

**TITLE OF REPORT:** Gateshead Looked After Children and Young People's Health Team – Annual Report 2018-2019 with an update from Newcastle Gateshead CCG

**REPORT OF:** Strategic Director, Care, Wellbeing and Learning

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### **EXECUTIVE SUMMARY**

This report provides a summary of the work and outcomes for the Looked After Children and Young People's Health Team in Gateshead 2018-19. It also includes an overview of Newcastle Gateshead CCG's progress to improve health outcomes for LAC. Themes from Newcastle Gateshead CCG and the provider LAC health team's annual report are presented. There is brief information regarding the work undertaken by colleagues in sexual health and drug and alcohol services. Priorities for the future year are also included.

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### **Background**

This document aims to give an overview of the strategic direction of Newcastle Gateshead CCG in relation to the LAC population of Gateshead and describe the work and achievements of the Looked After Children's Health Team for Gateshead 2018-19

The Designated Nurse post is filled by 2 nurses job sharing and sits in Newcastle Gateshead CCG. The Designated Doctor LAC role is commissioned by the CCG but they are employed by Gateshead Health NHS Foundation Trust.

The Looked After Children's (LAC) Health Team in Gateshead is commissioned by Newcastle Gateshead Clinical Commissioning Group. The team consists of:

Medical Secretary -1WTE

Named Nurse LAC 1 WTE

Specialist Nurse LAC 1WTE

LAC Administrators – 1 WTE and 0.5 WTE

All employed by Gateshead Health NHS Foundation Trust.

The team is based at the Queen Elizabeth Hospital, Gateshead.

The previous Designated Doctor LAC retired in December 2016 and the work has been covered by other paediatricians in the department since then. The new Designated Doctor LAC was appointed in September 2018. For ease of reading the activity covered by the group of paediatricians continues to be referred to throughout this report as the work of the Designated Doctor.

## **Strategic view**

Newcastle Gateshead CCG has a Strategy for Looked after children which has been updated outlining the strategic direction for monitoring and improving the health of Gateshead (and Newcastle) LAC for 2019-2022.

Key priorities for 2018-19 were:

- The implementation and population of a comprehensive database to collect data on the health of LAC at the time of health assessments the LAC health team achieved this and the data supports the first steps in profiling the needs of the LAC population in Gateshead.
- Scoping the mental health needs of LAC utilising the quality statements and key outcomes from within the 2017 Social Care Institute for Excellence (SCIE) 'Improving mental health support for our children and young people'.
- Ensuring statutory requirements are met including the timeliness and quality of health assessments.
- Monitor progress with the Foetal Alcohol Spectrum Disorder (FASD) review.

Designated Nurses LAC from the CCG work closely with the provider team and assurance against objective is provided /collected in a variety of ways in 2018-19:

- The LAC Health team have fulfilled contractual obligations to the CCG. Team members have attended LAC strategic meetings linked to the CCG LAC strategy 2017-2020. This links with the Corporate Parenting Health Work stream.
- Efficiency has been demonstrated through a regular audit programme and Dashboard reporting to the CCG.
- External quality assurance has been provided by the Designated Nurse LAC from the CCG undertaking audits of Review Health Assessments.

## **Activity**

### **Initial Health Assessments**

- The team received a total of 172 notifications of children and young people becoming looked after in 2018-2019 of which 157 had IHA's completed. The remaining 15 were not completed for the following reasons: 3 left care after consent was received but before appointment could be arranged, 9 left care before the consent was received and 3 had appointments for an IHA which were cancelled by carers and then they left care.
- Our overall compliance for Medical Practitioners to complete the IHA (DH/DfE 2015) was 99.36%. The exception was that a young person refused to have their IHA completed by a Doctor but would allow the Specialist Nurse to complete it as she was known to the young person.

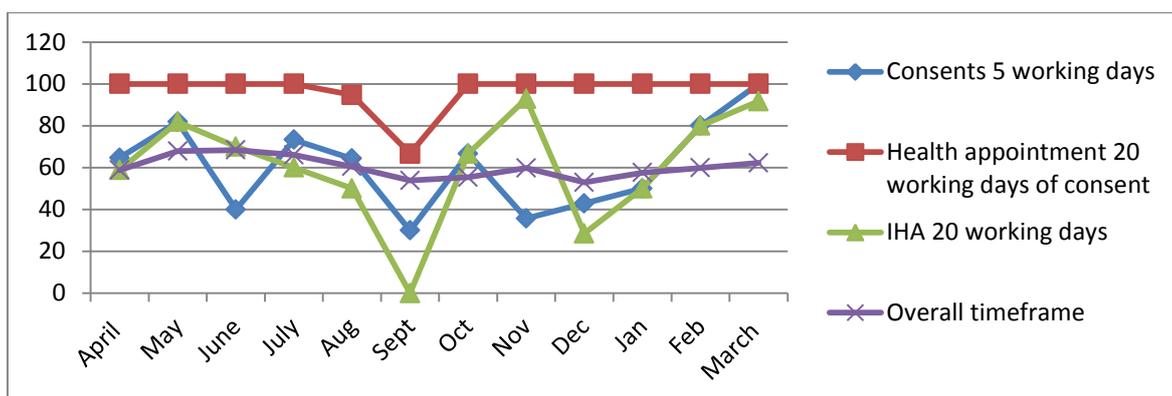
- There is on-going monitoring of timeframes for completion of Initial Health Assessments within 28 days (20 working days) (DH/DfE 2015) In 2018-2019 we achieved 62.26% compliance, this has fallen from 65.85% but remains an improvement from 43.82% in the previous year.
- The LAC Health Team were able to offer IHA appointments to 96.78% of children within 20 working days of consents being received, an increase on the previous year from 93.29% and 77.16% in the year prior to that.

A challenge in meeting the overall time frame was the delay in obtaining parental consent from social workers within 5 days which dropped from 68.78% last year to 62.89% in this reporting period. It does continue to reflect an improvement from 40.12% in the previous year. The Named Nurse met with partners at the Local Authority Performance Clinic on 27<sup>th</sup> February 2019 and since that meeting timely receipt of consents has improved and it is anticipated this will continue into the coming year. The LAC health team will continue to monitor this and escalate any deterioration with the Local Authority.

An additional factor that has contributed to delay is the cancellation and rearrangement of appointments by carers. In order to achieve a better understanding of how these difficulties are contributing to timescales not being met on a monthly basis, and to ensure that actions are appropriately targeted, data has been collected in the following way:

**Total numbers of admissions to care from 1<sup>st</sup> April 2018 to 31<sup>st</sup> March 2019**

- % of consents received within 5 days
- % of appointments offered within 28 days of receiving consent
- % of appointments offered within 28 days of becoming Looked After



**Review Health Assessments**

- A total of 364 RHA's were completed in 2018-2019, a rise from 350 the previous year having risen from 286 in the year prior. 94.59% of these were completed within 28 days of their due date, which is an improvement from 94.3% for the previous year.

- RHA's were completed by:  
 Named Nurse & Specialist Nurse LAC – 116 (138 previous year and 83 in the year prior to that)  
 Designated Doctor and associates - 54 (23 previous year)  
 School nurses – 137 (129 previous year)  
 HVs - 43 (45 previous year)  
 Out of Area Nurse / Doctor – 13 (14 previous year)  
 Family Nurse – 1 (1 previous year)

### **Other Contacts with Looked After Children and Young People**

- Children and Young People who are Looked After can at times require the professionals around them to work in different ways to meet their health needs. In recognition of that there has been 45 contacts with Young People by the LAC Nurses. These contacts have been based upon need and include health education and supporting young people to access services including sexual health, mental health and dental health services. Support has also been given to Young People in relation to healthy eating and BMI reduction.

### **Leaving Care**

- The LAC Health Team are commissioned to provide services for Looked after Children up to their 18th birthday. In keeping with the Corporate Parent Principles laid out within the Children and Social Work Act 2017 the team support Young People and the local authority in their duties to support transition to adulthood.
- A leaving care health consultation is undertaken by the Named or Specialist Nurse LAC, during the final year (age 17-18). This may be achieved at the time of the final statutory health assessment or may be done as a separate contact closer to their 18th birthday if there are additional needs for services and support.
- The document provided is a Leaving Care Health Passport, which has been developed with young people involved in the consultation phase. Amendments have been made to include links on health promotion and advice on access to health services, previous health and immunisation history are included.
- If the young person agrees a copy is sent to the young person's social worker. Leaving Care Health Passports were provided to 33 of the 33 young people recorded as leaving care (100%) whose date of birth fell within 1.4.00- 31.3.01.
- Support has been given to personal advisors from the Local Authority to develop their skills on health needs and services.

- The Named and Specialist Nurse LAC have attended the Transitions Meeting to support young people with a learning disability in the transition between children and adult services.
- The LAC Health team have worked with partners from the Local Authority, Platform, Sexual Health Services, Housing and Jigsaw to set up a Leaving Care Drop in session. This was established in October 2018 and runs on a monthly basis. Young people are sent reminders about the sessions from the personal advisors and the LAC health team also write to them in the month they turn 18.

## Statistical Returns

- The team have achieved good returns as reported by the Local Authority in their SSDA 903 returns to Central Government.

	31/3/19	31/3/18	31/3/17	31/3/16	31/3/15	31/3/14
Health Assessments	97%	99%	98.8%	99.1%	96.6%	95.7%
Dental Appointments	96%	97%	94.7%	90.7%	94.4%	87.9%
Immunisations	95%	94%	99.2%	96.9%	94.8%	96.1%

- The task of distributing and scoring the Strength & Difficulties Questionnaire (SDQ) lies with the Local Authority and once completed the scores are shared with the LAC Health Team.

Information provided by Gateshead Local Authority indicates that during the reporting year 193 out of 223 of the eligible children had an SDQ score returned (return rate 83%). 64% had a borderline score of 14 or over . The average score was 15.9.

As recommended by CQC the scores, when available, have been added to the BAAF health assessment forms and practitioners are expected to interpret the score and reflect on the child's needs and services that are either in place or required. This is being supported through training.

## Children and Young Peoples Service (CYPS)

- Northumberland, Tyne & Wear NHS Foundation Trust Children and Young Peoples services (CYPS) provide services for children and young people in Gateshead and Newcastle who present with mental health difficulties. The LAC Health team have no data from the service and would expect that this will be available within the CYPS own Annual Report.

- A LAC Consultation Clinic takes place twice a month. Professionals can refer to this service to discuss cases.
- Information detailed in the table below has been collected using the LAC Health Dendrite database system and demonstrates an increase in children at review health assessment either open to, referred to, or awaiting a service to support their emotional health when compared to children at entry into care.

Emotional Health	Total for year at IHA	% for the Year	Total for the year at RHA	% for the year
Previous Service involvement	11	7.28%	122	35.67%
Open to Service Under follow up)	5	3.31%	65	19.01%
Is there a diagnosis?	4	2.65%	3	0.88%
Awaiting services	1	0.66%	24	7.02%
Referred	5	3.31%	22	6.43%

## Safeguarding

- The LAC Health Team continue to recognise that the Looked After population are more vulnerable to exploitation and some other forms of abuse and harm. They are therefore not only involved in training to ensure awareness of this within the wider health community but also participate in reviews of Serious Incidents which have involved Looked After Children to see if learning can be identified.
- The Specialist / Named Nurse LAC attend the LSCB Missing Sexually Exploited and Trafficked (MSET) subgroup to consider individual cases where Looked After Children may be vulnerable and also attend Gateshead NHS Foundation Trust Safeguarding Committee.

## Foetal Alcohol Spectrum Disorder (FASD)

- A number of children and young people who are Looked After have been diagnosed with FAS/FASD in recent years. There is an ongoing piece of work led by Paediatricians at the Queen Elizabeth Hospital to review those children and young people. Paediatric services in Gateshead remain involved in the development of a regional approach to the assessment of children with possible FASD. This work remains a long-term objective and is important both for the Looked After population but also the wider population of Gateshead.
- The previous Designated Doctor had a particular interest in Foetal Alcohol Spectrum Disorder (FASD) and was continuing to develop this until her retirement. This work is not yet part of a commissioned pathway of care. Review of this work is ongoing and a regional pathway

is being finalised. NICE guidance on FASD is also expected to be published in 2020.

## **Drug & Alcohol Services**

- Drug and Alcohol Services for children and young people in Gateshead are provided by the PLATFORM service. Information provided by Kirsty Martin, Project Leader Platform.

There were 21 referrals from 1st April 2018 to 31st March 2019.  
The **referral sources** were: A&E – 3, Social Services – 2, LAC Health Team -10, YOT – 6.

The **first substance of choice** was: Alcohol - 5, Cannabis - 13, Pregablin - 1, Nicotine – 2.

### **Closures:**

13 of referrals have been closed with treatment complete  
1 Young person dropped out  
1 Young person moved to a secure placement  
6 Young people are still with the service

## **Sexual Health Services**

- Young people are encouraged to access generic sexual health services in their placement area as required. Those young people identified as in need of specialist intervention are assessed on an individual basis and professionals work together to ensure that their identified needs are met.
- There were a total of 2 young people who had pregnancies during the year. 1 Young Person engaged with the Family Nurse Partnership and the other declined. Both were initially placed in mother and baby placements following the birth of their babies.
- Information provided by Ann Carey, Specialist Nurse Sexual Health, South Tyneside Foundation Trust.  
There were 51 LAC contacts/ Care Leaver contacts all aged less than 20 years old. Contacts were for contraception, attendance at sexual health sessions and advice on a 1 to 1 basis.  
There were also 3 contacts for pregnancy options.

## **Adoption**

After the retirement of the previous Designated Doctor LAC who was also the adoption Medical Advisor, this latter role has been taken over in April 2018 by a Consultant Paediatrician.

The Medical Advisor role involves:

- Close working with social workers and members of the adoption team to ensure that historical medical information is collated, the child's family and genetic information considered, and that all the child's health and development needs are identified and shared openly with the prospective adopters. This entails meeting with adopters face to face and providing them with a comprehensive medical report based on clinical assessment.
- Participating in the stage one training of adopters to highlight the role of the medical advisor and the key risks e.g. the invisible disability associated with exposure to pre-birth alcohol if required.
- Sitting on the adoption panel as an advisor and as an independent panel member.
- Actively considering the implications of any procedural and legislative changes in adoption which impact upon the Medical Advisor role.
- 29 adoption medicals were undertaken during the year.
- The Adoption Panel considered 34 matches of children with prospective adopters during 2018/19 which is similar to the previous year number of 29. The Medical Advisor met 26 prospective adopters for 28 children to share all available health information and a detailed health report was prepared for the adopters to share with the new primary health care worker for the child.
- In total during 2018 / 2019, 27 children were adopted which is similar to the previous year (25).
- The Medical Advisor reviewed a total of 33 adult medicals with advice being provided to the agency and the panel. This is an increase from 26 in the previous reporting year.

## **Fostering**

- Adult medical advice to the Foster panel has been provided by doctors working with the LAC Health Team.
- There has been a year on year increase in the number of adult medical advice requests. In 2018/19 174 were completed for fostering and 28 for Special Guardianship purposes. In total medical advice was provided for 202 requests, this compares to 199 last year and 132 in the previous year.

## **Training**

- Two training sessions have been offered to residential staff and foster carers within the year about the health needs of Looked after Children. Further sessions are available within the coming year.
- Looked after children's health needs & issues are included in Level 2 and 3 training delivered to Gateshead Health NHS Foundation Trust
- Training sessions have been provided to School Nurses and Health Visitors from the 0-19 service. This included training on the health needs of LAC and how to complete a quality health assessment.

## **Inspection**

- There has been no inspection within this reporting period.

## **Team Developments**

- With the support of the development team in the information department of Gateshead Health NHS Foundation Trust the LAC health team went live on the Dendrite Intellect database on the 1st April 2018. This will enable future profiling of health needs for Gateshead Looked after Children and Young People.
- The LAC Health team have led on the development of the Care Leavers Drop In with support from partner agencies. Support to care leavers has continued to be a priority with 100% of those eligible for a leaving care health passport receiving one. The team have also continued to support the transitions meetings and RAG rated the health needs of young people aged 15+.
- Training on meeting the health needs of looked after children and young people has been provided to staff from the acute setting, 0-19 service and foster carers.
- The team have worked with the local authority to improve the SDQ and consent process.
- The Key Performance Indicators for the end of year have remained high. The dental percentage has improved from previous years and all are well above those recorded nationally.

## **Priorities 2019 -2020**

Newcastle Gateshead CCG have 4 main areas of focus for 2019-20

- Mental health
- Care leavers
- Improved time frames
- Health needs assessment

Gateshead LAC health team have additional priorities:

- The program of audit will be ongoing and improvements made from the recommendations made.
- To continue to develop work supporting the care leavers.
- In response to observations by the LAC Nurses that a number of babies have become LAC who have been born to mothers who have left care in the last 2 years, the team will work with the Specialist Nurse Sexual Health to strengthen the offer to young people prior to them leaving care.
- To ensure quality health assessments the team will disseminate an aide memoire to staff completing health assessments.
- To continue to work closely with the Local Authority to improve the overall timeframes for Initial Health Assessments.
- Support to the newly appointed Designated Doctor LAC.
- To continue monitor the updated process for SDQs and to use the score as part of the health assessment.
- Obtain feedback from young people regarding the leaving care health passport.

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