

# Inclusion Health

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**‘Inclusion health is a research, service, and policy agenda that aims to redress extreme health and social inequities among the most vulnerable and marginalised in a community.’**



- **280,000** homeless people, including **135,000 children**
- **300,000** 'hidden homeless' people
- **83,787** prisoners
- **195,062** asylum and refugees
- **10,627** trafficked people
- ? **1,200,000** illegal migrants
- ? **300,000** Gypsies and Travellers
- ? **200,000** Roma
- ? **72,800** sex workers

**500,000**  
**people**  
**experiencing**  
**severe and**  
**multiple**  
**disadvantage**

# This is the tip of the iceberg...

14 million people (**1:5 of the UK population**) are in poverty, according to the Joseph Rountree Foundation (JRF, 2017)

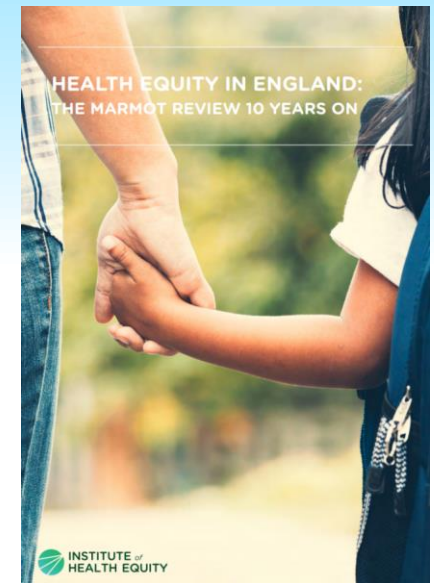


Life expectancy in two areas of Glasgow differs by 14.3 years -  
Bridgeton 63.7 years, Jordanhill 78.0 years (NHS Scotland, 2019)

# Health Equity in England: The Marmot Review 10 Years On

10 years on from *Fair Society, Healthy Lives* (*The Marmot Review*) this report highlighted that:

- life expectancy has declined for the poorest 10% of women
- the health gap has grown between wealthy and deprived areas
- living in a deprived area of the North East is worse for your health than living in a similarly deprived area in London - **life expectancy is nearly five years less**



# Mortality statistics are dreadful...



- 778 deaths in 2019, up 7.2% on 2018
- Mean age at death was 46 years for males and 43 years for females in 2018 (general pop 76 for men, 81 for women)

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathsofhomelesspeopleinenglandandwales/2019registrations>

# Mortality data in other 'inclusion health' groups

fft  
Friends Families and Travellers

HELPING TRAVELLERS GET A FAIR DEAL

ABOUT US WHAT WE DO GET ADVICE POLICY & PUBLICATIONS TRAINING HERITAGE SERVICES DIRECTORY NEWS

Other News Stories

Friends Families and Travellers announced as runners up for national 'Community Health Development Award'

Launch of pledge card for MPs to declare their support for Gypsy, Roma and Traveller communities

Friends Families and Travellers Event: Say no to anti-Gypsyism

New equality report: Planning policies found to be 'inadequate' in addressing the accommodation needs of Gypsies and Travellers

A tribute to Susan 'Alex' Alexander 1964 - 2019

FRIENDS FAMILIES AND TRAVELLERS CALLS ON GOVERNMENT TO ADDRESS ISSUES FOR TRAVELLERS REGISTERING AT GP PRACTICES ONCE AND FOR ALL

Life expectancy is 10 to 25 years less than that of the non-Traveller population

e.g. Traveller Movement, [Gypsy and Traveller Health Briefing](#),

March 2012

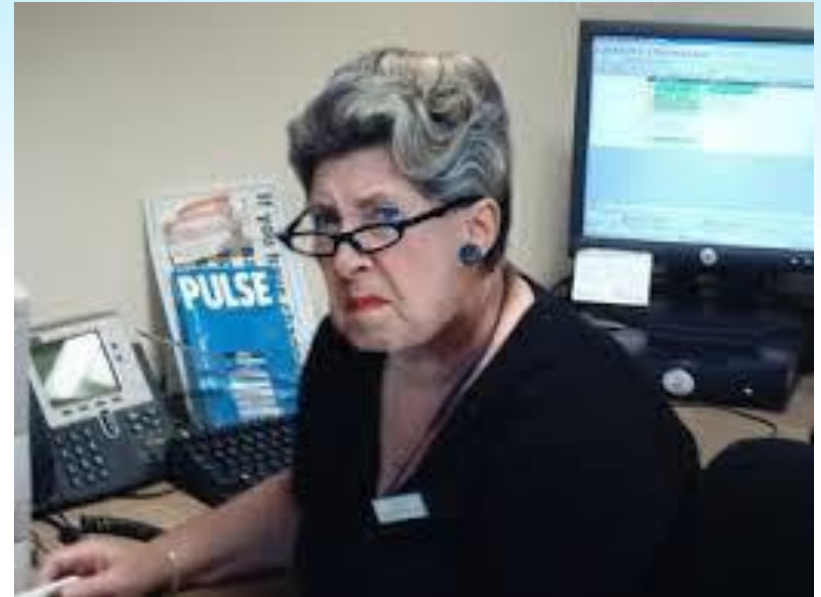
# Primary health care barriers



- Demise of 'drop in' services during Covid
- Poverty (no phone, no credit on phone, no money for travel)
- Digital exclusion – no wifi
- Literacy and language
- Mobility
- Mental health and addiction
- Cognitive / memory issues
- Practical challenges – who will look after my dog

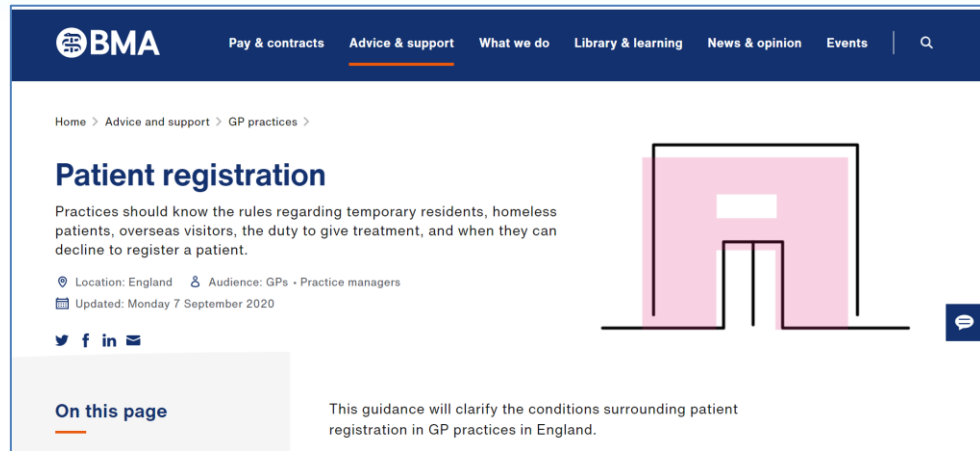


# Attitudes haven't always improved...



# GP registration rules

- There is no regulatory requirement to prove identity, address or immigration status to register at a GP surgery
- Patients do not need to provide an NHS number
- Inability to provide documents is not reasonable grounds to refuse registration



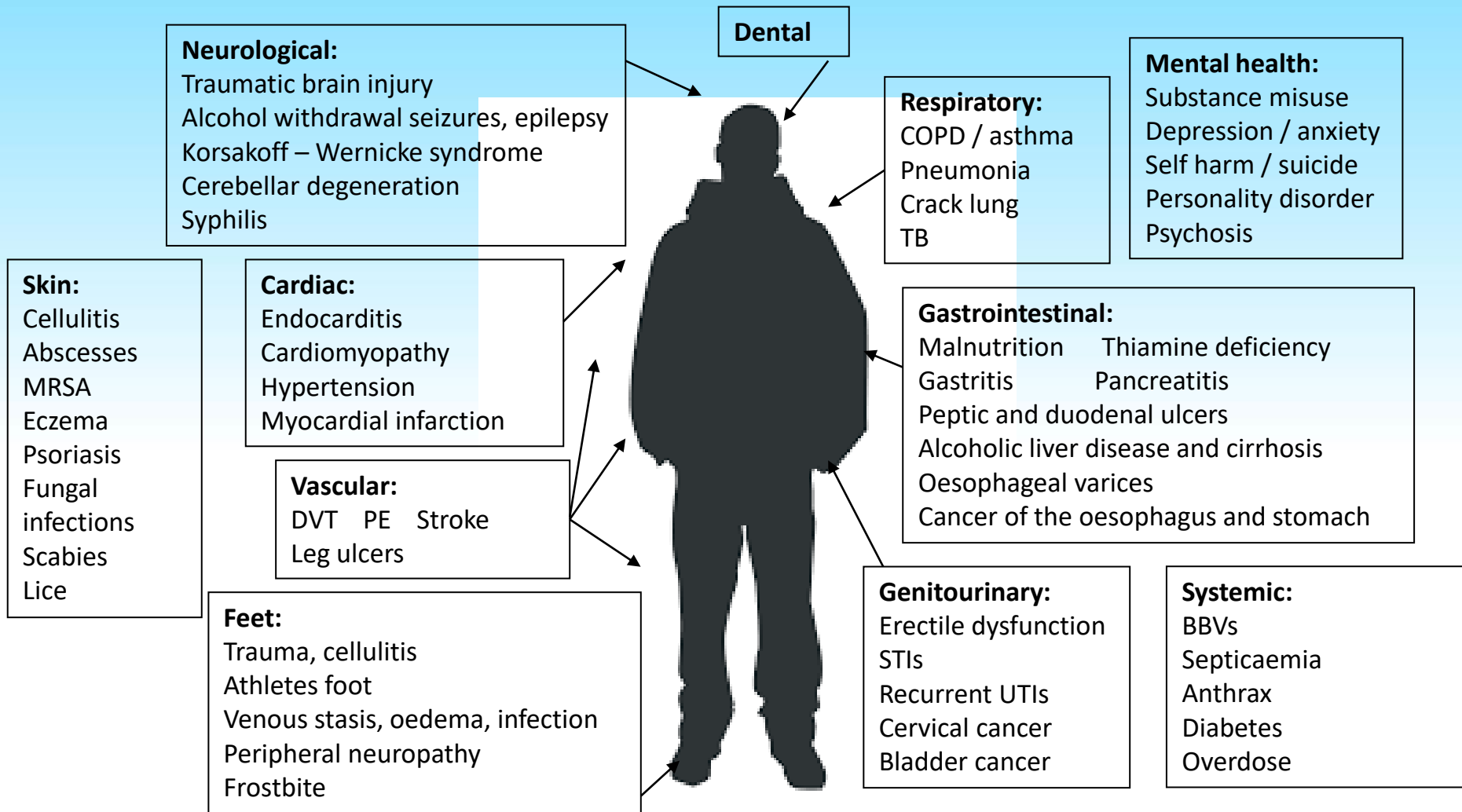
The screenshot shows the BMA website's 'Patient registration' page. The header includes the BMA logo and navigation links: 'Pay & contracts', 'Advice & support' (highlighted), 'What we do', 'Library & learning', 'News & opinion', and 'Events'. The breadcrumb trail reads 'Home > Advice and support > GP practices >'. The main heading is 'Patient registration', followed by a sub-heading: 'Practices should know the rules regarding temporary residents, homeless patients, overseas visitors, the duty to give treatment, and when they can decline to register a patient.' Below this, it specifies 'Location: England' and 'Audience: GPs - Practice managers', and notes it was 'Updated: Monday 7 September 2020'. There are social media icons for Twitter, Facebook, LinkedIn, and Email. A 'This page' section is partially visible at the bottom left. On the right, there is a pink illustration of a building entrance and a small blue icon with a speech bubble.

# Evidence from recent Lewisham research



- 40% GP practices using on-line registration ONLY
- Mostly telephone consultations. Increased consultation numbers up to 31-35 per session
- 22/27 GPs worried about vulnerable groups

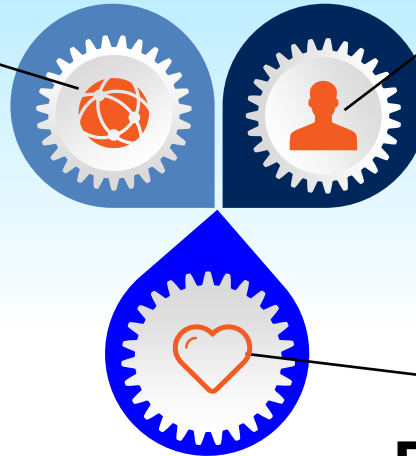
# 'Hidden' morbidities



# Complex health needs – ‘Tri-morbidity’

## Substance Misuse

- 6 in 10 people sleeping rough in London had a drug or alcohol problem in 2018 (St Mungos, 2020)
- 2 in 5 of all deaths among homeless people in England in 2018 and 2019 were a result of drug poisoning (ONS, 2020)

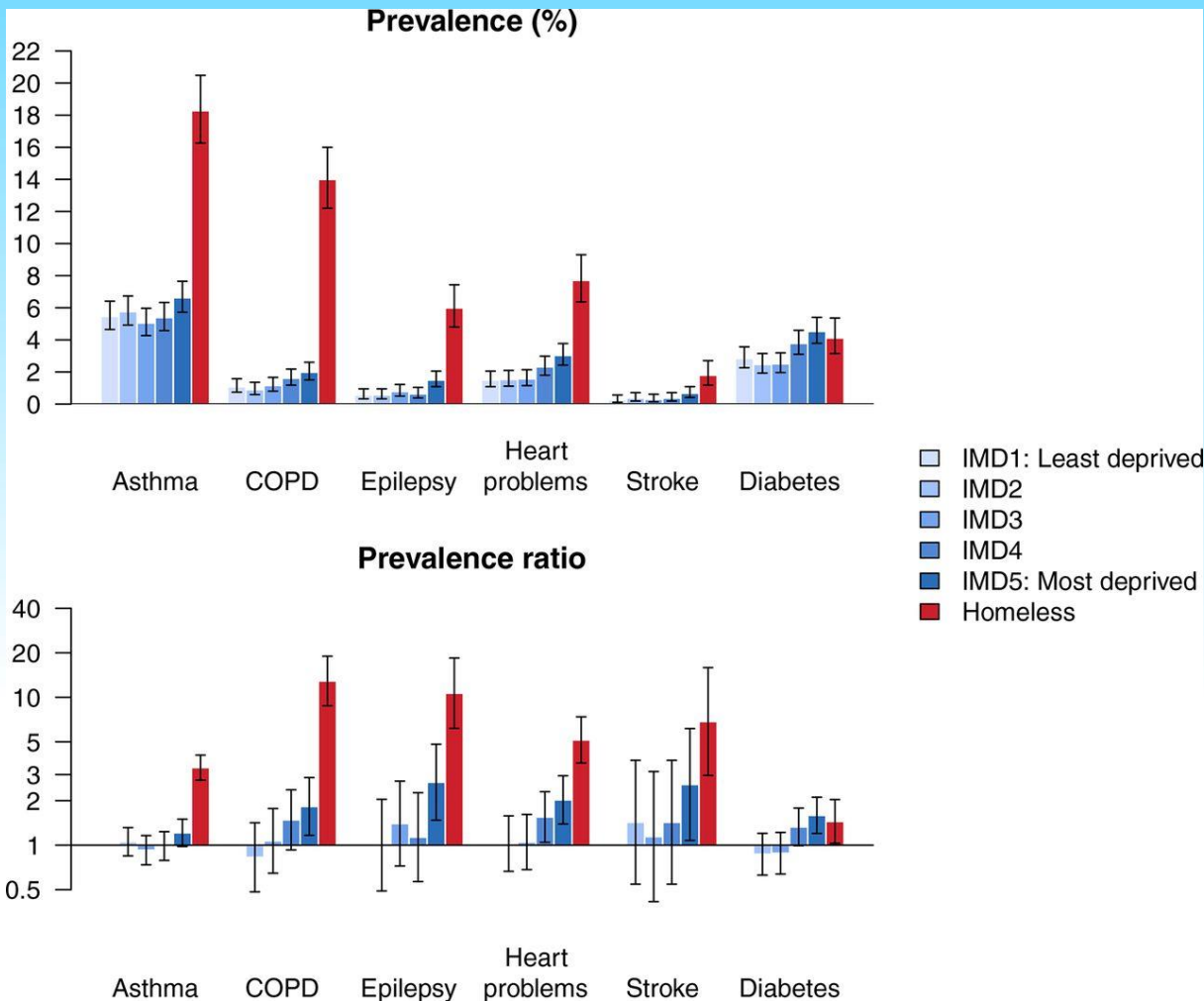


## Mental Health

➤ 80% of survey respondents reported some form of mental health issue (Homeless Link, 2014)

## Physical Health

- 2.5 more likely to have asthma
- 6 x more likely to have heart disease
- 5 x more likely to have a stroke
- 12 x more likely to have epilepsy (Story, 2013)



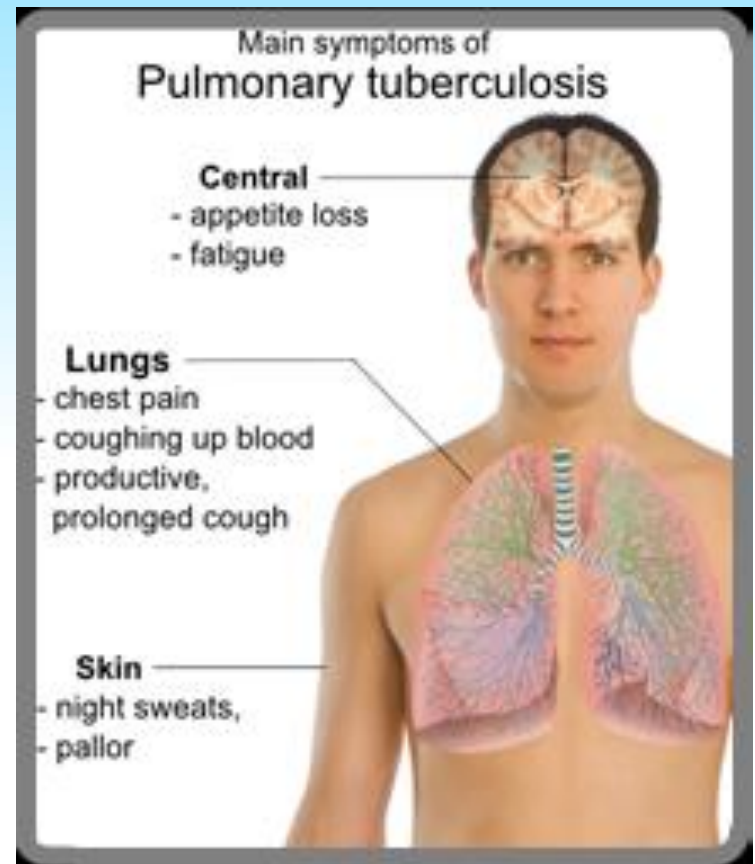
**Prevalence of long-term conditions and prevalence ratios, with 95% CIs. COPD, chronic obstructive pulmonary disease; IMD, index of multiple deprivation**

**Dan Lewer et al. BMJ Open 2019;9:e025192**

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# Infectious disease prevalence

- Hepatitis C – 50 x higher
- TB – 34 x higher
- HIV – 2 – 20 x higher (no UK studies)



# Acquired Brain Injury



- 45% of homeless people had a traumatic brain injury. 87% occurred *before* the onset of homelessness. (Topolovec-Vranic et al, 2014)
- Alcohol related brain injury is also common
- Symptoms – memory loss, confusion, impaired attention, difficulty processing information, reduction in initiative, depression, irritability
- Cognitive deficits need documenting, often not done



# Cognition challenges

## Permanent

- Learning disability
- Traumatic brain injury e.g. RTA, epilepsy
- Alcohol /drug related brain injury
- Autism / other neurodiversity
- Dementia / Parkinson's etc

## 'Temporary' / 'Transient'

- Stress
- Tiredness
- Infections / acute physical health problems
- Mental health problems
- Psychological problems
- Influence of alcohol and drugs

# Pathway and the Faculty of Homeless and Inclusion Health

- Work in **partnership** with the NHS to improve health outcomes for all inclusion health groups
- Set **standards** for services to ensure the needs of inclusion health groups are met
- **Experts by Experience** are at the core
- Work to develop **better 'pathways' out of hospital** to improve health outcomes and stop the revolving door

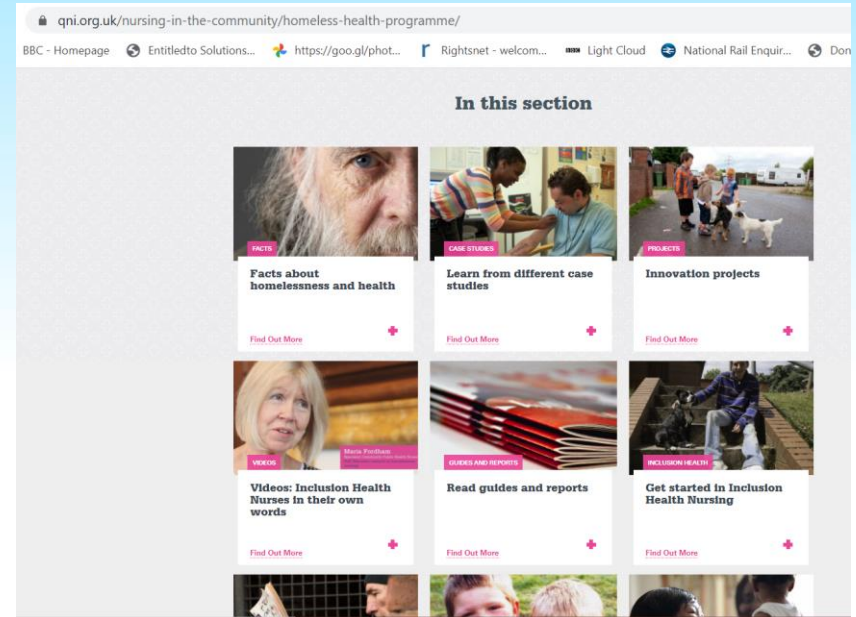
Homeless and Inclusion Health standards for commissioners and service providers

These standards are endorsed by the following organisations:



# Homeless and Inclusion Health Programme

- Supports and promotes best practice
- Networking groups
- Newsletter
- Resources / guidance
- Events / training
- 1:1 clinical / service development advice



**‘To reduce the steepness of the social gradient in health, actions must be universal, but with a scale and intensity that is proportionate to the level of disadvantage. We call this proportionate universalism.’**



# Networks, free training and resources

- Faculty of Homeless and Inclusion Health – regular newsletter and meetings: <http://www.pathway.org.uk/faculty/join/>
- Queens Nursing Initiative Homeless Health Network - hosts resources, and runs newsletter: <https://www.qni.org.uk/explore-qni/homeless-health-programme/>
- London Network of Nurses and Midwives Homelessness Group - hosts resources and runs cheap conferences, welcomes health support workers: <http://homeleshealthnetwork.net>
- [Fairhealth](#)
- [London Homeless Health Programme](#)

# How is 'Inclusion Health' for people experiencing homelessness being delivered in London?

**Samantha Dorney-Smith**

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# Primary care / physical health

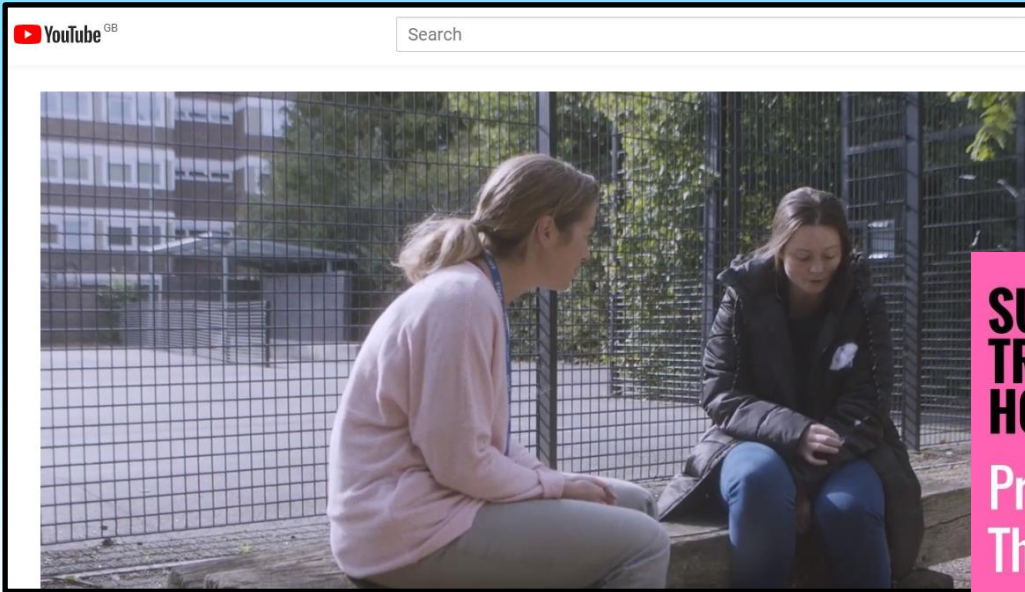
- Specialist GP practices
- **Specialist primary care nursing / allied professional teams working in day centres, hostels / hotels and addictions centres**
- **Homeless hospital discharge teams**
- **Homeless health peer advocacy**
- Find and Treat
- Independent outreach interventions e.g. DOTW, Greenlight
- GP Locally Enhanced Service Contracts (LEs)





# Mental health

- Severe and Enduring Mental Illness (SEMI) homeless mental health teams - START, FOCUS, JHT working on the street and in hostels
- RAMHP (Rough Sleeping and Mental Health Programme teams) working on the street and in hostels / hotels
- Psychology in hostels programme
- Counselling / pre-treatment therapy



# SURVIVING THE TRAUMA OF HOMELESSNESS

## Pre-Treatment Therapy

**John Conolly**

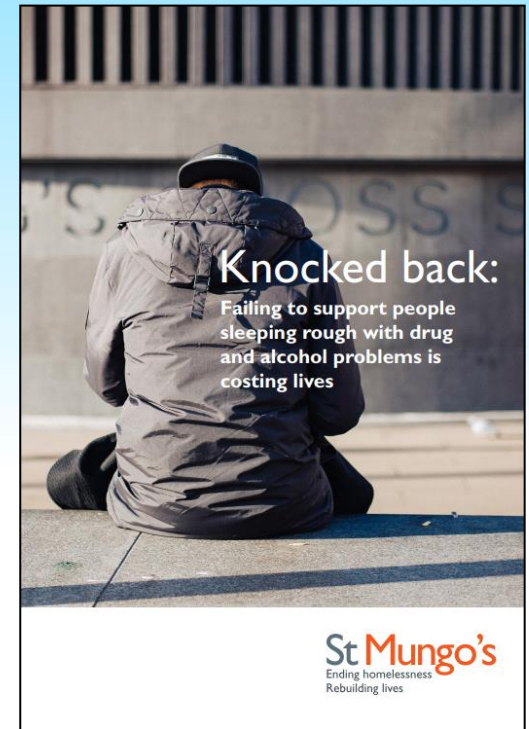


# Addictions Outreach – new services

- 12,000 people missed out on life-saving drug and alcohol treatment in 2018/19.
- ONS found that of the 778 deaths in 2019 nearly 37.1% were drug poisoning / overdose

MHCLG / PHE funding:

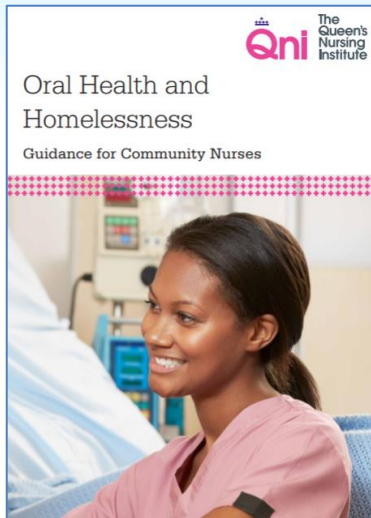
- £23 million investment for 43 areas last year
- Boosted by a further £52 million in 2021 to 2022



Call 111 if you  
can't find an NHS  
dentist

# Dental

or for complex  
issues →



Community Dental Service	Contact Tel No	Areas Covered
Whittington Health NHS Trust CDS	020 3316 8353	North West and North Central London
Kings College Hospital Special Care	020 3299 3480	South London
Bromley CDS	01689 806859	Bromley, Bexley and Greenwich
Kent Community Health Foundation Trust	0330 123 9438	North East London and Kent
CLCH CDS	020 7437 9360	Central West London

Remember the risk of  
oral cancers

# Optician – Vision Care at Crisis


<https://www.visioncarecharity.org/clinics/>



**VISION CARE**  
FOR HOMELESS PEOPLE

- Crisis Skylight
- West London Day Centre
- The Broadway Centre

# Podiatry

Central London Community Healthcare   
NHS Trust

Barnet ■ Hammersmith and Fulham ■ Kensington and Chelsea ■ Westminster

## Feet On The Street

Providing NHS Podiatry Services to Rough Sleepers in Central London  
Healthy Feet for All!



**Alison Gardiner BSc MChS HCPC Reg**  
Specialist Podiatrist for Homeless and Vulnerable People  
Central London Community Healthcare.

 The Queen's Nursing Institute

### The foot health of people experiencing homelessness

Guidance for Community Nurses



# Quick reminder:

- [London Homeless Health Programme](#)
- **London Network of Nurses and Midwives Homelessness Group** - hosts resources and runs cheap conferences, welcomes health support workers: <http://homeleshealthnetwork.net>