

Carnforth ICC – from humble beginnings

Mrs Margaret James-Barber, Patient Representative, Dr David Wrigley, GP & BMA Representative

‘So what exactly is an ICC?’ is a question I get asked quite often. Integrated Care Communities (ICC) began in north Lancashire a few years ago. There are now 9 ICCs across Morecambe Bay - Barrow & Millom; Ulverston, Dalton & Askam; Grange & Lakes; Kendal; Carnforth; Lancaster; Bay & Queen Square.

I am the GP lead for Carnforth ICC and have been in place since ICCs began. ICCs work across many local organisations to improve the health and wellbeing of the community. We work with community services, University Hospitals of Morecambe Bay NHS Foundation Trust (UHMB), social services, the fire service, local police officers, mental health services and numerous voluntary and third sector charities and groups.

Our aim is to join up health and other care services and improving the care in the community. We also believe if we support people to have more information about local services and about their own health, condition then this will improve care and take the strain off the local NHS services.

We have the support of a very small but able team with Emma Paul our ICC co-ordinator and Jeanette Wright, our ICC admin support worker. We have no budget and manage some amazing things which are outlined below. We work from Ash Trees Surgery in Carnforth and Carnforth Clinic which is adjacent to the surgery.

I am constantly amazed by the monthly meetings we have, where the network of contacts make a real difference for patients in the community. From this meeting we have set up activity classes for local patients, a memory clinic hub in Carnforth, support for patients with severe mental health problems, links with local hospital consultants and working with local primary schools to visit care homes and get to know each other.

We have made great connections with the Citizens Advice Bureau who now hold weekly clinics in the surgery and help numerous patients with legal, financial and other advice to help them manage many of life’s problems. We also hold weekly sessions in the surgery for alcohol and drug support for patients who might struggle to get to Lancaster for sessions.



One of the earliest initiatives we started was working with Dr James Barker who is a UHMB geriatrician and stroke consultant. With the support of UHMB we were able to identify a morning when he could work in the surgery and local community seeing frail elderly patients who needed his expertise.

Dr Barker attends the surgery in Carnforth once per week and sees patients either referred by colleagues in the ICC or identified in monthly frailty multi-disciplinary team meetings, alternating weekly between home visits and a community clinic. For each patient the consultation focuses on a Complex Geriatric Assessment (CGA), a medication review, advanced care planning and medical management. There were frequently joint patient reviews with other ICC team members.

105 patients have been reviewed over the past 2 years. 100% have had CGA completed. New Advanced Care plans have been completed for 12 patients and end of life care has been completed at home for 2 patients. 5 hospital admissions have been avoided (approximately £14,000 saved) and 62 hospital outpatient appointments were prevented (approximately £10,400 saved). 50 patients had medications stopped leading to 73 fewer medication items prescribed.

We have recently set up a paediatric liaison team in the ICC led by Dr Clare Peckham, consultant paediatrician at UHMB and myself. We will be focusing on childhood asthma which is an often-forgotten disease who many feel doesn’t cause problems nowadays – this is certainly not the case. We will be undertaking asthma awareness for primary care staff and inhaler awareness for patients and carers. This should improve the care for our asthma patients and reduce exacerbations and admissions.

We recently started a ground-breaking initiative where small groups of local primary school children from Carnforth spent one afternoon a week for 4 weeks in a local residential home in Crag Bank. They got to know each other very well with teachers and NHS staff overseeing the sessions. Topics included good hand hygiene, physical and mental health and wellbeing, language, listening and communication. The sessions were successful and many of the elderly residents and children wanted them to continue. We will be repeating this initiative in other local homes and involving children from different schools.

Number	Name
1	Barrow & Millom
2	Ulverston, Dalton & Askam
3	Grange & Lakes
4	Kendal
5	East
6	Carnforth
7	Bay
8	Lancaster
9	Queen Square

Correspondence to:
margaretjbarber@gmail.com or dwrigley@mybma.org.uk