

Information to GP Practices regarding patients with long-term conditions

Update 38: July 2022

[Authors](#)

The Strategic Clinical Conditions and Pathways Team are pleased to announce this pack of information and updates for GPs across Derby and Derbyshire in regards to managing their patients with long-term conditions. We are aware that the rapid developments in the recent days have led to a significant change in routine practice in addition to managing and treating patients face-to-face.

This pack covers guidance around updates to:

- [General](#)
- [Diabetes](#)
- [Cardiovascular Disease](#)
- [Post Covid Syndrome](#)

General

RCGP long term conditions recovery guidance

The Royal College of General Practitioners has recently published [‘Long term condition and pandemic recovery in primary care’](#) guidance. It sets out suggested actions that can be considered to support long term condition management (including COPD and asthma) over the next six months and as we move through the next phases of the pandemic, recognising that in many instances that annual reviews were not possible during the pandemic. The aim is to ensure, where possible, that those who need care most and are at highest risk are seen first, rather than default to standard arrangements such as birthdays to determine when patients are called for review across the year.

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Diabetes



A two-part training for staff and volunteers who work with people with diabetes

Diabetes, mental health and wellbeing are closely linked. For example, people with diabetes are twice as likely to have depression than individuals without diabetes, with many more affected by diabetes-related distress. This, in turn, affects how well people can take care of themselves and their diabetes.

Person-centred conversations about mental health and wellbeing can help people with diabetes feel heard and understood. Even short conversations can help people find helpful ways forward and improve their diabetes management.

This practical 2-part workshop is for you if you:

1. Work or volunteer with people with diabetes (outside of mental health settings) and don't have a professional background in mental health
2. Are keen to practise your skills for time-limited quality mental health & wellbeing conversations

The workshop is designed and run by practicing Derbyshire psychologists with experience of diabetes and mental health. Using principles from Cognitive Behavioural Therapy you will build your confidence to support people with diabetes, focussing on:

- Skills to open-up brief conversations about mental health and wellbeing
- Skills to have helpful, health promoting conversations about mental health
- Skills to wrap up mental health conversations, including signposting

Two sets of dates are available, places are limited, book now:

Part 1: Wed 6th July 1.30-4.30pm and **Part 2: Wed 20th July 1.30-4pm** [online via MS Teams](#) [book here](#)

Or:

Part 1: Wed 21st Sept 1.30-4.30pm and **Part 2: Wed 12th Oct 1.30-4pm** [Ash Green Learning Disability Service, Ashgate Rd, Ashgate, Chesterfield S42 7JE](#) [book here](#)

Information to GP Practices regarding LTC

For more information please contact eleanor.bull@derbyshire.gov.uk



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Healthier You NHS Diabetes Prevention Programme: resumption of face-to-face session delivery

Key messages for ICS Diabetes Teams

- The Healthier You NHS Diabetes Prevention Programme (NHS DPP) is an evidence-based lifestyle change programme which helps people at high risk of type 2 diabetes, to reduce their risk through managing their weight, improving their diet and increasing their levels of physical activity.
- Research undertaken by the University of Manchester shows the programme has significantly reduced new diagnoses of type 2 diabetes in England, saving thousands of people from the potentially serious consequences of the condition. For those who complete the programme, their risk of developing type 2 diabetes is reduced by nearly 40%.
- People can be referred to the NHS DPP by their GP practice, or they can self-refer by assessing their risk via the Diabetes UK Know Your Risk tool.
- In response to the pandemic, all in-person delivery of sessions was suspended and participants were able to join either remote sessions or access the Digital channel via an app.
- However, since April 2022, the face to face service has been recommencing across systems, to enable people to attend sessions in-person. It is expected that by July 2022, there will be full coverage of NHS DPP in-person delivery across all ICSs.
- All delivery modes of the programme are effective; however, insight suggests that some people prefer the face-to-face sessions for different reasons. This includes increased motivation due to the session and weigh-ins being in person and/or because of the social element, peer support and interaction with other attendees.
- There are plenty of accessible and disability-friendly venues located within each ICS to support people to access NHS DPP face-to-face sessions which are convenient to them. Venues tend to be situated on public transport routes or close to major road networks and will often have parking available.
- Providers of the NHS DPP are ensuring that venues and in-person session delivery continues to adhere to the NHS COVID-19 Infection Prevention and Control guidance. This includes regular lateral flow testing for the coaches, allowing adequate space to support social distancing and strict cleaning regimes and sufficient ventilation within venues.
- The Digital channel continues to remain as an alternative and equal offer for individuals who do not want to partake in face-to-face sessions.

Q&A for ICS Diabetes Teams

1. What are the benefits of accessing the NHS DPP via F2F sessions?

The in-person sessions of the programme offer a good opportunity to access information, advice and support to reduce an individual's risk of developing type 2 diabetes, all whilst in a social and motivating group setting facilitated by a dedicated health coach.

F2F sessions do not require participants to have access to a laptop or other technology and will provide the dedicated time and space that participants need in order to learn and benefit from peer support provided by other members of the group.

As far as practically possible, venues for sessions are located in easily accessible areas, and tend to be close to key transport links to ensure maximum convenience with minimal travel time.

2. What if an individual wants to do a remote session instead of F2F?

If an existing participant is currently enrolled on the NHS DPP remote service, they can continue to remain on this channel for the duration of the 9 month programme. However for new participants, they will only be offered the option of a remote service (alongside face-to-face or digital) if they fall within certain criteria. This includes:

- Those with a hearing impairment requiring British Sign Language;
- Those with a visual impairment;
- Women with a previous diagnosis of Gestational Diabetes;
- Individuals from Bangladeshi or Pakistani backgrounds who require a specific cultural and/or language tailored service.

3. Can an existing participant switch from the remote channel to F2F?

If a participant is currently accessing the remote channel and would like to switch to the face to face service, they are able to do this. The local NHS DPP provider for their area will be able to advise on the availability of in-person sessions near them.

4. Where are F2F sessions located?

Providers of the NHS DPP put on a range of sessions in various accessible locations, close to transport links and at different times of day. The local provider will be able to advise on the sessions available within the area.

Providers will consider adding additional locations and availability of in-person sessions in an area where there is sufficient demand.

5. What if F2F sessions aren't convenient for the individual?

If the in-person sessions aren't convenient, there is also a digital version of the programme which offers similar support, assistance and guidance to the face to face programme. This is usually delivered via a digital app which allows users to access health coaches.

6. Can someone re-join the programme for F2F if they previously dropped out of the remote channel?

Any individual who would like to be re-referred to the programme will need to contact their GP practice. Alternatively, individuals can self-refer on to the programme via the Diabetes UK Know Your Risk tool where a score of either 'moderate' or 'high' risk is given. The tool can be accessed here: <https://riskscore.diabetes.org.uk/start>.

7. What measures have been put in place across the F2F sessions to minimise the spread of COVID-19?

To minimise risk, NHS DPP providers are adhering to strict NHS Infection Prevention and Control guidance, in the delivery of in-person group sessions.

This includes:

- Regular Lateral Flow testing by the health coaches delivering the sessions
- Ensuring sufficient venue size to allow for social distancing during sessions
- Adhering to ventilation requirements
- Appropriate scheduling of sessions to allow adequate time for cleaning of all used equipment
- Encouraging compliance with face coverings at sessions

For further information on the measures being implemented for F2F sessions, please contact the local NHS DPP provider for your system.

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Cardiovascular Disease



PALPITATIONS MASTERCLASS

**28TH JULY 2022
1PM TILL 2PM**

- Identify high risk diagnoses in patients reporting palpitations
- What to do when the tests are complete

**Presenter : Dr Paul J
Sheridan
Consultant Cardiologists &
Cardiac Rhythm
Management Specialist**

SCAN ME



[Event :: Palpitations Masterclass Educational Event :: Palpitations Masterclass Educational Event :: Health Education Derbyshire](#)



Blood Pressure @home

BP @home update

1st June 2022

We would like to thank you for your participation in Blood Pressure @home (BP @home) and take this opportunity to share next steps. Below is an update on the role of BP @home in supporting the cardiovascular disease recovery plan, BP @home data collection, trailblazer evaluation findings and the latest on the Blood Pressure Optimisation programme.

The NHS has set out a recovery plan for cardiovascular disease (CVD) prevention based on the following principles; monitoring and targeting unwarranted variation, prioritising system leadership for CVD prevention, supporting a system-wide response and increasing public education. These four high-impact areas will enable us to restore detection, monitoring and treatment of high-risk conditions to pre-pandemic levels.

The RCGP has also today (1 June) published guidance on [LTC recovery](#) which references BP @home.

The BP @home programme is a key enabler to LTC recovery, supporting the system wide response and increasing public education and self-monitoring for hypertension.

Data collection

During the level 4 incident we paused the data collection on distribution of blood pressure monitors to reduce burden on systems. As we move into level 3 we are looking for a confidence check on the number of monitors distributed and in use by patients and would be grateful if you could complete the [data collection form](#) by 17 June 2022. This will help us understand progress, where support may be needed and fulfil the HM Treasury reporting requirements on use of monitors.

We also know that many are keen to share their successes with BP @home examples with us. We are keen to share examples and good practice across our networks, via [Future NHS](#) and in forthcoming events to spread learning, share local evaluations and support ongoing implementation. Please share your examples, details of any local evaluations, or suggestions for how we can support you, with us at england.home@nhs.net.

Trailblazer evaluation

NHS England and NHS Improvement carried out an [evaluation with Trailblazer GP Practices](#) to understand how BP @home had been implemented, perceptions about the service from clinical and non-clinical staff and the impact of the service.

The evaluation found an increase in BP monitoring at home in those practices which had implemented BP @home. The service was perceived by GP staff as an effective, efficient and acceptable means to manage hypertension.

A series of recommendations have been produced as the result of the evaluation which we will use to inform next steps in scaling the programme across England and reaching a much wider group of patients.

Blood Pressure Optimisation programme

The AHSN Network has launched a national blood pressure optimisation programme that aims to transform the prevention of CVD by optimising the clinical care and self-management of people with hypertension.

AHSNs will support primary care networks in implementing the [UCLPartners Proactive Care Framework](#) for hypertension and help to identify more patients with hypertension through case finding. For more information, please contact [your local AHSN](#) or, for general questions about the Blood Pressure Optimisation programme, please email primarycare@uclpartners.com.

To share something in the next update or to provide feedback, please email england.home@nhs.net. Visit Our [NHS @home FutureNHS pages](#). Follow us on Twitter [@Pers_Care](#)

NHS @home Team
The Personalised Care Group
NHS England and NHS Improvement

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Attend this unmissable event in-person for less - our Early Bird discounted rates are still available!

Arrhythmia Alliance's **Heart Rhythm Congress 2022** will take place on Sunday 9 - Tuesday 11 October at the ICC, Birmingham, UK. [View the agenda here.](#)

Our flagship event is dedicated to healthcare professionals across all disciplines with an interest in arrhythmias - **and reduced Early Bird rates for the in-person event are available until 31 July. Register now to receive your discount!**

>> [Register now for your discounted rate](#) <<

Are you an Arrhythmia Alliance Subscriber? Sign up now to receive further discounts!

Don't forget as an A-A Medical subscriber you are also entitled to further **discounted entry rates - (on top of your Early Bird Discount)** to HRC2022.

To claim your discount you will need to provide your membership number in step 1 of the registration process.

Not yet an Arrhythmia Alliance subscriber?

[Click here to find out more.](#)





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World Heart Day 2022: USE ♥ FOR EVERY ♥

World Heart Day is an opportunity for everyone to stop and consider how to change the world into a better place **for humanity, for nature, and for you.**

USE HEART means to think differently. To make the right decisions. To act with courage. To help others. To take action and show care for our hearts and those of others.

FOR EVERY HEART swings the focus from the actions themselves to the beneficiaries of the actions. Beating cardiovascular disease (CVD) matters to every beating heart. Our goal is to reach as many individuals as possible to help achieve cardiovascular health for everyone.

[LEARN MORE](#)

THREE KEY PILLARS



USE ♥ FOR HUMANITY

Access to treatment and support for CVD varies widely across the world. Over 75% of CVD deaths occur in low- to middle-income countries, but access can be an issue anywhere. By getting involved with events such as World Heart Day we are empowered to help make a difference in the lives of all humankind.

USE ♥ FOR NATURE

Air pollution is responsible for 25% of all CVD deaths, taking the lives of 7 million people every year. Whether they are more immediate actions like walking or cycling instead of travelling by car, or longer-term efforts such as supporting clean air legislation, each of us can contribute to a healthier planet in our own way.



USE FOR YOU

Psychological stress can double the risk of having a heart attack. Exercise, meditation, and getting enough quality sleep help to lower stress levels. By resisting the harmful coping mechanisms and bad habits induced by stress, we can maximise our individual heart health.

GET INVOLVED



Download our new resources: posters, leaflet & more!

Take a look at our **campaign theme factsheet** to learn more about the pillars of the campaign, **download** our **new leaflet** about cardiovascular disease prevention **and share** our **new posters** on your social media channels with the hashtag #WorldHeartDay. Join the campaign now and start spreading the word!

GET INVOLVED



Spread the word!

📣 #WorldHeartDay 2022 is now LIVE! This year, @worldheartfed is asking the world to USE ❤️ FOR EVERY ❤️.

Download the new assets
and get involved in the fight
against cardiovascular
disease now:
worldheartday.org

**SHARE POST ON
TWITTER**



If you have any questions, please contact us at worldheartday@worldheart.org.

worldheart.org

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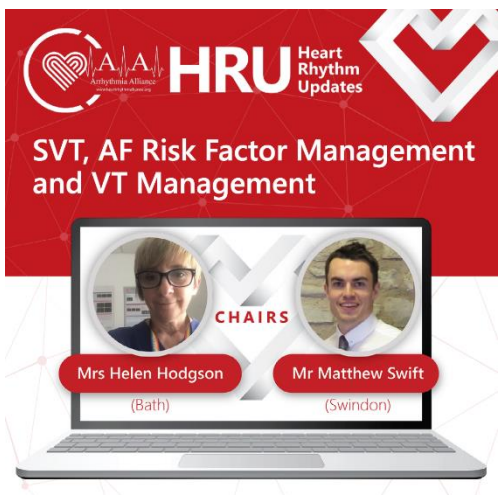


As part of the Heart Rhythm Update Series, HRU Online is launching on 1 July!

A total of 6 CPD points (one per meeting) are available for the online HRU series

- Choose from the selection of titles below, all available online, at a time to suit you
- Cost is just **£50** to attend all online sessions (complimentary if you have attended an in-person HRU 2022 meeting)
- A-A Medical Subscribers also receive complimentary access to all online HRU sessions. Not a Medical Subscriber? **[Click here to sign up.](#)**

[>> Register for the HRU 2022 Online Series HERE <<](#)



The banner features the HRU logo (Heart Rhythm Updates) and the A.A.A. (Arrhythmia Alliance) logo. The title is "SVT, AF Risk Factor Management and VT Management". Below the title, a laptop screen displays two speakers: Mrs Helen Hodgson (Bath) and Mr Matthew Swift (Swindon). The word "CHAIRS" is written between their names.

Bath and Swindon Heart Rhythm Update Meeting

SVT, AF Risk Factor Management and VT Management

- > The benefit of an AF patient support group
- > Super rehab, a novel approach to reversing AF
- > Conduction system pacing, practical tips and tricks

[View full agenda](#)



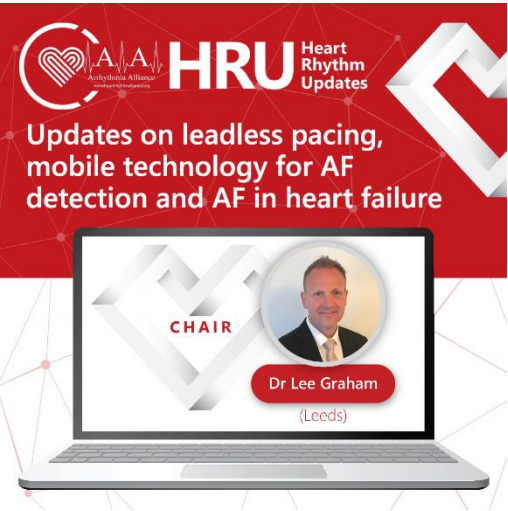
The banner features the HRU logo (Heart Rhythm Updates) and the A.A.A. (Arrhythmia Alliance) logo. The title is "THE SCOTTISH HEART DISEASE ACTION PLAN: IMPLICATIONS FOR ARRHYTHMIA CARE". Below the title, a laptop screen displays two speakers: Professor Derek Connelly (Glasgow) and Dr Douglas Elder (Dundee). The word "CHAIRS" is written between their names.

Glasgow Heart Rhythm Update Meeting

The Scottish Heart Disease Action Plan: Implications for Arrhythmia Care

- > Atrial fibrillation and other supraventricular arrhythmias: Priorities for treatment
- > Implantable devices: improving the patient pathway
- > The Scottish Cardiac Audit program

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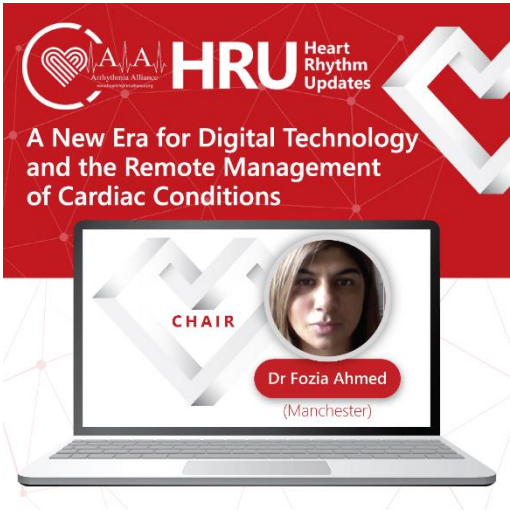
The graphic for the Leeds Heart Rhythm Update Meeting features a red background with a white geometric pattern. At the top left is the HRU logo, which includes a heart icon and the text 'A.A. Heart Rhythm Updates'. The main text reads 'Updates on leadless pacing, mobile technology for AF detection and AF in heart failure'. Below this is a laptop displaying a 'CHAIR' logo and a circular portrait of Dr. Lee Graham, with his name and '(Leeds)' written below. A blue button at the bottom contains the text 'View full agenda'.

Leeds Heart Rhythm Update Meeting

Updates on Leadless Pacing, Mobile Technology for AF detection and AF in Heart Failure

- > Advances in leadless pacing
- > Mobile technology for AF detection
- > Update on AF in heart failure
- > Panel discussion

[View full agenda](#)



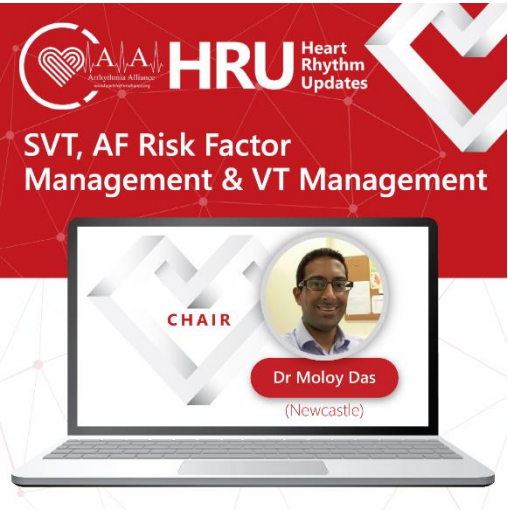
The graphic for the Manchester Heart Rhythm Update Meeting features a red background with a white geometric pattern. At the top left is the HRU logo, which includes a heart icon and the text 'A.A. Heart Rhythm Updates'. The main text reads 'A New Era for Digital Technology and the Remote Management of Cardiac Conditions'. Below this is a laptop displaying a 'CHAIR' logo and a circular portrait of Dr. Fozia Ahmed, with her name and '(Manchester)' written below. A blue button at the bottom contains the text 'View full agenda'.

Manchester Heart Rhythm Update Meeting

A New Era for Digital Technology and the Remote Management of Cardiac Conditions

- > Using cardiac devices to support remote management of patients with heart failure
- > Using cardiac devices for HF monitoring: Real world experience
- > The future of wearables for cardiac disease monitoring (with a focus on HF)

[View full agenda](#)



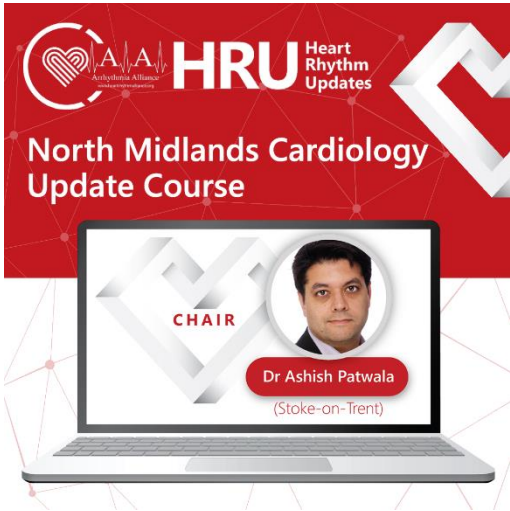
The banner features the HRU logo (Heart Rhythm Updates) and the title "SVT, AF Risk Factor Management & VT Management". A laptop screen displays a "CHAIR" graphic with a photo of Dr. Mology Das, (Newcastle).

Newcastle Heart Rhythm Update Meeting

SVT, AF Risk Factor Management & VT Management

- > Management of SVT
- > AF Risk Factor Management
- > Contemporary Management of VT

[View full agenda](#)



The banner features the HRU logo (Heart Rhythm Updates) and the title "North Midlands Cardiology Update Course". A laptop screen displays a "CHAIR" graphic with a photo of Dr. Ashish Patwala, (Stoke-on-Trent).

North Midlands Heart Rhythm Update Meeting

Cardiology Update

- > Syncope and Brady pacemakers
- > Complex devices update
- > Tachy Arrhythmia (AF/flutter and SVT) management

[View full agenda](#)

[>> Register for the HRU 2022 Online Series HERE <<](#)



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ECG masterclass

Aims/outcomes

By the end of the session you should have more confidence to interpret the ECG in the context of the patients' presentations and be able to make appropriate clinical decisions.

This course will be presented by :

Dr Clare Hawley

MB ChB, MRCP, PG Dip Cardiol, PG Cert Med Ed

Associate Specialist Cardiology

Chesterfield Royal Hospital NHSFT

Dr David Sandler

Consultant Cardiologist,

Chesterfield Royal Hospital

[Click here to book your place](#)

Date: 15th September 2022

Time: 1:00 to 2.30

online session via Teams

[Click here to book your place](#)



FREE 15th September 2022
1:00 to 2.30

ECG masterclass

This is just one of our upcoming courses, to see more of what Health Education Derbyshire has to offer, please access our Training Events page [here](#).





Health Education Derbyshire Training Hub

Email Enquiries@Healtheducationderbyshire.co.uk

www.healtheducationderbyshire.co.uk

Registered Office: Unit 7, Derwent Business Centre, Clarke Street, Derby, DE1 2BU

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W E B I N A R

Stroke Prevention in Primary Care
Solutions to find, manage and optimise the care of people with AF

Register Now

DR INDIRA NATARAJAN
Clinical Director, Integrated Stroke Delivery Network, Stoke-on-Trent, UK

DR ADRIAN LARGE
Consultant Cardiologist, University Hospital of North Midlands, Stoke-on-Trent, UK

DR JOHN CANNON
GP, Suffolk, UK

Speakers: Chair:

Sponsored by an unrestricted educational grant from Abbott

Available Online from 19 July 2022

This series of **complimentary webinars** reviews the available options in primary care, for reducing the risk of AF-related stroke in people with AF. It includes a specific focus on stroke prevention in people with AF who have contraindications to anticoagulation.

AF-related Stroke Prevention in Primary Care: solutions to find, manage and optimise the care of people with atrial fibrillation

>> [View the webinar's full agenda](#) <<

AI and AF Detection in Primary Care, The Stoke Experience

Dr Indira Natarajan

Highlights the advantages of using software to identify and optimise the treatment of patients following cardioembolic stroke.

LAAO - Patient Benefits

Dr Adrian Large

Provides an overview of LAAO, safety and ease of procedure. Risk vs benefit.

Open discussion followed by a Q&A

Webinar available from 19 July!

>> Register for FREE now <<

Receive 1 CPD credit for attending this webinar

Approved by the Federation of the Royal Colleges of Physicians of the UK

- Register today and get complimentary on-demand online access to all webinars in this series, at a time to suit you.
- [View the previous webinar agendas](#) which are already available on-demand.
- *Previously registered for this series?* Use the login details you previously registered with and you will be able to view this additional webinar from 19 July.

For more information about this webinar series, please contact our Events Team by emailing events@heartrhythmalliance.org.

This webinar series is sponsored by an unrestricted educational grant from Abbott





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Post Covid Syndrome

Post (Long) Covid Management Service Patient Information Leaflet:

The Post (Long) Covid Assessment Service for Derbyshire has created an updated Patient Information Leaflet explaining the changes in the service and giving details of how to access the service via their GP.

Hard copies have been distributed at a recent Health and Wellbeing event in Shirebrook, and electronic versions have been sent out to various community/patient groups across the County.

[Please find a copy of the leaflet here](#)

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Authors and Contributors

Strategic Clinical Conditions and Pathways Team:

Katherine Bagshaw – Deputy Medical/Clinical Director LTC & Condition Specific

Angela Deakin – Assistant Director Strategic Clinical Conditions Pathways & Commissioning

Scott Webster – Head of Strategic Clinical Conditions & Pathways

Joanne Goodison – Senior Commissioning Manager

Julie Caunt – Senior Commissioning Manager

Debbie Bostock – Senior Commissioning Manager

Tarun Narula – Clinical Lead CVD

Karissa Owen – Clinical Lead Diabetes

Seema Kumari – Clinical Lead Respiratory Medicine

Caroline Garside – Clinical Lead Gastroenterology

Danielle Sowerby – Commissioning Manager

Louise Clarke – Commissioning Manager

Sam Hardy-Ainger – Commissioning Manager

Alison Ratcliffe - Project Manager

Sam Robinson – Project Manager

Victoria Blackshaw – Commissioning Manager

Uzma Hussain – Senior Administrator

Rebekah Titterton - Senior Administrator