



GSF in Primary Care

the **gold standards**
framework
in primary care

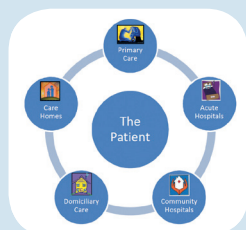
GSF Quality Improvement Programmes, building on basic GSF Bronze level for QOF to move to next stage thinking with Silver and Gold GSF training plus Accreditation

Next Stage GSF for 21st Century Care

The Gold Standards Framework (GSF) for Primary Care is a well used evidence based systematic approach to improving the quality and organisation of care for all people nearing the end of life.

Although over 95% of UK GP practices adopt the basic principles of GSF to meet their QOF targets (Bronze/Foundation Level GSF), evidence suggests that still too few patients are being identified early, offered advance care planning discussions and supported to live and die where they choose. This leads to excessive hospital admissions and deaths, preventable crises and poor cost-efficiencies in an area.

With the ageing population leading to heavy workloads for GPs, GSF can help streamline proactive care for patients in the last years of life with any condition in any setting.



With about a third of NHS spending incurred by patients in the final year of life, this also contributes to the Five Year Forward View's aspiration of population-based plans and efficiency. This is an important time to invest in this important work leading to better integrated cross-boundary care for patients.

GSF's long history of practical on-the-ground experience, teaching and enabling across all settings and providers is well regarded nationally and internationally. Enhancing the use of GSF in Primary Care is the first step to delivering quality end of life care within your local community.

There are three ways you can do this:-

1. **GSF Silver Programme** – for groups of GPs in a CCG/ area, we run 2 half day interactive workshops tailored to your needs, to help develop enhanced care, monitor and share progress.
2. **GSF Gold Programme** – distance learning for the whole primary care team in practice-based sessions, leading to practice Accreditation, and the Quality Hallmark Award, endorsed by RCGP.
3. **GSF Better Together workshop** – a tailored one-off event for primary care teams and others, eg care homes, to enhance area- wide care coordination and integrated cross-boundary care.

GSF has three simple steps

- **Identify** – the right patients in the last year of life
- **Assess** – needs with Advance Care Planning discussions
- **Plan** – care in line with preferences, reducing hospitalisation, enabling more to live and die at home.



GSF aims to help you improve the

- **Quality** of care provided in alignment with preferences
- **Coordination** and collaboration of care across boundaries
- **Outcomes** and Cost effectiveness by reducing hospitalisation, enabling more to live and die at home.

Examples of achievements

Practices doing Going for Gold showed ...

- Trebling of numbers of register patients
- Trebling of non-cancer register patients
- Quadrupling numbers with recorded ACP, DNAR.
- Increasing numbers dying in usual place of residence
- Many halving hospital death rates
- Tenfold increased carer's assessment and bereavement protocols

"We have reduced by 50% our hospital admissions for this patient group, and with the help of GSF are providing better, cheaper care for our patients and their carers"

Helena Rolfe GP Yorkshire
GSF Accredited practice

"The College is pleased to support GSF, as a major component of the RCGP End of Life Care Strategy. End of life care is part of the core business of general practice, and GSF provides a standard against which we can measure our practice and a means to further improve it". Prof Nigel Mathers, RCGP



1. SILVER

The GSF 'Silver' Primary Care Programme for groups of GPs and others

- Two 1/2 day workshops, ideally in local PLE events about six months apart
- Focus on Identification and Advance Care Planning
- Improved cross boundary communication and collaboration with care homes
- Adapted to suit local needs and local provision of services
- Includes evaluations showing continued progress and additional resources
- Develops area -wide cultural change as teams move forward together

"The GSF Silver programme was a great catalyst for change in our area, helping all of our GPs move forward together in end of life care and build real improvements together that will lead to lasting change."

Midlands GP after GSF Silver



2. GOLD

The GSF 'Going for Gold' Primary Care Training Programme

- Six sessions run at team meetings in your own practice with GPs, nurses, practice managers and others
- The 30 minute filmed sessions give real examples from other GPs and practices in how they can improve further
- Resources, workbook, Good Practice Guide includes everything you need to implement Gold GSF
- All evaluations included demonstrating real change at a practical level. ADA Audit useful for revalidation.

"This has been one of the best things we have done as a team together – thoroughly recommended."

GSF Accredited Practice Lead

ACCREDITATION Practices completing the Going for Gold training programme that have embedded Gold GSF in practice can apply for accreditation and receive the GSF Quality Hallmark Award supported by RCGP.



3. GSF WORKSHOPS

GSF in a day or Better Together workshops

One-off workshops tailored to the needs of individual areas, with larger groups for whole-system cross-boundary quality improvement in end of life care.

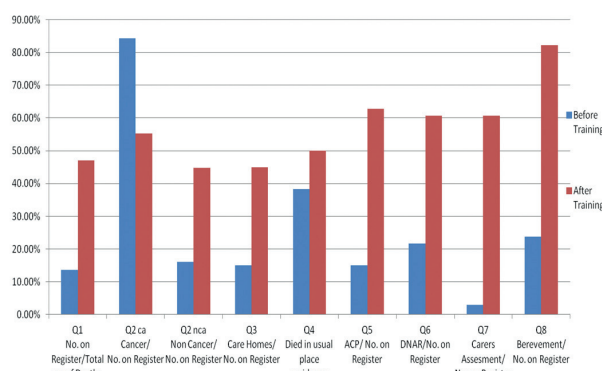
"GSF has been transformational for us as a practice and for our patients. As GPs we should care for people from the cradle to grave and indeed beyond, looking after their families. GSF has helped us put the systems in place to provide that continuity of care."

Dr Gillian Au, GP GSF Accredited practice

"I have personally enjoyed leading Going for Gold in our practice. The workbook itself is excellent and DVD helpful."

Practice Nurse GSF Accredited practice

Summary of Outcome Measures of GSF Accredited Practices



The Royal College of GPs endorses the GSF Quality Hallmark Award



Dr Neil Hunt presenting awards to GSF Accredited practices at the National GSF Conference, 28th November 12, London