

Farm Families

Farm Families is a joint programme between PHA & Department for Environment, Agriculture & Rural Affairs (DAERA) that provides an accessible health check programme specifically targeting farmers their families.

Initiated in 2012, it is delivered by Northern Health & Social Care Trust (NHSCT) staff on a regional basis. The health checks are performed by trained nurses in an accessible van that has two private treatment rooms and a waiting area. The van attends farmers' marts and rural community events, bringing the service to the target clientele.

To date (March 2019) a total of 18,003 health checks have been performed. All client information collected during the health checks are recorded on an IT system designed specifically for this purpose. As a result of the health checks, clients may be advised to see their GP or signposted to other services (including Rural Support, smoking cessation etc.).

Nurses also provide lifestyle advice tailored to the client's needs. A follow up phone call is provided to all clients who have been asked to see their GP to encourage those who haven't made an appointment to do so, or to reinforce health messages.

QRISK assessment tool and *Patient Health Questionnaire* (PHQ9) scores are gathered from clients and entered into an IT system for analysis and evaluation purposes. QRISK is an assessment tool for estimating the 10-year risk of having a cardiovascular event, in people who do not already have heart disease. A person's 10-year risk of CVD can be used to inform treatment decisions, such as lifestyle advice or drug treatment. PHQ9 The *Patient Health Questionnaire* (PHQ-9) is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression.

To date (March 2019) a total of 18,003 health checks have been performed. These figures provide evidence to confirm that the programme is embedded within the rural and farming communities and is an accessible and necessary service.

