



Healthy London
Partnership

directors of
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adult social services

Taster session: The importance of weekends

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Outline of the taster session

Aims and objectives of the session:

- To understand the importance of maintaining optimal patient 'flow' over the weekend period across the whole system

We will collectively consider what works well and what doesn't work well weekdays and weekends and the impact of weekends on patient care and system efficiency. We will then consider in small groups opportunities for managing weekends better.

By the end of the session we will have:

- Increased awareness of importance of weekends on individual patient care and experience
- Two priority actions and what support is needed locally to take actions forward

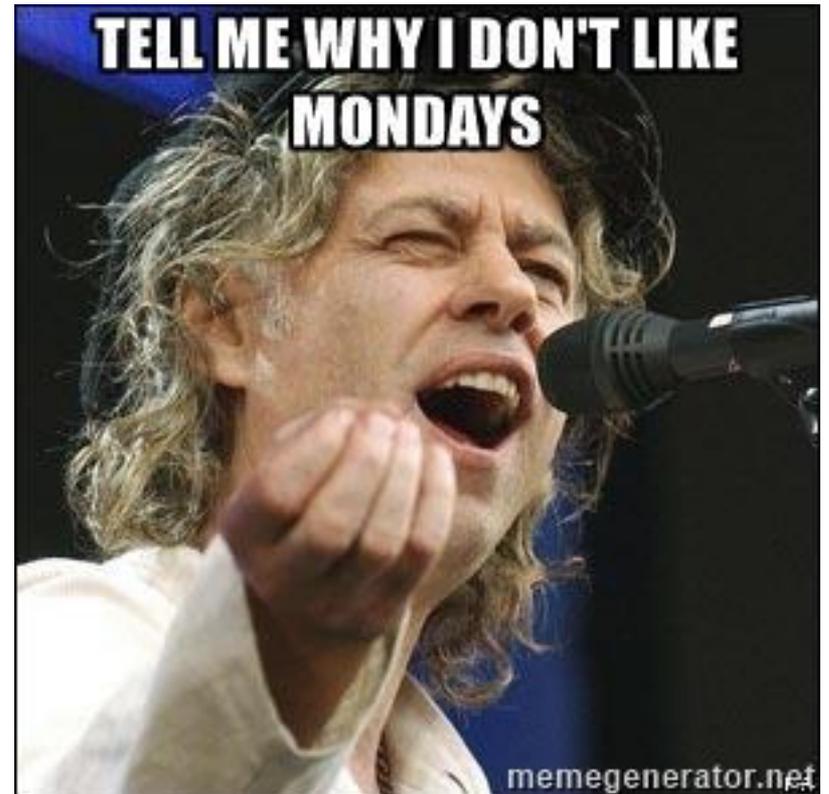
Group discussion

- What are the positives and negatives about mid-week and weekends – what words would you use to describe each?
- What works well and what doesn't work well – weekend/mid-week?

I 

Weekends

Monday: our favourite day?



Monday not great for public, or staff

M

Any Monday, every Monday
Unless it's a Bank Holiday...in which case Tuesday is the new Monday



Primary care - highest demand



Emergency Department - highest demand



Hospital - least capacity (and often peak elective activity)



Social care - increased demand if fewer discharges over the weekend

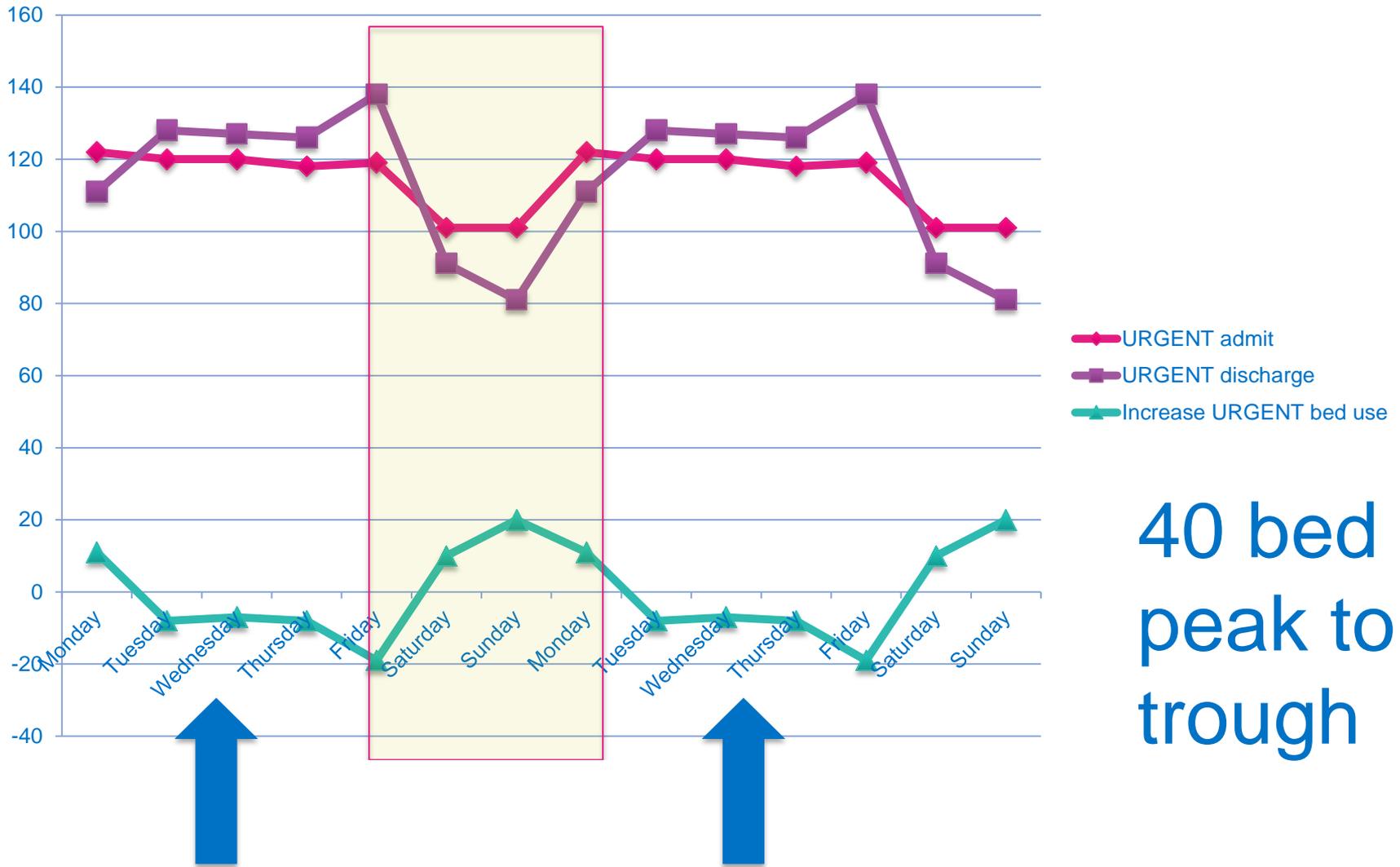
The importance of weekends

- **Flow is the key** to urgent care across the system
- **Variation is the enemy** of smooth flow
- **Some variation is 'natural'** – and largely predictable
- **Some variation is 'artificial'** – reduced flow at weekends is an example

Who would be in hospital?

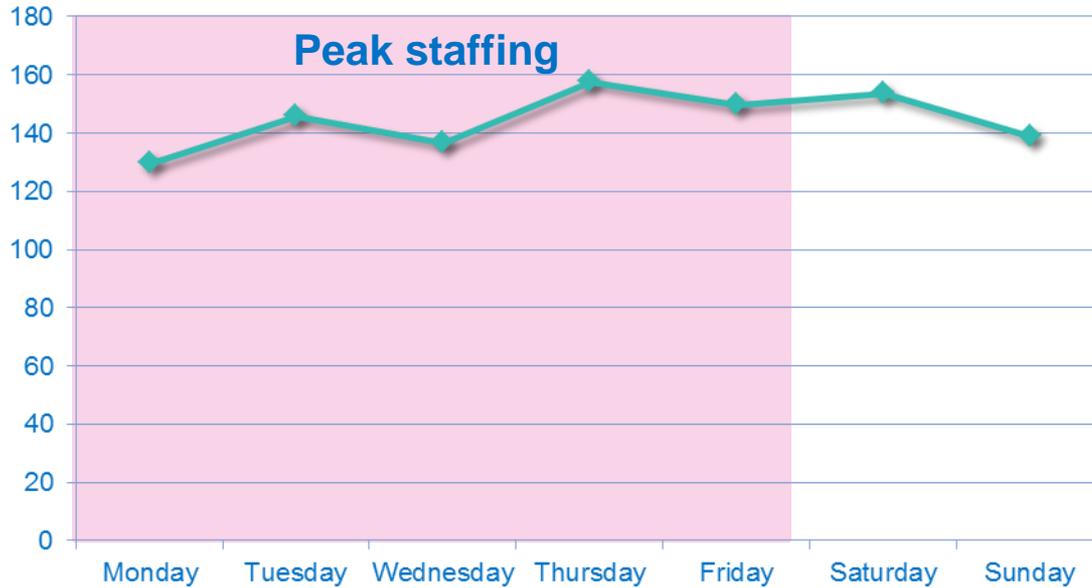
- People generally don't want to be in hospital
- Spend most of the time as in-patients waiting
- Which often has **negative consequences**
- Concept of **Red Day/ Green Day**
- We all want to **get people home as soon as appropriate** – but they must be ready
- **Wasted days in hospital are bad for patients, and the system**

How weekend affects whole week



40 bed
peak to
trough

How weekend affects mental health patient care



Mental health crisis presentations over the week

Similarly during the 24 hour period



How do we address this?

- Across the system **the weekend problem is NOT increased demand**
- **It is reduced discharge, reduced access to support in the community AND reduced pace** for continuing patients

And the potential solutions?

Hospital weekend opportunities

- Patients admitted at weekend
- Patients discharged at weekend
- Value adding care for patients who remain at weekend

Primary care weekend opportunities

- 8 – 8 general practice across London, 7 days a week
- Making better use of community pharmacy

Community care weekend opportunities

- Increased support to care homes at evenings and weekends to avoid hospital admission
- Starting new packages of care at weekend

Mental health care weekend opportunities

- Staffing and services when patients go into mental health crisis – evenings and weekends

Table discussion

Action planning:

- What can we do to manage weekends better?
 - Short term
 - Long term
- Who do you need to work with to address the issues?
- What support do you need to do something about it?

Feedback to the group your number 1 action and support needed

Feedback