

SIGN

Patient Newsletter

December 2010



* Farewell Sian, welcome back Karen!

In the last edition of the patient network newsletter I let you know that I was going on maternity leave and here I am back already!

It's been a very fast ten months but a lot has happened at SIGN while I have been away.

Sian McCarthy has been covering my post and I'm sure everyone would agree that she has done a fantastic job. Thanks Sian for all your hard work and we wish you well for your future.

Karen Graham, Patient Involvement Officer  0131 623 4740 @ email karen.graham2@nhs.net

* New publications from SIGN during 2010

January

Diagnosis and pharmacological management of Parkinson's disease

The guideline covers:

- patient issues
- diagnosis
- treatment using medication.

www.sign.ac.uk/pdf/sign113.pdf

Non-pharmaceutical management of depression



The guideline covers:

- psychological therapies
- self help
- exercise and lifestyle modification
- herbal remedies and nutritional supplements
- complementary and alternative therapies.

www.sign.ac.uk/pdf/sign114.pdf

This guideline has an accompanying patient version 'Treating depression without using prescribed medication: a booklet for patients and carers'.

www.sign.ac.uk/pdf/pat114.pdf

If you would like hard copies of this patient booklet please let me know. A BSL DVD has also been produced. If you work with BSL users and would like copies of this DVD please get in touch with me.



February

Management of Obesity

This guideline focuses on both adults and children/young people.

Adults:

- health consequences of obesity
- diagnosis
- prevention
- identifying high risk groups
- health benefits of weight loss
- assessment
- weight management programmes and support for weight loss maintenance
- dietary interventions and physical activity
- psychological/behavioural interventions
- pharmacological treatment
- bariatric surgery
- referral and service provision.

Children/young people:

- health consequences of obesity
- diagnosis and screening
- prevention
- treatment.

www.sign.ac.uk/pdf/sign115.pdf

March

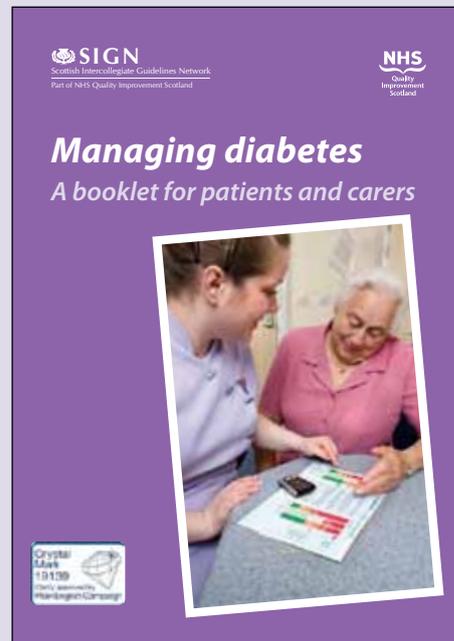
Management of diabetes

This guideline covers:

- lifestyle management
- psychosocial factors
- management of type 1 diabetes
- pharmacological management of glycaemic control in type 2 diabetes
- management of diabetes in pregnancy
- management of diabetic cardiovascular disease
- management of kidney disease in diabetes
- prevention of visual impairment
- management of diabetic foot disease

A patient version of this guideline has also been produced. 'Managing diabetes: a booklet for patients and carers' can be found on our website

www.sign.ac.uk/pdf/pat116.pdf or let me know if you would like hard copies.



April

Management of sore throat and indications for tonsillectomy

This guideline covers:

- presentation
- diagnosis
- general management
- antibiotics
- surgery in recurrent sore throat.

www.sign.ac.uk/pdf/sign117.pdf

June

Management of patients with stroke: rehabilitation, prevention and management of complications, and discharge planning

The guideline covers:

- organisation of services
- management and prevention strategies
- transfer from hospital to home
- roles of the multidisciplinary team.

www.sign.ac.uk/pdf/sign118.pdf

We are currently working on the patient version of this guideline which will be available early next year. If you would like to order copies in advance, please let me know.



Management of patients with stroke: Identification and management of dysphagia

The guideline covers:

- initial clinical evaluation of swallowing and nutrition after stroke
- assessment
- training for screening and assessments
- effect of therapy on patient outcome
- nutritional interventions
- other management issues.

www.sign.ac.uk/pdf/sign119.pdf

August

Management of chronic venous leg ulcers

The guideline covers:

- assessment
- treatment
- preventing ulcer recurrence
- provision of care.

www.sign.ac.uk/pdf/sign120.pdf

October

Diagnosis and management of psoriasis and psoriatic arthritis in adults

The guideline covers:

- diagnosis, assessment and monitoring
- treatment in primary care
- treatment of psoriatic arthritis in secondary care
- treatment of psoriasis in secondary care.

www.sign.ac.uk/pdf/sign121.pdf

We are currently working on the patient version of this guideline which will be available early next year. If you would like to order copies in advance, please let me know.

We would like to thank all patients and carers who were involved in the development of the above guidelines.

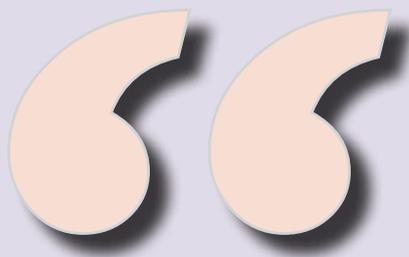
SIGN Awareness Volunteers

Our newly appointed Awareness Volunteers have had a busy first year promoting our guidelines, patient versions and patient/public involvement opportunities within their own communities.

Our volunteers have taken part in a range of awareness raising activities including:

- hosting stands at patient information centres within hospitals, for example, Stobhill Hospital and Victoria Infirmary
- giving talks to student nurses at Caledonian University and the University of Abertay
- giving talks to public groups such as Step Forth walking group.

It is encouraging and reassuring that this new project has been well received by both patients and healthcare professionals taking part in the activities. Below are a few comments from our volunteers on how they have found their first year in their new role.



“With the SIGN awareness visits now completed for 2010, it is time to consider what occurred at these events. I have covered a wide range of locations, patients, people, and healthcare staff at all levels over the past months. These locations have included hospital patient information centres, university lecture rooms/theatres, and patient support group organisations.

Overall I would consider this work to have been a successful and a most worthwhile first step in making everyone aware of the excellent and valuable information and guidance produced by the SIGN staff. It is most important to me, as a patient, that through this raising of awareness of SIGN that there will be benefit in patient outcomes and public health in general, now and in the future.

I have thoroughly enjoyed my role meeting and talking with so many people in conjunction with my volunteer colleagues and look forward to new as well as repeat events in 2011. ” David Paul



“Having put SIGN guidelines and the patient booklets and freebies we had on the display table, we waited with anticipation. We were very busy right from the start with patients, carers and healthcare professionals who had heard we were in the main concourse area.

Many questions were asked about SIGN and SIGN guidelines. A very positive and worthwhile experience.”
Eileen Wallace

“As the latest member of the SIGN awareness volunteers, most of my time has been taken up assisting and learning from other volunteers, in several display and presentation events in hospitals and universities. I have also been finding out how we handle the guidelines in Fife and am pleased to say that Fife have a fairly robust committee that review all guidelines and assess their implications to current practice.

I recently did my first exhibition event for SIGN at the annual conference of the Kirkcaldy and Levenmouth Community Health Partnership (CHP) which was very successful.

Now that I am more confident I hope to do more on the promotional front in 2011.” **Ron Parsons**

❄️ Farewell Wendy!

Wendy Nganasurian, one of SIGN Council's lay representatives has retired after 6 years of working with SIGN.

Wendy has helped to shape and develop patient involvement over the years and we would like to thank her for all her valued input. Below are some comments from Wendy on how she found her time at SIGN.



“When I first joined SIGN Council in 2004, a number of my colleagues on Council thought that they had opened the door to public involvement by having patient representatives on guideline groups and two Council members. For me, it felt more like the door was just ajar. I got the impression that they were a little surprised at first when their lay member appeared to be able to ask a question or make a comment about patient/public involvement in relation to so many agenda items.

However, it didn't take long before they found themselves anticipating the comments and saying, “I expect our lay member has something to say about that!” After a few meetings patient/public involvement became so much a recognised, integral part of ever activity for SIGN that the door was well and truly open.

We pushed it wider with the appointment of a Public Involvement Officer, patient versions of guidelines, dedicated training in research appreciation, and the opportunities for dissemination of guidelines by lay people.

I have thoroughly enjoyed seeing developments in patient/public involvement and enjoyed the ‘buzz’ of Council meetings even though I didn't enjoy leaving home at 5.30 am.

However, I feel all committees can benefit from new blood, hence I decided to make way for another lay member. I have so much respect for the professionalism of SIGN staff who unfailingly deliver a world-leading service and the dedication of Council colleagues who make time to play their part. ”

❄️ We need your help

Interested in working with the SIGN bosses?

To ensure the views of patients, carers and members of the public are taken into consideration at all levels of SIGN's work, we wish to recruit a lay representative for SIGN Council, the policy making body for SIGN.

Members of SIGN Council determine the overall direction of SIGN's development and play a key role in shaping the SIGN guideline programme.

As a lay member of SIGN Council you would be asked to contribute the patient/public perspective at a strategic level. The types of things you would be involved in would be selection of topics for guideline development and the recruitment of lay representatives to guideline development groups.

If you are interested in taking on this role, please get in touch with me and I will send you further details.

We are relying on you to help make a difference!



Health Awareness in 2011

Duchenne Muscular Dystrophy (DMD) Awareness Week 7th - 12th February

The aim of DMD Awareness Week is to educate the public about the disease. Parent Project Muscular Dystrophy's aims to improve the treatment, quality of life and long-term outlook for all individuals affected by Duchenne muscular dystrophy.

Objectives of Parent Project Muscular Dystrophy include:

- **identifying**, supporting, and sharing promising DMD-related research
- **creating** up to date information about treatment and care options
- **pursuing** strategies which will impact this generation of young men affected by DMD as well as future generations
- **encouraging** policymakers to afford the same priority to DMD as they would to other disorders of similar incidence and prevalence
- **creating** a supportive community for people affected by DMD
- **participating** actively in the international DMD community
- **ensuring** PPMD is managed, developed and funded in a manner consistent with nonprofit industry best practices

If you would like to find our more visit www.parentprojectmd.org

National Eating Disorders Awareness Week 25th February - 2nd March



beat is the leading UK charity for people with eating disorders and their families **and** is the working name of the Eating Disorders Association.

beat provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people beat their eating disorder.

During Eating Disorders Awareness Week, **beat** work hard to raise awareness of eating disorders and **beat's** services across the UK.

For more information, please visit www.b-eat.co.uk/Home

Endometriosis Awareness Week 2nd - 8th March



Endometriosis UK presents the views and needs of women with endometriosis and is the main provider of information and support for endometriosis in the United Kingdom.

Endometriosis Week aims to raise awareness about this hidden and often unrecognised condition.

Aims of Endometriosis Week include:

- **promoting** a greater awareness and understanding of endometriosis
- **highlighting** the consequences of living with endometriosis for the sufferer, carer and all those affected by the disease
- **creating** a greater awareness and understanding of endometriosis amongst the medical profession, education sector, employers, politicians and society in general
- **seeking** a best practice and consistent care and treatment for everyone wherever they may live
- **providing** an opportunity for those whose lives have been affected by endometriosis to play an active part in helping making a difference

For more information, please visit www.endometriosis-uk.org



* Are you a parent/carer?

Can you help us identify patient/carer issues in relation to prevention and management of dental decay in children?

A review of the SIGN guideline on prevention and management of the dental decay in children is due to start in early 2011.

We are looking for two lay members to join the guideline development group. If you, or someone you know might be interested in participating, please let me know and I can send out nomination forms.

Guideline group membership is only one way of participating in the guideline. Perhaps you would like to identify patient/carer issues of concern to be considered by the guideline development group.

The original guidelines can be found on our website

www.sign.ac.uk/guidelines/fulltext/47/index.html
and
www.sign.ac.uk/pdf/sign83.pdf

* NHS QIS proved to be practicing good volunteer management!

In October 2010, NHS Quality Improvement Scotland achieved the Investing in Volunteers (IiV) award. IiV is a UK award, managed in Scotland by Volunteer Development Scotland, which recognises commitment to high quality volunteer involvement.

A small working group consisting of a range of staff and lay representatives working across NHS QIS (including SIGN) was set up to gather a range of evidence in relation to the management of our volunteers.

After the evidence was applied to the IiV standard, an assessor interviewed both staff and volunteers to evaluate how volunteering practice has been experienced by both staff and volunteers.

The achievement of this award has allowed our organisation to adopt a consistent approach to delivering high quality volunteer management support to all our volunteers.



I would like to thank you all for the contributions you have made to SIGN during 2010.

I hope you all have a good Christmas and new year and I look forward to working with you in 2011.

Best wishes

Karen Graham
Patient Involvement Officer

