

Chest Heart & Stroke Scotland

Manifesto for the Scottish Parliament Election 2016

The CHSS Manifesto recommends a set of actions that will support Scotland to deliver world-class healthcare, and enhance our excellent reputation for research and innovation in health.

- ▶ Every day over 120,000 people in Scotland struggle to breathe due to chronic chest illness
- ▶ 232,000 people in Scotland have coronary heart disease
- ▶ More than 120,000 people in Scotland are living with the effects of a stroke

Chest
Heart &
Stroke
Scotland



We are Scotland's Health Charity



Progress has been made...

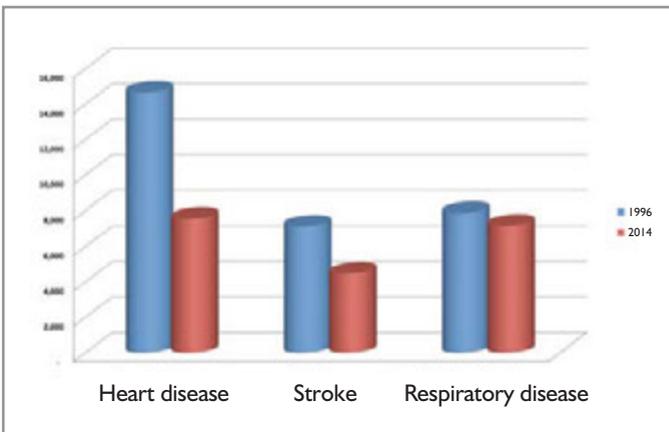
Over the last 20 years we have seen real improvements in Scotland's health, and we have gone some way towards losing our reputation as the 'sick man of Europe'.

This has been the result of a combination of improved medical treatment, and the important lifestyle changes which have helped to reduce the death rate from these diseases.

Where we have been less successful is in reducing the primary incidence of these conditions – although we are beginning to see progress at last.

What this means is that more and more people are living with the consequences of chest, heart and stroke illness as a long-term condition.

Falling death rates from three of Scotland's big killers



Beating three of Scotland's big killers. Falling death rates, 1996-2014*

*ISD Scotland

...but more needs to be done

Treatment

- ▶ We need to continue to invest in the ground-breaking treatments which have produced such dramatic improvements in survival

Care & Support

- ▶ We need to do more to support people living in the community with heart disease, stroke and respiratory conditions, and their families

Healthier Lives

- ▶ We need to work together to promote healthier lifestyle choices, particularly in our more challenging communities, and to legislate to improve health

Research

- ▶ We need more high quality research into the prevention and treatment of heart disease, stroke and respiratory illness

Priorities over the next Parliament: A call to action

1. Protect Health Service investment

The record investment in the NHS in recent years has produced real improvements in Scotland's health, but we still lag behind comparable countries in Europe (e.g. Scandinavia). NHS inflation tends to run at least 2% higher than general price rises, and this has to be recognised in health service funding. Health and Social Care Partnerships should enhance these services, support patients and families on discharge and prevent avoidable re-admissions to hospital.

2. Ensure that the resources are there to fund innovation

Scotland has an excellent record in introducing new treatments and disease prevention strategies – e.g. stroke thrombolysis, advanced heart failure treatments, and the growing use of telemedicine. These not only reduce mortality, but also enhance the chances of survivors returning to an independent and fulfilling life – thereby reducing long-term costs of care and support.



3. Maintain funding for post-discharge support services

Specialist nurses and support in the community for people with respiratory, stroke and cardiac illness are vital in supporting patients and families regain and maintain their independence and quality of life. These services are often provided by the voluntary sector and are particularly vulnerable to pressures on NHS budgets.

4. Support people back to work

Work is not only good for the economy but also important to individual health and wellbeing. NHS Boards and their community planning partners need to invest in vocational rehabilitation and case management services to enable people affected by chest, heart and stroke conditions to remain in or return to employment.

5. Health Inequalities

Prevalence of long-term health conditions in Scotland continues to be weighted too heavily towards people from areas of greater socio-economic deprivation. Stroke and respiratory and cardiac conditions also tend to have a disproportionate impact upon people already living in challenging circumstances, further exacerbating

isolation, mental wellbeing and poverty, with a further impact upon carers. CHSS is particularly concerned about the impact of further planned changes to welfare reform, which will make a bad situation even worse. Our two partnerships with Citizens Advice Bureaux in Fife and Lanarkshire have achieved substantial gains for clients, supporting nearly 2,000 people over the past four years and generating more than £5 million in additional statutory benefit income to which clients were entitled. **CHSS calls on Scottish Government to use its welfare powers to mitigate the worst impacts and also to resource an expansion of expert welfare advice for patients through the new Patient Advice and Support Service (PASS) procurement exercise in 2016.**

6. Give patients a voice!

The CHSS Voices Scotland Team are working with Our Voice Team at the Scottish Health Council to support them to use the highly positively evaluated CHSS model and training package which promotes genuine patient and carer participation in redesigning services. This model of trainer development should be extended across Scotland.



7. Support Scotland's Charter for a Tobacco Free Generation by 2034

In spite of the beneficial impact of Scotland's ban on smoking in public places, smoking remains the largest contributor to preventable heart disease, stroke and chronic respiratory illness.

8. Encourage Local Authorities to include provision for education in life saving skills in schools

Part of every person's lifestyle skills should be to be able to undertake CPR and recognise the signs and symptoms of stroke and the action to take (FAST campaign). This would ideally be taught in childhood (as it is in Norway) as part of the curriculum for excellence.

9. Research

Research plays a vital role in providing the evidence base for reducing the incidence and prevalence of respiratory illness, heart disease and stroke; and improving the acute treatment, rehabilitation, long-term support and quality of life of those affected, including families and other carers. CHSS is a major Scottish funder of research in these areas.

CHSS warmly welcomes the commitment of the Chief Scientists' Office (CSO) Scotland to build strategic research partnerships and collaborations with the Third Sector and we call on the Scottish Government to continue to support, evaluate and expand this program.

10. Palliative Care

CHSS is supportive of the Scottish Government's new Strategic Framework for Action on Palliative and End of Life Care 2016. CHSS would however like to have seen a more explicit set of actions to ensure that access to high quality, person-centred Palliative and End of Life Care for people with non-malignant conditions continues to improve and that clinical and care pathways are developed accordingly. CHSS calls on Scottish Government to work with the Scottish Partnership on Palliative Care, CHSS and others to ensure this issue is progressed via the new National Implementation Support Group being established to deliver the Framework for Action.

HEALTH BY NUMBERS

People affected by chest, heart and stroke illness across Scotland* and how CHSS helps with specialist nurses, advice, information and community support services.

| NHS Board | Total population | Numbers of people affected by: | | | Services provided by CHSS: | |
|---------------------------|------------------|--------------------------------|------------------------------|----------------|----------------------------|---------------------|
| | | Chronic chest disease (COPD) | Coronary heart disease (CHD) | Stroke | Advice Line | Patient information |
| Ayrshire & Arran | 371,110 | 10,472 | 19,770 | 9,995 | ✓ | ✓ |
| Borders | 114,030 | 2,643 | 5,639 | 3,042 | ✓ | ✓ |
| Dumfries | 149,940 | 4,414 | 8,039 | 3,893 | ✓ | ✓ |
| Fife | 367,260 | 8,590 | 15,557 | 8,865 | ✓ | ✓ |
| Forth Valley | 300,410 | 6,798 | 13,629 | 6,735 | ✓ | ✓ |
| Grampian | 584,240 | 9,683 | 21,879 | 11,001 | ✓ | ✓ |
| Greater Glasgow & Clyde | 1,142,580 | 30,730 | 51,268 | 26,223 | ✓ | ✓ |
| Highland | 320,760 | 6,158 | 14,876 | 7,961 | ✓ | ✓ |
| Lanarkshire | 653,310 | 16,650 | 29,948 | 14,375 | ✓ | ✓ |
| Lothian | 858,090 | 16,296 | 30,064 | 17,174 | ✓ | ✓ |
| Orkney | 21,590 | 355 | 868 | 404 | ✓ | ✓ |
| Shetland | 23,230 | 276 | 801 | 416 | ✓ | ✓ |
| Tayside | 413,800 | 10,247 | 17,880 | 10,353 | ✓ | ✓ |
| Western Isles | 27,250 | 514 | 1,602 | 672 | ✓ | ✓ |
| Total for Scotland | 5,347,600 | 123,826 | 231,820 | 121,109 | | |

*ISD Scotland 2015

| Support grants & benefits advice | Chest, heart & stroke support groups | Communication support service | Stroke nurse support service | Stroke training | Heart & lung support | Voices Scotland | FAST stroke campaign |
|----------------------------------|--------------------------------------|-------------------------------|------------------------------|-----------------|----------------------|-----------------|----------------------|
| ✓ | ✓ | ✓ | | | | ✓ | ✓ |
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We are Scotland's Health Charity

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CHSS improves the quality of life for people in Scotland affected by chest, heart and stroke illness, through medical research, influencing public policy, advice and information and support in the community.

We are one of Scotland's largest charitable funders of **medical research**

In partnership with the NHS, we provide local community services in every parliamentary constituency in Scotland, including:

The **CHSS Advice Line (UK Helpline of the Year)** – offering confidential, professional advice from trained nurses

Patient literature – booklets, factsheets and DVDs available free to patients and carers together with e-learning resources

Welfare programme – grants and benefits advice to those in financial difficulty due to their illness

The **Community Support Network** – supporting local community groups for people with chest, heart and stroke illness

The **Communication Support Service** – providing a bridge between NHS Speech and Language therapy and independent activities in the community for people who have had a stroke

CHSS Stroke Nurse Support Service – supporting people returning home from hospital

Stroke Training Programmes – helping train NHS and other care staff to best meet the needs of people who have had a stroke

The **Cardiac & Respiratory Support Service** – offering volunteer support to those affected by heart and lung disease

Voices Scotland – enabling people affected by chest, heart and stroke illness to influence local and national NHS services

The **FAST Campaign** – raising public awareness of the symptoms of stroke and the need to seek help urgently

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