

## How to share your vision for the future of the NHS in England

As a health or social care professional, you have a unique opportunity to share your individual views to shape the 10 Year Health Plan for the NHS in England.

This is the largest public conversation in the NHS's history. It's designed to help shape the future of healthcare services. The plan will focus on 3 big changes to the NHS:

1. Moving more care from hospitals to communities.
2. Making better use of technology in health and care.
3. Focusing on preventing a worsening of illness, as well as treating it.

But they're also open to hearing all ideas to improve care and treatment.

We'd like you to think about your professional experience of caring for people with Parkinson's, and share your views on what needs to change.

### What's next?

#### Register for a Change NHS account

To share your views on the plan, you'll need to visit the **Change NHS 'Start here' webpage** to register for an account. Here are the steps to follow::

- Click 'Get started' in the blue bar at the bottom of the webpage.
- Register for an account by entering your details.
- Once registered, you'll see the form that you can fill in to share your views on the NHS.

[Visit the Change NHS 'Start here' webpage.](#)

#### Share your views on the plan

Once you have registered an account, you can revisit the [Change NHS webpages](#) at any point to share your views. Simply log into your account by clicking the 'Log in' button at the top right of the screen.

There is also a [separate form for NHS staff](#) to share their experiences of working in the NHS, which focuses on your experience of working in the NHS and what the challenges are. The form for individuals focuses on what you think about the three shifts.

## What should I say?

Think about your professional experience caring for people with Parkinson's:

- What works now?
- What challenges do you face in providing excellent care for people with Parkinson's?
- What are the system changes that are needed to enable people with Parkinson's to receive high-quality care?

Below is a summary (see [our full response](#) for more detail) of what Parkinson's UK fed into the consultation, which you may wish to reflect in your own response.

## Parkinson's UK said the 10 Year Health Plan must prioritise:

### 1. Growing and developing the Parkinson's workforce – crucial to the success of the 10 Year Health Plan

- The 10 Year Health Plan must ensure that:
  - Everyone with Parkinson's has access to a core specialist multidisciplinary team (MDT) in line with the [NICE guideline on Parkinson's \(NG71\)](#) and [NHS RightCare Progressive Neurological Conditions Toolkit](#). The [Parkinson's UK Excellence Network](#) published a '[Vision for integrated specialist multidisciplinary care](#)', which sets out what excellent integrated specialist multidisciplinary care looks like for people with Parkinson's.
  - Addresses severe shortages across all professional disciplines constituting a core Parkinson's specialist multidisciplinary team.
- The 10 Year Health Plan must commit to growing and developing the Parkinson's workforce and ensure clarity in how this will be achieved in the refresh to the NHS Long Term Workforce Plan in 2025.

### 2. Ensuring that people with Parkinson's receive the right care, by the right professional, in the right place and at the right time

- While people with Parkinson's saw practical benefits in moving care closer to home, this must not be at the expense of access to experts in their condition.
- There should be an assessment of which services can be moved out of

hospitals that must centre around the needs of different cohorts of people with Parkinson's. New models of care need to be co-designed with people with lived experience to meet patients' needs.

- Community-based professionals need training and support to provide excellent care for people with Parkinson's. With the right investment, this could be achieved through 'networks of support' from hospital-based Parkinson's experts providing education, training, advice, and guidance to community-based professionals.
- The success of this shift will depend on culture change, leadership, and workforce growth, development and transformation.

### **3. Realising the potential of the shift from analogue to digital to transform Parkinson's care from fragmented and chaotic to joined-up and personalised while ensuring that no one is left behind**

- Digital health technologies should not replace face-to-face interactions with health professionals; instead, they should be used to improve the quality of care and free up more time for people with Parkinson's.
- There needs to be a focus on "getting the basics right". Existing digital technology and systems often fail people with Parkinson's and health professionals.
- Digitised systems in the NHS need to support healthcare delivery and enhance the productivity, efficiency, and quality of care (e.g. universal access to patient records across the NHS).
- Digital health technologies hold promise for enhancing Parkinson's care and symptom management, yet challenges of safety, effectiveness, and NHS adoption need to be addressed.
- The NHS workforce requires training and support to maximise the benefits of a digitally transformed NHS. Investment in data staff and infrastructure will also be needed to embed these new technologies in routine care.
- People with Parkinson's should always be offered a choice in how digital health technologies are used in their care. Considering limitations like dexterity or cognition and digital exclusion, their use might not always be appropriate or practical.

### **4. Providing people with Parkinson's the right support to keep them well for longer and out of hospital**

- Although Parkinson's cannot be prevented, focusing on physical activity,

exercise and early intervention could reduce the impact of symptoms and improve quality of life.

- People with Parkinson's need more information and support on diet, physical activity, and exercise at the point of diagnosis. Health professionals should also receive more training and support to empower them to discuss these strategies and tailor their advice to the stage of the condition.
- Access to specialist multidisciplinary care from the point of diagnosis is vital to providing proactive care for people with Parkinson's and reducing avoidable hospital admissions. This includes physiotherapy, occupational therapy, speech and language therapy, and mental health support.

### **Do you have questions?**

Sam Freeman Carney, Health Policy and Improvement Lead at Parkinson's UK will be happy to answer any of your questions. You can contact him at [scarney@parkinsons.org.uk](mailto:scarney@parkinsons.org.uk).