

Whitby Group Practice Surgery - Red

Inspection report

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This report describes our judgement of the quality of care at this service. It is based on a combination of what we found when we inspected, information from our ongoing monitoring of data about services and information given to us from the provider, patients, the public and other organisations.

Ratings

Overall rating for this location

Good 

Are services safe?

Good 

Are services effective?

Good 

Are services caring?

Good 

Are services responsive?

Good 

Are services well-led?

Good 

Overall summary

This practice is rated as Good overall. (Previous rating February 2018 – Requires Improvement)

The key questions at this inspection are rated as:

Are services safe? – Good

Are services effective? – Good

Are services caring? – Good

Are services responsive? – Good

Are services well-led? – Good

We carried out an announced comprehensive inspection at Whitby Group Practice Surgery – Red on 27 November 2018 as part of our inspection programme. We followed up on the areas that required improvement at the previous inspection (February 2018) and found these had improved.

At this inspection we found:

- The practice had systems to manage risk so that safety incidents were less likely to happen. When incidents did happen, the practice learned from them and improved their processes.
- The practice reviewed the effectiveness and appropriateness of the care it provided. Care and treatment was delivered according to evidence based guidelines.
- Staff involved and treated patients with compassion, kindness, dignity and respect.
- Patient feedback identified that sometimes it was difficult to get through by telephone and to get an appointment. The practice was monitoring this and acting to improve access by reviewing the telephone system. They had recently introduced a GP telephone triage system.
- There were systems in place to mitigate safety risks including health and safety, infection control and dealing with safeguarding.

- The practice had good facilities and was well equipped to treat patients and meet their needs.
- There was a clear leadership structure and staff felt supported by management.
- The practice reviewed and considered patient views through surveys and a patient participation group (PPG).
- Staff worked well together as a team and all felt supported to carry out their roles.
- There was a focus on learning and improvement at all levels of the organisation.
- The provider was aware of the requirements of the duty of candour.

The areas where the provider **should** make improvements are:

- Review the practice's storage of historic paper medical records to ensure they are stored safely.
- Review the security of printer prescription pads in the practice to ensure they are safe at all times.
- Review the system for reviewing incidents and significant events to include identification and recording of themes and trends.
- Review the system for implementation of National Institute for Health and Care Excellence guidelines.
- Implement an audit programme/plan that is based on national, local and practice priorities.
- Review the medical equipment inventory to ensure all equipment (including GPs own) is serviced/calibrated as required.
- Review the system for documenting staff's immune status to Hepatitis B infection.
- Review meetings structures to ensure all meetings are documented and notes of the meetings are disseminated.

Population group ratings

| | |
|--|---|
| Older people | Good  |
| People with long-term conditions | Good  |
| Families, children and young people | Good  |
| Working age people (including those recently retired and students) | Good  |
| People whose circumstances may make them vulnerable | Good  |
| People experiencing poor mental health (including people with dementia) | Good  |

Our inspection team

Our inspection team was led by a CQC lead inspector. The team included a GP specialist adviser and a practice manager specialist advisor.

Background to Whitby Group Practice Surgery - Red

The Whitby Group Red Practice is operated by the provider Whitby Group Practice Surgery – Red. The practice is one of three practices based within the same building. The three practices jointly own the premises and employ the practice manager, advanced nurse practitioners, nursing team and administration and reception staff. The three practices each have their own medical team of GPs, Whitby group Practice – Red has four GPs (two male and two female).

The total practice list size for Whitby Group Practice Surgery – Red is 6,200. The practice is part of West Cheshire Clinical Commissioning Group (CCG).

The practice provides a range of primary medical services under a general medical services (GMS) contract and is registered to provide the following regulated activities:

Diagnostic and screening procedures

Family Planning

Maternity and midwifery services

Surgical procedures

Treatment of disease, disorder or injury

Out of hours primary medical services are accessed by calling NHS 111

Are services safe?

We rated the practice as Good for providing safe services.

At the previous inspection in February 2018, there were areas that required improvement in order to provide safe care and treatment to patients. At this inspection we found that these had been addressed and actions taken to improve.

Safety systems and processes

The practice had clear systems to keep people safe and safeguarded from abuse.

- All staff received up-to-date safeguarding and safety training appropriate to their role. They knew how to identify and report concerns. Learning from safeguarding incidents was shared with staff. Staff who acted as chaperones were trained for their role and had received a Disclosure and Barring Service (DBS) check. (DBS checks identify whether a person has a criminal record or is on an official list of people barred from working in roles where they may have contact with children or adults who may be vulnerable.)
- Staff took steps, including working with other agencies, to protect patients from abuse, neglect, discrimination and breaches of their dignity. The practice held their own internal safeguarding meetings as well as attending external ones as required.
- The practice carried out appropriate staff checks at the time of recruitment and on an ongoing basis. We did not see evidence for some clinical staff of their immune status, we were told that staff were up to date with their vaccinations for Hepatitis B. Following the inspection, the practice told us how they would be obtaining documented evidence of staff's immune status to hold on record.
- There was an effective system to manage infection prevention and control.
- The practice had arrangements to ensure that facilities and equipment were safe and in good working order. However, we found a blood pressure monitoring machine in a GPs bag had not been serviced or calibrated regularly.
- Arrangements for managing waste and clinical specimens kept people safe.

Risks to patients

There were adequate systems to assess, monitor and manage risks to patient safety.

- Arrangements were in place for planning and monitoring the number and mix of staff needed to meet patients' needs, including planning for holidays, sickness, busy periods and epidemics.
- There was an effective induction system for temporary staff tailored to their role.
- The practice was equipped to deal with medical emergencies and staff were suitably trained in emergency procedures.
- Staff understood their responsibilities to manage emergencies on the premises and to recognise those in need of urgent medical attention. Clinicians knew how to identify and manage patients with severe infections including sepsis. Non-clinical staff had also received training on the signs and symptoms of sepsis.
- When there were changes to services or staff the practice assessed and monitored the impact on safety.

Information to deliver safe care and treatment

Staff had the information they needed to deliver safe care and treatment to patients.

- The care records we saw showed that information needed to deliver safe care and treatment was available to staff.
- The practice had systems for sharing information with staff and other agencies to enable them to deliver safe care and treatment.
- Clinicians made timely referrals in line with protocols.
- Some historic paper medical records were stored on open shelving in a locked room.

Appropriate and safe use of medicines

The practice had reliable systems for appropriate and safe handling of medicines.

- The systems for managing and storing medicines, including vaccines, medical gases, emergency medicines and equipment, minimised risks.
- Staff prescribed and administered or supplied medicines to patients and gave advice on medicines in line with current national guidance. The practice had reviewed its antibiotic prescribing and acted to support good antimicrobial stewardship in line with local and national guidance.
- Patients' health was monitored in relation to the use of medicines and followed up on appropriately. Patients were involved in regular reviews of their medicines.

Are services safe?

- Prescription pads were logged into the practice on receipt and with details of which room they were taken to, however printer script papers were left in printers when the room was not occupied including overnight.

Track record on safety

The practice had a good track record on safety.

- There were comprehensive risk assessments in relation to safety issues.
- The practice monitored and reviewed safety using information from a range of sources.

Lessons learned and improvements made

The practice learned and made improvements when things went wrong.

- Staff understood their duty to raise concerns and report incidents and near misses. Leaders and managers supported them when they did so.
- There were adequate systems for reviewing and investigating when things went wrong. The practice learned and shared lessons including as a group of three practices. However, they did not identify themes and trends.
- The practice acted on and learned from external safety events as well as patient and medicine safety alerts.

Please refer to the evidence tables for further information.

Are services effective?

We rated the practice and all of the population groups as Good for providing effective services.

Effective needs assessment, care and treatment

We saw that clinicians assessed needs and delivered care and treatment in line with current legislation, standards and guidance supported by clear clinical pathways and protocols. However, the practice did not have a formal system of implementation of evidence-based guidelines, for example National Institute of Health and Care Excellence (NICE) guidance.

- Patients' immediate and ongoing needs were fully assessed. This included their clinical needs and their mental and physical wellbeing.
- Staff advised patients what to do if their condition got worse and where to seek further help and support.

Older people:

- Older patients who were frail or may be vulnerable received a full assessment of their physical, mental and social needs. There was a dedicated GP for older people. The practice used appropriate tools to identify patients aged 65 and over who were living with moderate or severe frailty and those at risk of fractures.
- The practice followed up on older patients discharged from hospital. It ensured that their care plans and prescriptions were updated to reflect any extra or changed needs.
- One of the clinicians (the advanced nurse practitioner) carried out home visits in the morning for patients who were house bound or who lived in nursing and care homes.
- Staff had appropriate knowledge of treating older people including their psychological, mental and communication needs.
- Staff could signpost older patients to external support groups and agencies. The practice had a wellbeing co-ordinator to whom they could refer for support and advice. They had a directory of health and social services for people to refer to.

People with long-term conditions:

- Patients with long-term conditions had a structured annual review to check their health and medicines

needs were being met. For patients with the most complex needs, the clinical staff worked with other health and care professionals to deliver a coordinated package of care.

- Staff who were responsible for reviews of patients with long term conditions had received specific training.
- Adults with newly diagnosed cardiovascular disease were offered statins for secondary prevention. People with suspected hypertension were offered ambulatory blood pressure monitoring and patients with atrial fibrillation were assessed for stroke risk and treated as appropriate.
- The practice was able to demonstrate how it identified patients with commonly undiagnosed conditions, for example diabetes, chronic obstructive pulmonary disease (COPD), atrial fibrillation and hypertension).
- Planned reviews on patients with long term conditions and those who were on ten or more medicines were undertaken.

Families, children and young people:

- Childhood immunisation uptake rates either met or were higher than the target percentage of 90%.
- The practice had arrangements for following up failed attendance of children's appointments following a missed appointment in secondary care or for immunisation.
- The practice had effective systems in place for safeguarding children and young people.
- Patients had access to antenatal and postnatal care and cervical cancer screening.
- Children were always offered the same day appointments as needed.

Working age people (including those recently retired and students):

- The practice's uptake for cervical screening was comparable to the national and CCG averages, but below the national target of 80%. The practice told us about how they were trying to achieve a better uptake.
- The practice had systems to inform eligible patients to have the meningitis vaccine, for example before attending university for the first time.
- Patients had access to appropriate health assessments and checks including NHS checks for patients aged 40-74. There was appropriate follow-up on the outcome of health assessments and checks where abnormalities or risk factors were identified.

Are services effective?

- Extended hours surgeries were available for those patients who could not attend during normal working hours as part of the West Cheshire extended hours service.
- There was access to telephone consultations. Online booking of appointments and ordering repeat prescriptions were also available.

People whose circumstances make them vulnerable:

- End of life care was delivered in a coordinated way which took into account the needs of those whose circumstances may make them vulnerable.
- The practice held a register of patients living in vulnerable circumstances including drug and alcohol misuse patients and those with a learning disability. Vulnerable patients were highlighted on the patient system to enable prioritisation of care.
- Patients had access to and were signposted to other health and social care services such as social services, health visitors and crisis teams.
- Regular multi-disciplinary meetings were held to coordinate care for those people who were vulnerable.
- The practice had a system for vaccinating patients with an underlying medical condition according to the recommended schedule.

People experiencing poor mental health (including people with dementia):

- The practice assessed and monitored the physical health of people with mental illness, severe mental illness, and personality disorder by providing access to health checks, interventions for physical activity, obesity, diabetes, heart disease, cancer and access to 'stop smoking' services. There was a system for following up patients who failed to attend for the administration of long term medicines.
- Staff had been trained in the care and treatment of patients who experienced poor mental health and in dementia care awareness.
- When patients were assessed to be at risk of suicide or self-harm the practice had arrangements in place to help them to remain safe.
- Patients at risk of dementia were identified and offered an assessment to detect possible signs of dementia. When dementia was suspected there was an appropriate referral for diagnosis.
- The practice offered annual health checks to patients with a learning disability.

Monitoring care and treatment

The practice had a comprehensive programme of quality improvement activity and routinely reviewed the effectiveness and appropriateness of the care provided, including through clinical audit. Where appropriate, clinicians took part in local and national improvement initiatives.

- The practice used information about care and treatment to make improvements. The most recent published (2017/2018) Quality Outcome Framework (QOF) results were that the practice had achieved 99% of the total number of points available which was in line with national and CCG averages.

Effective staffing

Staff had the skills, knowledge and experience to carry out their roles.

- Staff had appropriate knowledge for their role, for example, to carry out reviews for people with long term conditions, older people and people requiring contraceptive reviews.
- Staff whose role included immunisation and taking samples for the cervical screening programme had received specific training and could demonstrate how they stayed up to date.
- The practice understood the learning needs of staff and provided protected time and training to meet them. Up to date records of skills, qualifications and training were maintained. Staff were encouraged and given opportunities to develop.
- There was an induction programme for new staff. The practice provided staff with ongoing support. This included one to one meetings, appraisals, mentoring, clinical supervision and revalidation.
- There was a clear approach for supporting and managing staff when their performance was poor or variable. Staff received annual appraisals.

Coordinating care and treatment

Staff worked together and with other health and social care professionals to deliver effective care and treatment.

- We saw records that showed that all appropriate staff, including those in different teams and organisations, were involved in assessing, planning and delivering care and treatment.

Are services effective?

- The practice shared clear and accurate information with relevant professionals when discussing care delivery for people with long term conditions and those patients who were vulnerable. They shared information with, and liaised, with community services, social services and carers for housebound patients and with health visitors and community services for children.
- Patients received coordinated and person-centred care. This included when they moved between services, when they were referred, or after they were discharged from hospital. The practice worked with patients to develop personal care plans that were shared with relevant agencies.
- The practice ensured that end of life care was delivered in a coordinated way which considered the needs of different patients, including those who may be vulnerable because of their circumstances.

Helping patients to live healthier lives

Staff were consistent and proactive in helping patients to live healthier lives.

- The practice identified patients who may need extra support and directed them to relevant services. This included patients in the last 12 months of their lives, patients at risk of developing a long-term condition and carers.

- Staff encouraged and supported patients to be involved in monitoring and managing their own health, for example through social prescribing schemes.
- Staff discussed changes to care or treatment with patients and their carers as necessary.
- The practice had a wellbeing co-ordinator who provided support, advice and referral to other services.
- The practice supported national priorities and initiatives to improve the population's health, for example, stop smoking campaigns and tackling obesity.

Consent to care and treatment

The practice obtained consent to care and treatment in line with legislation and guidance.

- Clinicians understood the requirements of legislation and guidance when considering consent and decision making.
- Clinicians supported patients to make decisions. Where appropriate, they assessed and recorded a patient's mental capacity to make a decision.
- The practice monitored the process for seeking consent appropriately.

Please refer to the evidence tables for further information.

Are services caring?

We rated the practice as Good for caring.

Kindness, respect and compassion

Staff treated patients with kindness, respect and compassion.

- Feedback from patients was positive about the way staff treat people.
- Staff understood patients' personal, cultural, social and religious needs.
- The practice gave patients timely support and information.
- The practice's GP patient survey results were in line with local and national averages for questions relating to kindness, respect and compassion.

Involvement in decisions about care and treatment

Staff helped patients to be involved in decisions about care and treatment. They were aware of the Accessible Information Standard (a requirement to make sure that patients and their carers can access and understand the information that they are given.)

- Staff communicated with people in a way that they could understand, for example, communication aids and easy read materials were available.
- Staff helped patients and their carers find further information and access community and advocacy services. They helped them ask questions about their care and treatment.
- The practice proactively identified carers and supported them.
- The practice's GP patient survey results were in line with local and national averages for questions relating to involvement in decisions about care and treatment.

Privacy and dignity

The practice respected patients' privacy and dignity.

- When patients wanted to discuss sensitive issues, or appeared distressed reception staff offered them a private room or area to discuss their needs.
- Staff recognised the importance of people's dignity and respect. They challenged behaviour that fell short of this.

Please refer to the evidence tables for further information.

Are services responsive to people's needs?

We rated the practice, and all of the population groups, as Good for providing responsive services.

Responding to and meeting people's needs

The practice organised and delivered services to meet patients' needs. It took account of patient needs and preferences.

- The practice understood the needs of its population and tailored services in response to those needs. Extended hours appointments were available through the West Cheshire/Chester extended hours service.
- The practice had introduced a GP telephone triage system to help patients receive the appropriate appointment type and follow on care and treatment.
- Appointments were available each day with a variety of clinicians, such as GPs and advanced nurse practitioners. Pre-bookable appointments were also available.
- Telephone consultations were available which supported patients who were unable to attend the practice during normal working hours.
- The facilities and premises were appropriate for the services delivered.
- The practice made reasonable adjustments when patients found it hard to access services.
- The practice provided effective care coordination for patients who are more vulnerable or who have complex needs. They supported them to access services both within and outside the practice.
- Care and treatment for patients with multiple long-term conditions and patients approaching the end of life was coordinated with other services.

Older people:

- All older patients had a named GP who supported them in whatever setting they lived, whether it was at home, in a care home or supported living scheme. The advanced nurse practitioner also supported older patients who were housebound or lived in care/nursing homes and visited them on a regular basis.
- The practice was responsive to the needs of older patients, and offered home visits and urgent appointments for those with enhanced needs.

People with long-term conditions:

- Patients with a long-term condition received an annual review to check their health and medicines needs were being appropriately met. Multiple conditions were reviewed at one appointment, and consultation times were flexible to meet each patient's specific needs.
- The practice held regular meetings with the local district nursing team to discuss and manage the needs of patients with complex medical issues.

Families, children and young people:

- There were registers of children and families who were vulnerable.
- We found there were systems to identify and follow up children living in disadvantaged circumstances and who were at risk, for example, children and young people who had a high number of accident and emergency (A&E) attendances. Records we looked at confirmed this.
- All parents or guardians calling with concerns about a child under the age of 16 were offered a same day appointment when necessary.

Working age people (including those recently retired and students):

- The needs of this population group had been identified and the practice had adjusted the services it offered to ensure these were accessible, flexible and offered continuity of care. For example, extended opening hours, online services and telephone consultations.
- NHS health screening programmes were offered to this group, including cervical, breast and bowel cancer.

People whose circumstances make them vulnerable:

- The practice held a register of patients living in vulnerable circumstances including travellers and those with a learning disability. These were highlighted on records in order to identify them and provide appropriate and timely care.
- People in vulnerable circumstances were easily able to register with the practice.

People experiencing poor mental health (including people with dementia):

- Staff interviewed had a good understanding of how to support patients with mental health needs and those patients living with dementia.
- The practice identified and highlighted those at risk of dementia. These patients were then offered screening.

Are services responsive to people's needs?

Timely access to care and treatment

Feedback from patients either through patient interviews or surveys indicated that there was sometimes difficulty getting through to the practice by telephone and to get a convenient appointment of their choice.

The practice was aware of these concerns and had implemented actions to address them. For example, reviewing and amending the telephone system and introduction of a telephone triage system.

We also found that:

- Patients had timely access to initial assessment, test results, diagnosis and treatment.
- Waiting times, delays and cancellations were minimal and managed appropriately. Patients were informed of any delays to their appointment.
- Patients with the most urgent needs had their care and treatment prioritised.

Listening and learning from concerns and complaints

The practice took all complaints and concerns seriously and responded to them appropriately to improve the quality of care.

- The practice had a named person who dealt with all complaints in a timely manner and ensured that learning outcomes were shared.
- Information about how to make a complaint or raise concerns was available. The practice showed us a leaflet they had implemented regarding the complaints process for patients. Staff treated patients who made complaints compassionately.
- The complaint policy and procedures were in line with recognised guidance. The practice learned lessons from individual concerns and complaints.

Are services well-led?

We rated the practice as Good for providing a well-led service.

Leadership capacity and capability

Leaders had the capacity and skills to deliver high-quality, sustainable care.

- Leaders were knowledgeable about issues and priorities relating to the quality and future of services. They understood the challenges and were addressing them.
- Leaders at all levels were visible and approachable. They worked closely with staff and others to make sure they prioritised compassionate and inclusive leadership.
- The practice had effective processes to develop leadership capacity and skills, including planning for the future leadership of the practice.

Vision and strategy

The practice had a vision and strategy to deliver high quality, sustainable care.

- There was a vision and set of values. The practice had a realistic strategy and supporting business plans to achieve priorities.
- Staff were aware of and understood the vision, values and strategy and their role in achieving them.
- The strategy was in line with health and social care priorities across the region. The practice planned its services to meet the needs of the practice population.
- The practice monitored progress against delivery of the strategy.

Culture

The practice had a culture of high-quality sustainable care.

- Staff stated they felt respected, supported and valued. They were proud to work in the practice.
- The practice focused on the needs of patients.
- Leaders and managers acted on behaviour and performance inconsistent with the vision and values.
- Openness, honesty and transparency were demonstrated when responding to incidents and complaints. The provider was aware of and had systems to ensure compliance with the requirements of the duty of candour.
- Staff we spoke with told us they could raise concerns and were encouraged to do so. They had confidence that these would be addressed.

- There were processes for providing staff with the development they need. This included appraisal and career development conversations. Staff were supported to meet the requirements of professional revalidation where necessary.
- There was an emphasis on the safety and well-being of all staff.
- The practice actively promoted equality and diversity. Staff felt they were treated equally.
- There were positive relationships between staff and teams.

Governance arrangements

There were clear responsibilities, roles and systems of accountability to support good governance and management.

- Structures, processes and systems to support good governance and management were clearly set out, understood and effective. The governance and management of partnerships, joint working arrangements and shared services promoted co-ordinated person-centred care.
- Staff were clear on their roles and accountabilities including in respect of safeguarding and infection prevention and control
- Practice leaders had established policies, procedures and activities to ensure safety and assured themselves that they were operating as intended.

Managing risks, issues and performance

There were clear and effective processes for managing risks, issues and performance.

- There was an effective, process to identify, understand, monitor and address current and future risks including risks to patient safety.
- The practice had processes to manage current and future performance. Practice leaders had oversight of safety alerts, incidents, and complaints.
- Clinical audits had been undertaken and had a positive impact on the quality of care and outcomes for patients. However, there was no documented audit programme or plan that was based on national, local and service priorities.
- The practice had plans in place and had trained staff for major incidents.
- The practice considered and understood the impact on the quality of care of service changes or developments.

Are services well-led?

Appropriate and accurate information

The practice acted on appropriate and accurate information.

- Quality and operational information was used to ensure and improve performance. Performance information was combined with the views of patients.
- Quality and sustainability were discussed in relevant meetings where staff had sufficient access to information. A range of relevant meetings were undertaken regularly. Feedback and communication was reported by staff as being good. However not all the meetings (in particular non-clinical staff meetings) were documented with minutes shared with the staff.
- The practice used performance information which was reported and monitored and management and staff were held to account.
- The information used to monitor performance and the delivery of quality care was accurate and useful. There were plans to address any identified weaknesses.
- The practice used information technology systems to monitor and improve the quality of care.
- The practice submitted data or notifications to external organisations as required.
- There were arrangements in line with data security standards for the availability, integrity and confidentiality of patient identifiable data, records and data management systems. However, improvements should be made to storage as historic paper medical records were stored on open shelving and not safe from the risk of damage and loss.

Engagement with patients, the public, staff and external partners

The practice involved patients, the public, staff and external partners to support high-quality sustainable services.

- A full and diverse range of patients', staff and external partners' views and concerns were encouraged, heard and acted on to shape services and culture.
- The practice encouraged and valued feedback from patients. It proactively sought feedback from through surveys and complaints received.
- There was an active patient participation group (PPG) who worked well with the practice. The PPG felt listened to and told us about improvements made as a result of suggestions and ideas.
- The service was transparent, collaborative and open with stakeholders about performance.

Continuous improvement and innovation

There were evidence of systems and processes for learning, continuous improvement and innovation.

- There was a focus on continuous learning and improvement.
- Staff knew about improvement methods and had the skills to use them.
- The practice made use of internal and external reviews of incidents and complaints. Learning was shared and used to make improvements.

We saw some areas of innovative practice. For example:

- "Time to Care" programme. – non-clinical staff had been trained to undertake some administrative tasks which would then release time to clinical staff for patient care.
- Working with other practices locally as a cluster to provide extended care and services and for continuity when patients moved between these practices.

Please refer to the evidence tables for further information.