

Title of Project: The Wellness Project Executive Summary

Prepared by Dr Maxine Holt Principal Lecturer in Public Health MMU. October 2018

Background/Context

One of the key priorities of the *Five Year Forward View*¹ is the need for a radical upgrade in prevention and health promotion, in order to ensure the future health of millions of children. Our project is underpinned by the *Healthy Futures Project*². Schools have a clear requirement to promote pupil health and well-being, with the need to design and integrate specific health and well-being focused education opportunities as part of curriculum delivery³. Ofsted has identified that where this is most evident there was a strong correlation in these schools graded as outstanding for overall effectiveness³. This is a substantial opportunity to build upon the current work in schools relating to health and well-being as part of a broader approach to personal, social, health and economic education, particularly involving external contributions whereby a wide range of expertise and life experiences can be provided. The imperative for health professionals to develop health promotion and prevention skills are clearly signaled in both *All Our Health*⁴ and in the new Standards of Proficiency for Registered Nurses to be achieved during pre- registration healthcare training programmes⁵. In addition, the strategic workforce framework for nursing, midwifery and care staff has signalled a key goal whereby the development of a workforce, which is skilled, knowledgeable and confident in their ability to support health promotion and prevention, is essential⁶. This current project supports the Health Education North West (HENW) aim, to secure a future healthcare workforce, which contributes to improving health, and reducing health inequalities within the North West. Through training Pre-Registration Nurses to deliver preventative healthcare interventions within our community, we are proposing to upskill our future generation workforce to enable them to both deliver health prevention/promotion activities and to understand the health needs of our future generation of young people.

Ethical Approval

The project gained ethical approval from Manchester Metropolitan University (MMU) Ethics Committee. Ethos Reference Number: 0399.

Project Aims

- To support the ambitions of the *Healthy Futures Programme*² by helping to involve and support young people in their own health and wellbeing.
- To support the ambitions of *All Our Health*⁴ by calling to action healthcare professionals to work to prevent illness and protect health and promote wellbeing.

We invited the children and their teachers into the University for the Event. The project involved 120 children aged 9-10 and 16 teachers from three primary schools in the North West to deliver a programme of wellbeing and health promotion. With supervision from nursing 5 tutors from both the undergraduate nursing programme and the Specialist Public Health Practitioner Programme (SCPHN), 9 year three BSc nursing students planned and delivered a series of sessions as a rolling programme over half day workshop. In planning and preparing for the event, the tutors and nursing students visited each school and consulted with educational practitioners from the three schools to identify issues, which are prevalent in the daily health of young people. We felt that through direct consultation this would enable us to build a programme which was not only reflective of local health inequalities but which truly addressed the needs of young people. From this, the nursing students devised lesson plans for each session. In addition to the planned health topics, the nursing students also talked to the young

¹NHS (2014) The NHS Five Year Forward View

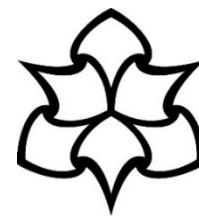
² Healthy Futures (2016) Local Government Association, December 2016

³ Ofsted (2013) Not yet good enough: personal, social, health and economic education in schools Personal, social and health education in English schools in 2012

⁴ All Our Health

⁵ Nursing and Midwifery Council (2018) The Future Nurse. Standards of Proficiency For Registered Nurses.

⁶ National Health Service (2017) Review of the NHS Five Year Forward View



people about why they chose to become nurses and what they have enjoyed about their training. This gave an added dimension of encouraging interest in young people to think about careers within the Nursing and Health Professions. Using the key health drivers from *All Our Health*⁴ the following topics were covered:-

- On the Move. All do daily mile
- Healthy Bingo (food, exercise etc.)
- Fighting Germs
- Healthy communities
- Health Pledge

Evaluation

The evaluation methodology included focus groups with the children, nursing students and nurse tutors and a questionnaire completed by the schoolteachers. The children also all made a health pledge to be taken back to each school and followed up by the school in future events within school, such as school assemblies and class sessions on health topics.

Outcomes/Benefits

Nursing students:

- Increased confidence and skills in planning and delivering health promotion programmes with children
- Working across different settings not specific to health care
- Partnership working (internal and external)
- The need for an integrated curriculum

Schools:-

- Assist schools in planning health promotion interventions outside the curriculum
- Insight into future careers in health
- Pledge and follow up.

Sustainability:

- What we learned/can improve upon
- A rolling programme year on, but possibly resource intensive without funding
- Revisions to the nursing curriculum
- Schools already contacting for next year

Acknowledgements. MMU: - Professor S Powel, Dr N Cox, R Thomas, K Crees, C Street, M Howard. School Children and Teachers from participating schools

For further Information, contact Dr Maxine Holt m.holt@mmu.ac.uk