

NHS CONFEDERATION



THE
NATIONAL
HEALTH
SERVICE

AT 70



July 5 marks the NHS' 70th birthday. In the run up to the launch of the NHS at Park Hospital, Manchester, households received a simple four-page pamphlet explaining what a National Health Service would entail and how it could be accessed.

The past 70 years has seen its fair share of reforms and significant changes in demand, funding, provision, outcomes and expectations. If a similar exercise was to be carried out today, a four-page pamphlet is clearly no longer sufficient but the key themes of provision and access are just as relevant now as they were in 1948.

The NHS' 70th anniversary represents a key juncture in its history. With demand outstripping funding and detrimental effects to both access and quality, a choice needs to be made about what the pamphlet should say about the NHS today; in essence, what kind of health and care system are we willing to pay for? That is why we commissioned the Institute for Fiscal Studies and The Health Foundation, to undertake a major study of the demand and financial needs facing the health and social care system over the period to 2033. Nevertheless, as with any 70th birthday, we should not only reflect on how the NHS has aged or the challenges ahead but celebrate its achievements since birth and take stock of where we are today.

If you would like to meet to discuss any of the items raised in this pamphlet or to discuss the future of the NHS, then write to us in full at nialldickson@nhsconfed.org

Yours faithfully,

Niall Dickson, Chief Executive, NHS Confederation

THE STATE OF THE NATION

Life Expectancy

in men has risen from 66 to 80 and in woman it has risen from 70 to

83. The cause of death itself has changed: cancer has increased from 16.9% to 27.8%, dementia has increased from 2.6% to 10.5%, heart disease has decreased from 28.8% to 15.7%, stroke from 11.2% to 6.2% and tuberculosis from 4.7% to 0%. Infant mortality has fallen from 36 in 1,000 live births to 3.9 in 1,000. Most importantly, people are living longer and healthier lives.

Progress?

13-year-old Sylvia Beckingham was the first patient to be treated on the NHS. The NHS in England now deals with over 1 million patients every 36 hours.

The world's first test tube baby, Louise Brown, was delivered at Oldham District General Hospital on 25 July 1978.

BUT

The NHS remains the world's largest purchaser of fax machines, with 11,620 still in operation in England alone.

Hospital beds have decreased from 480,000 in 1948 to 120,000 today.

Generational Divide

At 1.4% a year, spending growth over the last eight years has been slower

than at any time in the NHS's history. This falls to just 0.1% a year since 2009–10 when adjusted for age per capita health spending. In 1953 the UK population was 50.6 million with 5.4 million aged 65–84 and 200,000 aged 85+. By 2016 the UK population had expanded to 65.6 million, with 10.2 million aged 65–84 and 1.6 million aged 85+. By 2021–22, average annual NHS spending on 65-year-olds is projected to be double spending on 30-year-olds, spending on 85-year-olds is projected to be five times greater and spending on 90-year-olds almost eight times greater than 30-year-olds.

Government Spending

on health rose from 3% of national income in the 1950s to 5% by the year

2000 and over 7% today. Health spending has risen by an average 3.7% a year in real terms since the NHS was founded 70 years ago. The health budget has grown from £12.9bn to £149.2bn and expanded from 11.2% to 30.1% of public spending. In 2016–17, £31.1bn was spent on social care, with £21.2bn going to individuals aged 65+. Adult social care spending is likely to have to rise by 3.9% a year over the next 15 years to £41.5 billion.

We are asking politicians to commit to a 4% increase over the next 15 years to secure modest improvements in NHS services and to allow some immediate catch-up for example by enabling waiting time targets to be met, and tackling some of the underfunding in mental health services.

We are also asking the government to commit to an increase of 3.9% in social care funding a year to meet the needs of an ageing population and an increasing number of younger adults living with disabilities.

International Comparisons

In 2017, the Commonwealth Fund found the NHS to have

the most impressive record overall in comparison to ten other healthcare systems, including France, Norway and New Zealand. However, the same survey placed the NHS tenth for healthcare outcomes.

Total UK health spending (public and private) was 9.6% of national income in 2015, just above the unweighted EU15 average of 9.5% and just below the EU15 average of 10.2% when weighting spending by GDP for each country.

UK health spending is substantially below the US (17.2%), Germany (11.3%) and France (11%). Even if the UK government increased NHS spending by 4% a year to 2023, the UK would still rank below EU countries including Germany and France in health spending.

Germany has spent £620 billion more on healthcare since 2000 and the UK will need to spend £30 billion more next year to match their spending as a proportion of national income.

The past 20 years has seen a 70% increase in the number of hospital doctors but the UK has fewer practising doctors per 1,000 people than any other EU 15 country.

“Help to have the Scheme ready by 5th July by choosing your doctor at once.”

Extract from *The New National Health Service*, 1948

Workforce

The NHS is the UK’s largest employer and the fifth biggest worldwide with 1.7 million people now employed across the health service.

The 2017, NHS staff survey found that 31% of staff were satisfied with their level of pay, 38% reported feeling unwell to stress, 58% worked additional unpaid hours.

Following the 1976 Sex Discrimination Act, male graduates could enrol in a midwifery training programme but it was not until the Sex Discrimination (Midwives) Order 1983 that gender restrictions were lifted within the profession. Today, there are 108 male midwives on the NMC register.

Of the 690,278 nurses and midwives on the NMC register, 68,438 come from outside the EEA and 35,115 from the EEA.

When the NHS was formed, about 1% of nurses were male. Today, this figure stands at 11%.

Today there are ten times as many doctors and triple the number of nurses when compared to 1948.

One-in-five of the workforce are from a BME background and 40% of hospital doctors are from a BME background. However, only 7% of senior NHS staff come from BME background.

Industry and Medical Advancements

Within five years of the birth of the NHS, a mass vaccination programme was in place to immunise children against some of the most serious diseases of the day: tuberculosis, smallpox, diphtheria and whooping cough. In 1956, the polio vaccine was introduced, followed in 1968 by a vaccine for measles. The next big step forward was the introduction of the MMR vaccine in 1988, and by the early 2000s, children were also receiving vaccines against different forms of meningitis. The HPV vaccine to protect girls against cervical cancer was introduced in 2008.

Keyhole surgery, or laparoscopy, has been widely used since the 1990s.

The NHS now issues more than 30 million prescriptions a year for antibiotics, but a new threat has emerged: 5,000–12,000 people die each year in the UK from antibiotic-resistant infections.

The 1970s saw the advent of two other revolutionary technologies: the computed tomography (CT) scan, and the magnetic resonance imaging (MRI) scan. The number of scans, including X-rays and ultrasound, carried out by the NHS currently stands at 40 million a year.

In 1954, just six years after the NHS was founded, surgeons from the US carried out the first successful organ transplant, taking a kidney from one donor and transferring it to his identical twin brother. Other organ transplants followed. In 2016–17, the NHS carried out 4,139 organ transplants.

Medical developments have helped to double cancer survival in the last 40 years, transformed HIV/AIDS into a chronic manageable condition and vaccinations have meant that since the introduction of the rotavirus vaccine in 2013, more than 70% of rotavirus cases have been prevented.

The ability of patients in the UK to access the latest, innovative medicines remains problematic. On average, for every 100 patients in comparable counties who get access to a new medicine in the first year of launch, just 18 patients in the UK receive the same.

“Hospital charges will cease on 5th July.”

Extract from *The New National Health Service*, 1948

Working Together with the Independent Sector

Around 10 million NHS patients per year are treated by private sector organisations operating across nearly 2,000 sites, including NHS 111, community and primary care.

Independent providers currently treat over 22% of all NHS gastroenterology, trauma and orthopaedic patients.

The independent sector carried out over 500,000 NHS elective procedures in 2016.

Over a third of acute inpatient psychiatric beds are provided by the private sector.

70% of independent hospitals are rated as “good” or “outstanding” by the CQC.

Strategic Commissioning

Clinical Commissioning Groups (CCGs) have delivered

£7.34 billion of efficiency savings since their establishment.

3.1% efficiency savings of £2.5 billion were made in 2017/18.

The establishment of CCGs, following the Health and Social Care Act in 2012, brought together the leadership of planning and purchasing care in the hands of clinicians rather than managers.

The concept of commissioning was to centre the needs of people, patients and the communities in which they live.

CCGs are now responsible for two-thirds of the total NHS England budget.

Mental Health

In 1954, asylums housed 154,000 patients. Since 1962, these prison-like institutions have either been closed or replaced by psychiatric hospitals, where approximately 45,000 patients are treated a year while others are supported by care in the community.

Around 1 in 4 people experience a mental health problem every year and mental health is thought to account for almost a quarter of the total burden of disease but only 13% of the NHS budget.

Three-quarters of UK suicides in 2016 were male and it’s the biggest cause of death for men under 45.

Ten times as many people now suffer from major depression when compared to 1945.

“Special premises known as Health Centres may later be opened in your district. Doctors may be accommodated there instead of in their own surgeries, but you will still have “your own doctor” ... These centres may also offer dentistry and other services on the spot.”

Extract from *The New National Health Service*, 1948

“Everyone – rich or poor, man, woman or child – can use it or any part of it. There are no charges, except for a few special items.”

Extract from *The New National Health Service*, 1948