

## Healthy Living Optical Practice Framework

The Healthy Living Optical Practice (HLOP) Framework is focused on improving the health and wellbeing of the population and helping reduce health inequalities.

The HLOP framework has two levels of engagement with public health services with an increasing complexity as practices move from Level 1 to Level 2 and requires additional expertise within optical practices aspiring to progress from one level to the next.

HLOP Level 1 is delivery via very brief interventions and signposting to appropriate services via leaflets/websites. It is recognised that each locality may have a desire to target specific patient groups, depending on local need.

It is expected that HLOP Level 1 will be offered in parallel to a commissioned primary eyecare service delivered within optical practice and not as a stand-alone provision.

Commissioning HLOP Level 2 will be determined by local need and is the responsibility of local commissioners. These are aspirational targets for practices, who may wish to develop their healthy living optical practice(s) further.

Level 2 can be considered in two subcategories:

1. Public Health community services
2. Primary and Community Eye Services that support the healthy living ethos

### **Workforce Development:**

Development of the practice team is important factor in the success of HLOP delivery. There are two key areas of focus:

- Healthy Champions
- HLOP Leadership

Both areas have a program of support available and are essential requirements to be accredited as a HLOP.

***Resources and Guidance are available to support the implementation and delivery of the Healthy Living Optical Practice Framework.***

## Healthy Living Optical Practice

Areas of Focus	LEVEL1 Very brief interventions	LEVEL 2 (Examples) Locality Commissioned Services
Smoking	<ul style="list-style-type: none"> <li>• Pro-active health promotion</li> <li>• Very brief intervention, assessing willingness to change and signposting</li> </ul>	<ul style="list-style-type: none"> <li>• NHS Stop Smoking Services</li> </ul>
Alcohol	<ul style="list-style-type: none"> <li>• Pro-active health promotion</li> <li>• Very brief intervention, assessing willingness to change and signposting</li> </ul>	<ul style="list-style-type: none"> <li>• NHS Alcohol Intervention Service</li> </ul>
Nutrition, Hydration and Physical Activity	<ul style="list-style-type: none"> <li>• Pro-active health promotion</li> <li>• Very brief intervention regarding nutrition and the eye health, assess willingness to change and signposting</li> </ul>	<ul style="list-style-type: none"> <li>• NHS Weight Management Services</li> <li>• NHS Health Checks</li> <li>• Blood pressure checks</li> </ul>
Mental Well being	<ul style="list-style-type: none"> <li>• Proactive health promotion</li> <li>• Very brief intervention and signposting</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional &amp; Wellbeing consultations</li> </ul>
Dementia	<ul style="list-style-type: none"> <li>• Proactive health promotion</li> <li>• Very brief intervention and signposting</li> </ul>	<ul style="list-style-type: none"> <li>• Dementia Screening</li> </ul>
Long Term Conditions (LTC)	<ul style="list-style-type: none"> <li>• Active engagement with patients with cardiovascular disease, diabetes, dementia, age related macular degeneration and glaucoma</li> </ul>	<ul style="list-style-type: none"> <li>• Glaucoma medication compliance reviews</li> <li>• Annual blood pressure checks</li> <li>• Targeted brief interventions</li> </ul>
Frailty & Falls	<ul style="list-style-type: none"> <li>• Very brief intervention and assess potential risk factors for falls and signposting</li> </ul>	<ul style="list-style-type: none"> <li>• Vision assessment as part of a Falls service</li> </ul>
Sensory Loss	<ul style="list-style-type: none"> <li>• Very brief intervention and assess potential risk factors for hearing or vision loss</li> </ul>	
UV Awareness	<ul style="list-style-type: none"> <li>• Proactive health promotion</li> <li>• Very brief intervention on UV awareness</li> </ul>	
<b>Key Enablers</b>		
Workforce Development	<ul style="list-style-type: none"> <li>• Health Champions and Leadership skills</li> <li>• Dementia Friends</li> </ul>	<ul style="list-style-type: none"> <li>• Additional “behavioural change” skills</li> </ul>
Environment	<ul style="list-style-type: none"> <li>• Health Promotion Zone</li> <li>• Dementia Friendly Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Private consultation room</li> </ul>