

Information to GP Practices regarding patients with long-term conditions

Update 40: September 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:

- [Respiratory](#)
- [Diabetes](#)
- [Cardiovascular Disease](#)

Respiratory

Primary Care Spirometry Re-Start Update

We would like to say a big thank you to practices who have re-started spirometry; approximately 50% of practices have re-started. We are aware the restart journey has not been an easy one and we really appreciate the efforts you have made.

We are working closely with the ICB's Quality Team, Health Education Derbyshire and NHSE Midlands respiratory teams to ensure there is adequate support in place to make sure we continue to move positively forward.

Mobile Spirometry Unit Update

The mobile spirometry unit was a successful collaboration between secondary care and private sector (Astra Zeneca). Secondary Care (UDHB) were able to clear the majority of their spirometry & FeNO backlog via this unit. The vision was for the mobile unit to move to Ilkeston Hospital for Primary Care to utilise, however PCN's who had previously expressed an interest chose to manage spirometry 'in-house' instead. Snapshot of data below from the Secondary Care usage

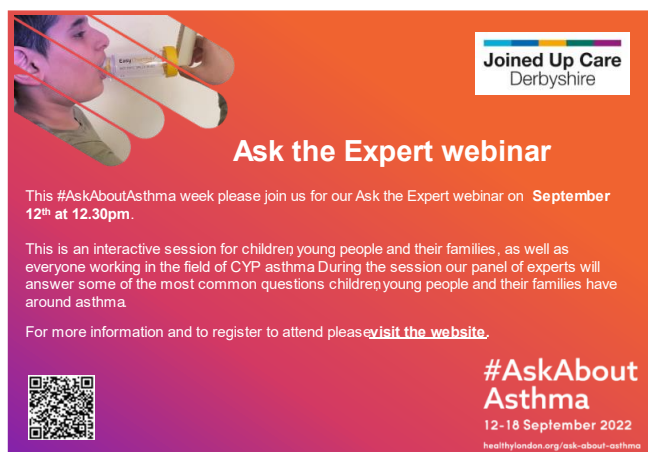
- 27 clinics held
- 119 people visited (94% attendance rate)
- Waiting list reduced by 68% (which includes new referrals)

If you have any queries regarding spirometry, please contact Victoria.blackshaw1@nhs.net (Commissioning manager) or Liz.chambers@nhs.net (Clinical Quality Manager - Primary Care)

Ask About Asthma Week 3rd-9th Oct 22

Watch out for further information on this year's activities to promote the campaign. Information will be included in the ICB Staff membership Bulletin as well as posts on the social media channels.

There are also opportunities to attend the 'Ask the Expert' webinar, to register click [here](#).



The poster is for an 'Ask the Expert webinar' during #AskAboutAsthma week. It features a background image of a person using an inhaler. The text includes the event title, date and time (September 12th at 12.30pm), a description of the interactive session for children, young people, and their families, and a call to action to visit the website for more information and registration. A QR code is provided for quick access. Logos for 'Joined Up Care Derbyshire' and 'healthylondon.org' are also present.

Joined Up Care
Derbyshire

Ask the Expert webinar

This #AskAboutAsthma week please join us for our Ask the Expert webinar on **September 12th at 12.30pm.**

This is an interactive session for children young people and their families, as well as everyone working in the field of CYP asthma. During the session our panel of experts will answer some of the most common questions children young people and their families have around asthma.

For more information and to register to attend please [visit the website](#).

#AskAboutAsthma
12-18 September 2022
healthylondon.org/ask-about-asthma

[Back to top](#)

Diabetes

Structured Education resources available to support Patients living with type 2 Diabetes

DCHS Diabetes Education Service – the new NHS Healthy Living Programme

Healthy Living is a free online NHS service for people living with type 2 diabetes. It provides knowledge and information that will support people to manage their condition.

All patients referred to the DCHS Diabetes Education Service will receive details of the new programme along with a link to the website where they can register for the programme. This includes patients who have completed our X-PERT or Diabetes & You programmes, as well as patients who have declined group education.

[Back to top](#)

Cardiovascular Disease



Missed out on the HRC2022 early bird rate?

Don't worry...

You can still get a discount!

As an Arrhythmia Alliance medical subscriber, you qualify for a discount when registering for HRC2022!

AND you receive:

- Admission to ALL sessions & exhibitions plus complimentary lunch each day
- 12 months access for HRC2022 online
- Complimentary pack of resources for your patients
- Plus, you **qualify for up to 18 CPD points!**



*A-A is a coalition of charities, patient groups, patients, carers, healthcare professionals, medical organisations and allied professionals. Subscription to **Arrhythmia Alliance** automatically includes subscription to its sister organisations – **AF Association** and **STARS**. [Read more.](#)*

Not yet an A-A subscriber?

[Become a subscriber](#)

A-A Medical Subscription is just £50 a year for unlimited access to all our online events and discounted rates for our in-person events including HRC2022.

Already an A-A subscriber?

[Register for HRC discount](#)

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

Heart Rhythm Congress 2022

Receive 18 CPD credits for attending HRC 2022 in-person

Our flagship event, Heart Rhythm Congress, is for all healthcare professionals with an interest in arrhythmias. This year it takes place from 9-11 October at the ICC, Birmingham, UK.

> > [View the HRC2022 programme](#) < <

> > [Register for your place](#) < <



Know Your Numbers! Week

Know Your Numbers! Week is the UK's biggest blood pressure testing and awareness event.

Every September, volunteers give free blood pressure checks to thousands of passers-by to prevent heart attacks and strokes.

Know Your Numbers! Week reaches those who have high blood pressure and don't know it, so they can get the treatment and support they need to bring it under control.

Hundreds of organisations take part, setting up Pressure Stations in public places across the UK. From hospitals and health centres to offices, car parks and supermarkets. Even the Royal Albert Hall. [Take a look at the highlights](#) from past campaigns.



Download our [Know Your Numbers! Week 2022 poster \[PDF 608KB\]](#)

2022 sees the 22nd anniversary of Know your Numbers! Week. We are planning to mark this milestone with a new theme and activities and look forward to working with you on Know your Numbers! Week 2022.

Know Your Numbers! Week 2022 is taking place from 5-11 September. We won't be offering free pressure checks in our community Pressure Stations again this year, but we will still

encourage the whole of the UK to Know Their Numbers! We will build on our campaigns from the last two years as we get the nation to take up home monitoring. Save the date and [register to take part](#).

Our theme for 2022 is: **Measure. Modify. Manage.**

- **Measure** your blood pressure to see if it's under control.
- **Modify** your lifestyle if necessary.
- **Manage** your blood pressure and your health to beat 'the silent killer'.

We'll be keeping the focus on home monitoring as it's the easiest way to Know Your Numbers!, so you can take steps to lower them. And we're asking you to take the '**Measure it**' challenge or encourage your friends, family, neighbours and colleagues to take the challenge and measure their blood pressure.

Let's make this the year we get everyone measuring their blood pressure at home. If you would like to be involved or simply share the message, see the different ways you can get involved below.

Home blood pressure monitoring is an effective and inexpensive way to keep blood pressure under control and the evidence behind it continues to get stronger. It gives you a way to take control of your health, feel confident and take the pressure off the NHS at the same time, as there's no need to visit your GP, practice nurse or pharmacist in person. It puts you in the driver's seat, and it really can save lives.

This year, we want everyone to Know Their Numbers! and find those with undiagnosed and uncontrolled high blood pressure. We will:

- encourage the nation to use a simple and reliable blood pressure monitor to measure their blood pressure at home
- and take the necessary steps if their reading is considered high
- raise awareness about the risks of high blood pressure.

[Home monitoring](#) offers a way for YOU to take control of your health, feel confident, and take the pressure off the NHS at the same time. It gives you a practical way to Know Your Numbers! without visiting your GP or pharmacist, and it really can save lives.

High blood pressure can lead to heart attacks, strokes and other illnesses. Once you Know Your Numbers! you can get support to bring your blood pressure under control and prevent these diseases.

Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check.

Visit our [online measuring your blood at home resources hub](#) to download our range of home blood pressure monitoring resources for this Know Your Numbers! Week and beyond.

Download our [Know Your Numbers! Week 2022 poster \[PDF 608KB\]](#)

Click [here to download our social media images](#) for this year's campaign.

Know Your Numbers! Week 2022 is taking place from 5-11 September. If you would like to be involved – as a Pressure Partner or Patient Ambassador, or simply share the message, see the different ways you can get involved below. Registration is open until the end of August.

[Register to take part](#)

How you can get involved

As a Pressure Partner or Patient Ambassador you have a crucial role to play.

Become a Pressure Partner

This role is for pharmacies, gyms, leisure centres, hospitals, GP surgeries, care centres, Local authorities, libraries and employers.

- Promote home blood pressure monitoring (HBPM) by encouraging purchase (including in your own pharmacies) or sharing of blood pressure monitors. For example, online via your websites, newsletters and social media.
- Offer guidance on how to use a monitor properly and what to do if the reading is high.
- Direct people to our website and helpline where they can find all sorts of information about choosing a home monitor, how to use it, and how to look after their blood pressure.
- Patients may not be able to get a blood pressure check in pharmacies, GP surgeries at the moment, but patients still need help and guidance from their health care professional, and shared decision making on their treatment and medicine adherence. You have a vital role in offering this support.
- Talk about the risks of high blood pressure such as heart disease, stroke and dementia, and reinforce the healthy lifestyle message, namely the role of healthy eating and physical activity.

Become a Patient Ambassador

This role is for the general public, patients and our members. As a Patient Ambassador, you will be a great support to our Pressure Partners (this year's virtual Pressure Stations) and help spread the word.

- Host a 'Home Pressure Station' and measure the blood pressures of people in your 'social bubble'.
- Speak to friends and family to encourage them to buy or borrow a blood pressure monitor and start measuring their blood pressure at home.
- Speak to community groups about home monitoring, such as your local Rotary, library or patient groups.
- Start a group chat called 'We Know Our Numbers' where you can share healthy living ideas.
- Tell us your blood pressure story (anonymously if you wish) so we can inspire others to know their numbers.
- Direct people to our website and helpline where they can find all sorts of information about choosing a home monitor, how to use it, and looking after their blood pressure.
- Plus, see the [other ways you can help](#).

Your participation will provide a great service to your community. We will support you with suggestions and resources.

[Register to take part](#)

Find out more about [Know Your Numbers!](#)

New for 2022 – the blood pressure roadshow

We're working in part association with an organisation called [Kinetik Wellbeing](#) this year. We're excited to announce that they will be hosting a van that will drive to five locations across England to give blood pressure checks to those who might not measure their blood pressure at home. Its last stop will be Westfield in Stratford, London, from Friday 9 to Sun 11 September where the press will help us get the message out on a national scale.

A full list of locations and venues that the van will be driving to during Know Your Numbers! Week along with the time at each location can be found [here](#). Please spread the message and pop along if you are local or will be in the area at the time, and are not able to [measure your blood pressure at home](#).



Dear all,

We're contacting you as within the last 12 months you've accessed the UCLPartners Proactive Care Framework risk stratification searches for long term conditions.

The Frameworks support primary care teams to take a population health management approach to long term condition care:

- Risk stratification based on NICE guidance
- Prioritisation to optimise treatment early in those with greatest need
- Deploying the wider workforce to support self-management and personalisation of care

Would you like implementation support with using the UCLPartners Proactive Care Frameworks?

The [Academic Health Science Networks](#) (AHSN) were established by NHS England in 2013 to spread innovation at pace and scale. There are 15 AHSNs, and each one works across a distinct geography serving a different population in each region. Your local AHSN is [East Midlands](#) and they are collaborating with your Integrated Care System, clinical networks, and local system leaders to support primary care recover long term condition care after the pandemic.

All AHSNs currently have a specific focus on blood pressure optimisation and lipids management.

Contact Gemma Summerson, Senior Innovation Lead gemma.summerson@nottingham.ac.uk (copied in above) from the [East Midlands](#) AHSN to find out about the specific, free, implementation support available for you and your practice team. They'd love to hear from you.

Read about the [work of East Midlands AHSN and the Frameworks here](#).

Are you using the Frameworks? Can you share your experiences with us?

We are keen to hear how the Frameworks are being used and your experiences (good and bad) of implementation. This is to help us both improve the Frameworks and evaluate their impact.

It would be much appreciated if you could [complete our 15-minute survey](#) with details of how you are using the frameworks, you're learning and the changes you've made. As a thank you,

everyone who completes the survey by the **26. August** will be entered into a prize draw to have £25 donated to a charity of their choice, the winner will be notified by the 9th September.

[Click here to complete the survey.](#)

If you have any questions about the UCLPartners Proactive Care Frameworks or this email, please contact primarycare@uclpartners.com.

Very best wishes,

Dr Matt Kearney and Laura Boyd
Cardiovascular Health team at UCLPartners

CVD Central Resource Pack

The CVD Central project has created [free resources](#) to support any organisations across the country delivering any approach to Blood Pressure and AF Detection Checks.

The CVD Central Project being delivered in collaboration by:

- British Heart Foundation (BHF)
- Kent Surrey Sussex Academic Health Science Network (KSS AHSN)
- NHS Benchmarking

For any enquiries, the key contact is CVD Central Team at KSS AHSN at: kssahsn.cvdprevention@nhs.net

CVD Heart Failure Clinical Stewardship

JUCD ICS will be working with NHSE Midlands on a CVD Heart Failure Clinical Stewardship which is an approach used to introduce a culture of stewardship and deliver on the triple aim for people with heart failure in our system.

NHS England outlines that the four purposes of an integrated care systems are to improve outcomes in population health and healthcare; tackle inequalities in outcomes, experience and access; enhance productivity and value for money; and help the NHS support broader social and economic development. However, the forthcoming Health and Care Bill goes further, making it a legal duty of everyone in the NHS to:

- Improve the health and wellbeing of the population served;
- Improve the quality of healthcare; and
- Use NHS resources sustainably and efficiently.

There is certainly evidence that people with heart failure across the region are not achieving optimal outcomes, that resources are not being used efficiently and that there are high levels of inequity. This means that we should strive to do things differently.

The Clinical Stewardship approach encourages clinical leaders and commissioners to consider the totality of resources deployed for patients with heart failure, the outcomes delivered as a result of the deployment of each part of that resource and then challenges us to do better by orientating that resource towards the highest value interventions.

With support from NHS Arden-GEM System Support (formerly CSU), NHSE Midlands are offering our system the opportunity to participate in a programme to deliver on the triple aim for people with heart failure, through the adoption of a culture of stewardship in our system. NHSE Midlands will be building on learning from the practical and successful implementation of Professor Sir Muir Gray's approach to value-based population healthcare in a number of NHS sites. The project is integrated with the Cardiac Pathway Improvement Programme, that will be driving augmented CHD services in our system.

The support our system will receive will come in the form of training, facilitation, programme support and analytical support. In addition, NHSE Midlands will be able to provide Heart Failure clinical expertise via their two regional Heart Failure pathway leads:

- Louise Clayton (ANP and Heart Failure Service Lead, UHL) and
- Dr Michael Kuehl (Consultant Cardiologist, UHCW).

The programme will run between 9-12 months. Support required from JUCD ICS will be:

- A clinically-led team, leading on CHD in our system (and places) and Dr Damian Kelly our ICS CVD Clinical Network lead will lead for JUCD, to engage in the training and work to improve delivery of the triple aim through workshops and planning meetings. This team will also include input from patients, managers, finance and analytical staff;
- Visible and vocal System Leadership support. In particular, to help with the shifting of resources from lower to higher value interventions, to overcome barriers, to promote the project in our system, and willing to make appropriate decisions through the governance of our system (namely around autonomy, accountability and responsibility); and
- Timely provision of local data to help with analysis.

A little more detail of this programme can be viewed in the [following PowerPoint presentation](#).

[Back to top](#)

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