The Migrant Health Guide

Development of a tool to help primary care practitioners care for patients who come to live in the UK from abroad

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Long-Term International Migration (UK): all migrants, 2000-2010

In 2010, the UK population was 12% foreign-born
(based on data from the Labour Force Survey)
In 2010, an estimated 103,834 non-UK born people were estimated to live in Northern Ireland, approximately 6% of the Northern Ireland population.
## Non-UK born population by UK region

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Tyne and Wear</td>
<td>24,422</td>
<td>30,838</td>
<td>49,640</td>
<td>57,338</td>
<td>135%</td>
</tr>
<tr>
<td>Rest of North East</td>
<td>29,469</td>
<td>33,399</td>
<td>37,765</td>
<td>51,992</td>
<td>76%</td>
</tr>
<tr>
<td>Greater Manchester</td>
<td>165,990</td>
<td>141,808</td>
<td>215,707</td>
<td>275,314</td>
<td>66%</td>
</tr>
<tr>
<td>Merseyside</td>
<td>34,696</td>
<td>30,025</td>
<td>61,184</td>
<td>59,573</td>
<td>72%</td>
</tr>
<tr>
<td>Rest of North West</td>
<td>102,607</td>
<td>104,538</td>
<td>134,609</td>
<td>160,045</td>
<td>56%</td>
</tr>
<tr>
<td>South Yorkshire</td>
<td>49,156</td>
<td>37,228</td>
<td>63,364</td>
<td>75,250</td>
<td>53%</td>
</tr>
<tr>
<td>West Yorkshire</td>
<td>140,064</td>
<td>153,822</td>
<td>196,834</td>
<td>211,648</td>
<td>51%</td>
</tr>
<tr>
<td>Rest of Yorkshire &amp; Humberside</td>
<td>56,247</td>
<td>44,805</td>
<td>63,766</td>
<td>92,358</td>
<td>64%</td>
</tr>
<tr>
<td>East Midlands</td>
<td>202,744</td>
<td>193,857</td>
<td>286,317</td>
<td>408,342</td>
<td>101%</td>
</tr>
<tr>
<td>West Midlands Metropolitan County</td>
<td>261,892</td>
<td>285,397</td>
<td>325,933</td>
<td>342,470</td>
<td>31%</td>
</tr>
<tr>
<td>Rest of West Midlands</td>
<td>94,405</td>
<td>85,792</td>
<td>93,766</td>
<td>137,828</td>
<td>46%</td>
</tr>
<tr>
<td>East of England</td>
<td>308,707</td>
<td>346,073</td>
<td>457,406</td>
<td>513,663</td>
<td>66%</td>
</tr>
<tr>
<td>Inner London</td>
<td>815,991</td>
<td>963,874</td>
<td>1,186,956</td>
<td>1,044,113</td>
<td>28%</td>
</tr>
<tr>
<td>Outer London</td>
<td>827,593</td>
<td>1,021,995</td>
<td>1,158,511</td>
<td>1,368,285</td>
<td>65%</td>
</tr>
<tr>
<td>South East</td>
<td>513,862</td>
<td>597,303</td>
<td>720,505</td>
<td>876,939</td>
<td>71%</td>
</tr>
<tr>
<td>South West</td>
<td>210,170</td>
<td>214,237</td>
<td>276,352</td>
<td>342,782</td>
<td>63%</td>
</tr>
<tr>
<td>Wales</td>
<td>80,399</td>
<td>84,034</td>
<td>107,396</td>
<td>119,534</td>
<td>49%</td>
</tr>
<tr>
<td>Strathclyde</td>
<td>59,781</td>
<td>65,494</td>
<td>87,147</td>
<td>104,981</td>
<td>76%</td>
</tr>
<tr>
<td>Rest of Scotland</td>
<td>97,460</td>
<td>109,905</td>
<td>141,258</td>
<td>178,930</td>
<td>84%</td>
</tr>
<tr>
<td>Northern Ireland</td>
<td>53,083</td>
<td>80,925</td>
<td>70,376</td>
<td>103,834</td>
<td>96%</td>
</tr>
<tr>
<td>Total</td>
<td>4,128,738</td>
<td>4,625,349</td>
<td>5,734,786</td>
<td>6,525,219</td>
<td>58%</td>
</tr>
</tbody>
</table>

Non-UK born population in Northern Ireland has almost doubled between 1995 and 2010.

Source: Labour Force Survey
Table provided by www.migrationobservatory.ox.ac.uk
What may influence the health of migrants?

- Country of origin
  - Disease epidemiology
  - Socioeconomic and environmental conditions
  - Healthcare

- Migration
  - Reason and circumstances
  - Legal status and conditions in receiving country

- Ethnicity
  - Disease susceptibility
  - Genetic disorders

- Culture
  - Infection
  - Nutritional deficiency
  - Toxic exposures
  - Female Genital Mutilation

But, most migrants are young and healthy
Most non-UK born people do not have infectious diseases …

... but much of the burden of infectious diseases falls on the non-UK born population
The majority of cases of...

TB (>70%)
HIV (>60%)
Malaria (>60%)
Enteric fever (>60%)

...do occur in people who were born abroad
The idea: the Migrant Health Guide

• Ultimate objectives:
  • To improve and protect the health of migrant patients
  • To reduce the national burden of infection

• Strategy: Support primary care practitioners who look after migrant patients by;
  • Raising awareness of risks of a range of infectious and non-infectious conditions
  • Providing guidance on appropriate management
  • Providing resources that health care practitioners can use with their patients e.g. translated materials
  • Making it easy for primary care practitioners to access and use the information and resources they require in the standard ten minute consultation

Bring currently available useful and relevant information together online in one place for the first time; sub-site of HPA website.
Project timeline

- Concept development
- Accessing resources
- Focus groups
- Website design and development
- Content development

3 years

Core funded; TMHS/Web team, plus £25k HPA development funds

Wide range of stakeholders

Piloting

Launch!

Wide range of stakeholders
Content development

People and organisations involved in the content development

- HPA departments
- Department of Health
- Migrant-specific organisations e.g. Project London, African Health Policy Network
- Infection-specific organisations e.g. BHIVA, British Liver Trust, TB Alert
- Topic-specific experts
- Royal College of General Practitioners
- Royal College of Nursing
- GPs and nurses
Four main sections accessible via top tabs

General Information

Countries A-Z

Health Topics

Assessing Migrant Patients

www.hpa.org.uk/migranthealthguide
Countries A-Z section: health needs relating to country of origin

Number of people coming to live in Northern Ireland by country of last residence
Mid-2008 to Mid-2009

<table>
<thead>
<tr>
<th>Country of last residence</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poland</td>
<td>3,300</td>
<td>24%</td>
</tr>
<tr>
<td>Republic of Ireland</td>
<td>1,400</td>
<td>10%</td>
</tr>
<tr>
<td>Lithuania</td>
<td>1,100</td>
<td>8%</td>
</tr>
<tr>
<td>Slovakia</td>
<td>600</td>
<td>4%</td>
</tr>
<tr>
<td>India</td>
<td>500</td>
<td>4%</td>
</tr>
<tr>
<td>USA</td>
<td>500</td>
<td>4%</td>
</tr>
<tr>
<td>China</td>
<td>400</td>
<td>3%</td>
</tr>
<tr>
<td>Portugal</td>
<td>300</td>
<td>2%</td>
</tr>
<tr>
<td>Philippines</td>
<td>300</td>
<td>2%</td>
</tr>
<tr>
<td>All other EU Accession Countries</td>
<td>900</td>
<td>7%</td>
</tr>
<tr>
<td>All other countries</td>
<td>4,300</td>
<td>32%</td>
</tr>
<tr>
<td><strong>Total inflow from outside UK</strong></td>
<td><strong>13,600</strong></td>
<td></td>
</tr>
<tr>
<td>England and Wales</td>
<td>8,900</td>
<td></td>
</tr>
<tr>
<td>Scotland</td>
<td>1,300</td>
<td></td>
</tr>
</tbody>
</table>
Country homepage example: Poland

Key messages bringing together the key issues to consider for patients from this country:

- If the patient is new to the UK explain to them how the NHS operates and discuss how this compares to the healthcare system they've been used to.
- This country has an intermediate prevalence of hepatitis B. Consider screening for hepatitis B, particularly among those who have recently arrived.
- Ensure all patients are up to date with the UK immunisation schedule.
- Consider vitamin D deficiency in individuals who may be at risk as a result of their diet, skin colour or lack of sun exposure.

Country profile outlining the languages spoken, main religions and history of migration to the UK from this country:

- Poland children’s health
- Poland infectious diseases
- Poland nutritional/metabolic concerns
- Poland women’s health

Each country homepage has four associated pages:

- Children’s health
- Infectious diseases
- Nutritional/metabolic concerns
- Women’s health
Entitlements to NHS care in Northern Ireland

- How to use this website
- Overview of migration and health
- Cultural competence and understanding
- Spirituality, religion and health beliefs
- Migrants and the NI-9
- Language interpretation
- Vulnerable migrants
- Professional training

Local pages for specific services / support groups

- Northern Ireland
- Scotland
- Wales
- English regions
Site visit distribution September 2011 (Google analytics)

World: 2,282 visits via 103 countries/territories

UK: 1,411 visits via 168 cities

34 visits from Belfast

www.hpa.org.uk/migranthealthguide
 Registrations with the website (n=260) 
(as at 4 October 2011) 

- 3 registrations from Northern Ireland
Promotional materials

PowerPoint slides

Leaflets

Articles:
GPonline, BJGP, Practice Nursing, Primary Health Care (RCN), Community Practitioner

Editorials
Caring for migrant patients in the UK: how the Migrant Health Guide can help
Next steps

Integration into GP systems

Developing GP training module on Migrant Health and the Migrant Health Guide for CPD

Evaluation

Do GPs and nurses find the guide useful?
What is the impact on migrant health?
Thank-you to all those involved in the development of the guide

We welcome feedback
tmhs@hpa.org.uk