

# KICKSTART PILOT

A Confed Case Study (NHS Health Checks-2024)



LEEDS GP  
CONFEDERATION

## WHAT WE DID

A white British male aged 63 years of age attended a Kickstart Pilot NHS Health Check (NHS HC) appointment on a Saturday in Harehills. The patient was an active teetotaler and ex-smoker. His recorded BMI was considered a high-risk indicator at 43.7kg/m<sup>2</sup>, therefore a priority for NHS HC's. Prior to attending, he was a frequent non-responder to invites for bloods, reviews and NHS HC's. Patient cited this was due to 'time and lack of practice parking'.

Patient attended an appointment within the Community model as he could 'conveniently arrange it around work commitments'. Blood pressure obtained was 200/120, Q-RISK > 35%. Patient received a same-day clinical assessment from a GP within Enhanced Access and a follow-up was arranged with his GP practice the following week. The patient was subsequently diagnosed with hypertension and type 2 diabetes and has since engaged with all follow-up appointments.

## OUR AIMS

- Improve access for working-age patients by providing weekend NHS HC appointments.
- Remove barriers patients face attending their practice by delivering NHS HCs in the community.
- Test POC testing to enable informed conversations with patients on CVD risk during their appointment

## THE DIFFERENCE WE MADE

- Patient displayed behaviour change from not engaged to motivated regarding health needs.
- Supported patient choice by providing out-of-hours appointments within the community.
- Ensured robust clinical escalation system was in place for action upon identified CVD risk
- Tested efficacy of POC testing. Concluded POC testing is not a reliable method of diagnosing diabetes
- Obtained learning to inform future or related NHS HC pilots.

“ *The health check was a wake-up call. I have taken everything on board and now I do my best to keep fit.* ”