

Prevention in an integrated care system

The role of the system, the regulator and how research might help

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CQC's role in assessing systems

- The Health and Care Act 2022 gives us new regulatory powers that allow us to offer a meaningful and independent assessment of integrated care systems and of care provided at a local authority level.
- **Assessment of integrated care systems** will focus on 3 themes:
 1. Quality and safety
 2. Integration
 3. Leadership
- **Providing assurance at local authority level** will focus on 4 themes:
 1. How local authorities work with people
 2. How local authorities provide support
 3. How local authorities ensure safety within the system
 4. Leadership

CQC's research programme

- CQC has committed to an ambitious programme of research.
- This research will help us i) understand what makes a good service and how we can help providers improve, ii) become a smarter and more flexible regulator and iii) check and understand our impact.
- Our research programme is based on 5 priority themes:
 - Safety through learning
 - Inequalities in care
 - System working and joined up care
 - Accelerating improvement
 - Understanding quality between visits
- You can find out more on our website: [Working with us on research](#)

System working and joined up care research

Effectiveness
of our system
assessments

Integration of
health and
social care

Joined up
pathways
through health
and care

Involving
people and
their
experiences of
care

Systems
leadership

Population
health,
prevention
and
inequalities

Prevention in health and social care systems

What is prevention?

Prevention is about the care and support system actively promoting independence and wellbeing. This means intervening early to support individuals, helping people retain their skills and confidence, and preventing need or delaying deterioration wherever possible.

(Care Act Statutory Guidance, 2016)

“The NHS is brilliant at treating people when they are ill. But most of the things that influence whether or not we become ill are little or nothing to do with the NHS - such as where we live, our work, the air we breathe or what we eat or drink”



Prevention in health and social care systems

What is the system's role?

- Prevention is embedded as part of a population health approach and as such is a core purpose of the ICS (to improve outcomes in population health and healthcare)
- The Care Act 2014 highlights prevention as one of seven key responsibilities for local authorities, linked to the principle of promoting wellbeing
- Systems will need to proactively understand local needs and provision, and to work collaboratively with a range of partners to prevent ill health in their populations.

What is our role?

- CQC need to understand how well systems are delivering against their population health and prevention duties through our system assessment
- Using our single assessment framework, we can begin to explore these topics:
 - Quality statement: 'Supporting people to live healthier lives'
 - Evidence requirements: Understanding ICS' approach to commissioning in terms of the wider determinants of health, including local public health prevention strategies; Identifying the ICS public health lead and the Local Public Health Director (UKHSA) as interview participants for our assessments; and Considering how public health annual reports were being developed.

Prevention in health and social care systems

What do we know about prevention?

- Prevention is embedded as part of a population health approach and is linked to inequalities
- Prevention needs to be considered at an individual intervention level through to a wide-scale whole-population measures level
- ICSs are committed to prioritise prevention, but do not feel they have the resources to do so
- Prevention relies on effective integration but NHS targets may force systems to focus on immediate pressures in acute settings
- Prevention takes time, and improvement may not be seen for years



How might research help?

- By understanding what good looks like for systems implementing prevention. This will help us to target our approach to assessment in a way that is evidence-based.
- By understanding what role regulation has in helping systems to deliver on prevention outcomes. How can we act as enabler, not a barrier?
- By contributing to the wider body of evidence on this topic, and sharing our learning with others to help them learn and improve.

Keep in touch

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