)

- 1. Name of applicant:** Susan Gooding Charity Administrator
- 2. Organisation applying:** Friends of Salisbury Medical Practice Charity No. 1172839
- 3. Contact details of applicant:** susan.gooding1@nhs.net
- 4. Total Cost of your project (provide a simple breakdown of costs):**

Staff costs	£4000
Admin, overheads, promoting, marketing project	£200
Evaluation	£100
AliveCors x 4	£400
Total:	£4,700

- 5. How much are you applying for from the Health and Wellbeing Group Fund?**

£400

- 6. What is the title of your project?**

Know your pulse - it could save your life

- 7. Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are.**

In the UK heart arrhythmias are one of the top ten reasons why people go to hospital. Certain arrhythmias can cause sudden cardiac death, resulting in 100,000 deaths in the UK annually (more than breast cancer, lung cancer and AIDS combined). According to the Arrhythmia Alliance, 80% of these deaths could be avoided through better diagnosis. Heart arrhythmias can be detected by using a small mobile device called an AliveCor. The AliveCor device gives an instant analysis in 30 seconds. If AF is detected the information can be relayed to the doctor to inform a diagnosis and treatment plan. The AliveCor can be used by anybody enabling individuals to take an active role in understanding and managing their heart health.

The aim of this project is to increase people's awareness of their pulse and to detect Atrial Fibrillation (AF) by a simple pulse check using an AliveCor. Where an abnormal heart rate is detected the person can be signposted to the appropriate health professional for an accurate diagnosis, and appropriate treatment / therapy to help correct or manage the irregular rhythm and its consequences, particularly AF related stroke. Strokes have a devastating impact on the life of the individual, their family, friends and carers. The

AliveCor devices will be used during 'Know your Pulse' events and all other health promotion campaigns and activities held in the Health and Wellbeing hub situated in Salisbury Medical Practice and in the three branch surgeries.

8. Please tell us when your project will take place

The Project will take place over a period of 12 - 18 months with a major focus during:

- National Heart Month (February)
- Action on Stroke Month (May)
- Heart Rhythm Week (June)
- World Heart Day (September)
- Know your numbers week (September)
- Atrial Fibrillation Awareness Week (November)

9. Does the project meet a local need? (for which post codes?)

The health and life expectancy of people in Salisbury is generally better than the England average. Understanding the impact of an ageing population, and helping people to live independently is a local priority. AF is a major risk factor for stroke, and stroke is a leading cause of disability impacting on an individual's ability to live independently. Salisbury Medical Practice (SP2) has a registered list size of about 23,000 people including its branch surgeries at Bemerton Heath (SP2), Wilton Health Centre (SP2) and Bishopdown (SP1).

In addition this project will include individuals attending the well-being cafes and support groups held in Salisbury Medical Practice who are not registered with SMP.

10. How well does the project meet the priorities of the Joint Strategic Needs Assessment:

Loneliness
Social isolation
Dementia

Carers - detection of AF via the carers café and carers health check

Avoidable admissions to hospital - almost a third of people with AF are undiagnosed. They are therefore untreated and at a high risk of premature death and disability. The early detection and treatment of arrhythmias, will lead to avoidable admissions.

Avoidable admissions to hospital due to falls – arrhythmias can cause falls and balance problems due to the hearts irregular beat and circulation

11. How will older people and their carers be involved in the project?

Older people and carers will be offered screening through the various campaigns, health cafes and contacts with SMP. Opportunities for screening will also be promoted widely through the work of the SMP Older People Team which includes the Social Prescriber and the Health promotion Lead.

12. How accessible is the project for all (disabled access, low income, vulnerable, socially isolated etc)

As a venue SMP is accessible to all. Participation in the screening will be free.

13. How will the project safeguard the welfare of vulnerable people?

SMP has policies for safeguarding adults, children and vulnerable adults. Staff have DBS checks. There are also policies in place for confidentiality, chaperoning, equality and diversity.

14. How will you monitor and evaluate the project?

The project will be evaluated using quantitative data i.e. the numbers of people identified with AF, the numbers of people screened for AF. Qualitative data in the form of individuals' narratives will also be collected anonymously.

A report will be written and shared at the end of the project period.