Our Vision for Children and Young People’s Health

ChildHealth 2020
NHS staff; children, young people and families; and our partner organisations have been fully involved in the development of Child Health 2020.

Children, young people and families said that what matters most is…

Services are there when they need them

Services are available as close to home as possible

They are involved in discussions and decisions about care and treatment

Staff talk to them in a way that is understandable

Staff think about the whole person and not see a set of needs or problems

Having good quality information and support to help them be healthy

Staff recognise when professional support is needed

Staff speak to each other and to other agencies involved with their care

Please note:

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or email grampian@nhs.net

Ask for publication CGD 130674

Directorate of Public Health
March 2014
NHS Grampian is responsible for providing healthcare services and improving the health of the local population. Child Health 2020 is our plan for the future for children and young people in Grampian. It explains what we will concentrate on to help all children and young people be as healthy as possible and provide them with the best quality care and treatment when they need it.

What is Child Health 2020?

Why is Child Health 2020?

We know that:
what happens during pregnancy can have lifelong effects on a person’s health;
a child’s early life experiences shape their long-term health and well-being;
emotional well-being is as important as good physical health - a child with good mental health is more able to cope with whatever life throws at them;
a child with a secure, loving and nurturing home environment is better able to withstand life’s challenges and achieve their full potential;
parents (or carers who fulfil the role of parents) are key to achieving the best physical and mental health and well-being outcomes for their children.

Why is child health important?

Although children and young people in Grampian are healthier than ever before there is more that we can do. With over 100,000 children and young people living in Grampian today, we know that making them a priority will not only benefit the child and their family, but also the services that support them as well as wider society.

This is why we are committed to achieving our vision that:

By 2020, all children and young people of Grampian will have the healthiest possible start in life.
Children and young people have the right to an opinion, and to be listened to and taken seriously. We know that involving people in their care and treatment leads to better health outcomes. We also know that a bad experience of the NHS can have a negative effect.

We need to work with children, young people and families to meet their needs, involve them in decisions, and treat them as individuals. We also need to support parents to care for their children.

**Goals**

**1. Putting children, young people and families at the heart of what we do**

- Children and young people have the right to an opinion, and to be listened to and taken seriously. We know that involving people in their care and treatment leads to better health outcomes. We also know that a bad experience of the NHS can have a negative effect.

- We need to work with children, young people and families to meet their needs, involve them in decisions, and treat them as individuals. We also need to support parents to care for their children.

**Goals**

- We will support children and families to look after and improve their own health, by providing information and help in becoming more resilient.

- We will involve children and young people (and their parents) in their care and communicate using language they understand.

- We will gather and learn from the experiences and views of children, young people and families and make improvements as a result.

**2. Acting early and intervening at the right time**

We need to move from reacting to problems to more proactively supporting every child to be healthy and reach their full potential. This will lead to lifelong benefits for children and young people and reduce pressures on services.

**Goals**

- We will give all children the opportunity to realise their potential to be healthy. This includes vulnerable children such as those on child protection registers and looked after children.

- We will move more towards prevention and recognise where this can have longer term benefits for health care and other services.

- While supporting children and families to look after their own health, we will ensure that the right services will be available in the right place at the right time.

- We will improve how we work with partner organisations to ensure that programmes which lead to improvements in health continue.
3. **Safe and sustainable services**

Children receive healthcare from a range of NHS staff within Grampian, from screening and immunisation in the community through to specialist medical and surgical paediatric care in Royal Aberdeen Children's Hospital. Some very specialised services are delivered through networks of staff across the region or across Scotland.

Providing this comprehensive care is complex and challenging, and we need to examine how we deliver services to ensure they are as safe and sustainable as possible. This could mean changes to the way we currently provide care and treatment.

**Goals**

- We will provide services which are safe and sustainable and, working with specialist networks, we will keep a broad range of services available locally and in the North of Scotland.
- We will redesign our workforce to meet the demands of a changing paediatric service.
- We will take part in national initiatives to help improve services locally.
- We will review acute paediatric services across Grampian in the context of providing sustainable services across the North of Scotland.
- We will improve access to health care and support.
- We will develop clear pathways of care for when patients move from children to adult services.

4. **Integration and partnership**

To protect and improve the health of all children and young people, local services must be planned jointly with partner organisations (education, social services, police and the third sector). Whilst the most important partnership is with children and families, we must work across organisations to make the biggest difference to child health.

**Goals**

- We will improve joint working with other organisations to ensure children and young people are seen as a whole rather than as a set of needs or problems.
- We will work more closely with colleagues and partners at a strategic level to ensure we have an agreed agenda and goals for child health.
5. Workforce, education and training

We need the correct number of staff with the right skills to ensure children and young people receive the right care at the right time. Staff also need access to education, training and support.

We sometimes face challenges when recruiting and keeping staff, and in making the best use of community and hospital specialist nursing and medical staff. We need to explore different ways to address this, and this will include reviewing the roles of school nurses and health visitors.

**Goals**

We will make the best use of our staff to offer the highest quality healthcare and provide support in building positive health for children.

We will review what health visitors, school nurses, allied health professionals and others need to make the best use of their skills and time.

We will review the mix of staff needed to ensure the highest quality service for children.

We will review the training needed by generalist staff to help them in their role in child health.

6. Knowledge and evidence

Sharing relevant information about children with partner organisations is vital to protect children and help better support families.

Good quality information and evidence also helps identify what we need to improve and whether the changes we put in place are making a difference.

**Goals**

We will assess the IT needs of health visitors, school nurses and allied health professionals and put in systems which mean that we can accurately record, share and extract information.

We will ensure we can monitor the status of child health in Grampian and assess progress.