

SIGN

Patient Network Update

Welcome to the June 2011 edition of the SIGN Patient Newsletter.

New publications from SIGN

Management of early rheumatoid arthritis

The guideline covers:

- ★ Diagnosis of early rheumatoid arthritis
- ★ Principles of management
- ★ Analgesics and non-steroidal anti-inflammatory drugs
- ★ Disease modifying drugs

www.sign.ac.uk/pdf/sign123.pdf

Management of adult testicular germ cell tumours

The guideline covers:

- ★ Presentation and referral
- ★ Diagnosis
- ★ Treatment
- ★ Post-treatment follow-up

www.sign.ac.uk/pdf/sign124.pdf

Management of atopic eczema in primary care

The guideline covers a range of topics including:

- ★ Diagnosis, referral and patient education
- ★ Emollient therapy
- ★ Topical corticosteroid therapy
- ★ Dressings and wet wrap treatment
- ★ Antimicrobial measures
- ★ Environmental factors
- ★ Dietary interventions
- ★ Complementary and alternative therapies

www.sign.ac.uk/pdf/sign125.pdf





Management of asthma

The BTS/SIGN British guideline on the management of asthma has been updated. Produced jointly by SIGN and the British Thoracic Society (BTS) since 2003, sections of the guideline are updated annually. The 2011 revisions include updates to monitoring asthma and pharmacological management, and a new section on asthma in adolescents.

The guideline was launched at the Knowledge and Practice: Improving Asthma Care event on Tuesday 10th May 2011 at the Royal College of Physicians of Edinburgh, organised in association with the ABPI Scottish Respiratory Industry Group (SRIG), the Scottish Intercollegiate Guidelines Network (SIGN) and Asthma UK Scotland.

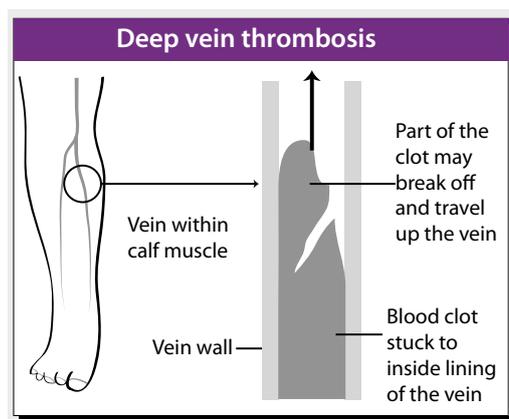
The event focused on raising awareness of the updated guideline, sharing good practice and success in implementing the guideline locally and looking to the future to improve implementation through the Managed Clinical Networks in Scotland. SIGN is currently working with Asthma UK, to produce a patient version of the guideline.

At the launch, Asthma UK's Clinical lead Cher Piddock gave a presentation highlighting the aims of the patient version, how content was decided and outlined the development process. We plan to consult on the patient version around 20th June and we would be grateful if you would take part in this exercise. As with all other patient versions of guidelines we will send this by e-mail or we can send a hard copy if preferred. If you would like to take part in this consultation and would like a hard copy sent to you, please let me know.

Public information leaflet on deep-vein thrombosis (DVT)

As part of the SIGN guideline on management of venous thromboembolism, we have developed a public information leaflet on deep-vein thrombosis. This leaflet explains:

- ★ What a DVT is
- ★ Who may be more likely to get a DVT
- ★ How you can tell if you might have a DVT
- ★ What to do if you think you might have a DVT
- ★ What treatment there is for a DVT
- ★ How you can lower your chances of getting a DVT.



We are currently in this process of distributing these leaflets to public places such as schools, universities, colleges and public libraries.

www.sign.ac.uk/pdf/pat62.pdf

SIGN would like to thank all lay representatives who have been involved in the development of the above publications.

Welcome to Carly!

I mentioned in the last edition of the newsletter that Wendy Nganisurian, lay representative on SIGN Council was retiring. I'm delighted to tell you that Caroline Brownlie (Carly) has joined SIGN Council as our new lay representative. Carly is looking forward to taking up her new role with SIGN:

"I believe my role on SIGN Council will be a challenging experience as a member of the public and also as a deaf person. This is a unique opportunity to work with people from different health fields, and for me to contribute to increasing accessibility and understanding of health-related information for members of the public".

We look forward to working with Carly and hopefully some of you will have the chance to meet her!

SIGN Awareness Volunteers

Our Awareness Volunteers have been continuing to raise awareness of SIGN during the first half of 2011. Xandra Shearer has been raising awareness in Orkney with a presentation to NHS Orkney Board members and staff and by exhibiting in Balfour Hospital.

The volunteers have a range of events planned including exhibiting at Perth Royal Infirmary and Royal infirmary of Edinburgh.

If you would like one of our Awareness Volunteers to visit your organisation to tell your members about SIGN, please let me know.

Interested in becoming a SIGN Awareness Volunteer?

Since our awareness raising project is going so well and feedback has been positive, we plan to recruit more people from various locations in Scotland. If you would like to express an interest in this group, let me know and I can send you further information and nomination forms when we start the recruitment process.

SIGN guide the way to successful guideline development

In April, a colleague and I went to the Guidelines Audit and Implementation Network (GAIN) in Belfast to deliver a training course on SIGN's methodology to a group of healthcare professionals and academic staff.



The group was keen to hear how we involved patients and carers in the development of our guidelines and they were impressed at the range of patient involvement work that SIGN carries out.

At SIGN, we think of patient involvement as a standard part of the guideline development process but for other organisations, involving patients in their work can be a significant challenge.

Patient involvement at SIGN continues to evolve and we are attempting to overcome the barriers we and other organisations currently face.

It is encouraging that organisations at local, national and international level ask for our expertise to help them engage with patients, carers and the public.

Do you have time to review a draft guideline?

Two of our guidelines are due for consultation and we are looking for lay reviewers to comment on them from a lay perspective. You don't need to address every aspect of the guideline but can comment on the areas where you feel your expertise is most relevant.

If you would like to review any of the following guidelines, please let me know.

Management of colorectal cancer – this guideline is now out for consultation and can be found on our website www.sign.ac.uk/consultation/index.html or if you would like a hard copy please let me know.

Management of postnatal depression - this guideline will be due for consultation this month, if you would like to review it from a lay perspective, you can let me know or you can keep an eye on our website.

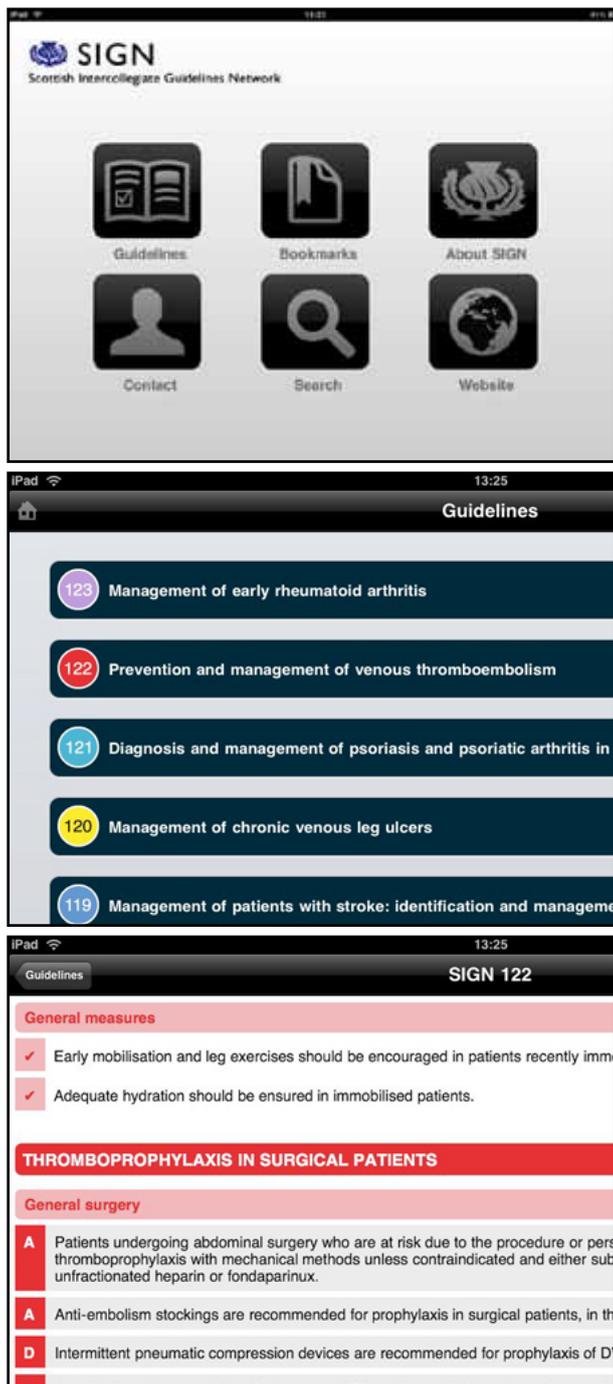
Do you have time to sit on a guideline development group?

We will begin to review the guideline on Management of lung cancer and will also start developing a new guideline on Management of non-malignant chronic pain.

We are in the process of recruiting patient/lay representatives for these groups. Membership of a guideline development group provides an opportunity for patients' and carers' voices to be heard so please help us to get people involved.

SIGN Guidelines App now available !

SIGN recently launched an app for the iPhone, iPad and iPod touch and Android phones and tablets.



The app contains the Quick Reference Guides (QRGs) of the recently published guidelines including:

- ★ Management of atopic eczema in primary care
- ★ Management of adult testicular germ cell tumours
- ★ British Guideline on the management of asthma
- ★ Early rheumatoid arthritis
- ★ Venous thromboembolism

- ★ Psoriasis and psoriatic arthritis in adults
- ★ Chronic venous leg ulcers
- ★ Stroke: identification and management of dysphagia
- ★ Stroke: rehabilitation, prevention and management of complications, and discharge planning
- ★ Management of sore throat and indications for tonsillectomy
- ★ Diabetes
- ★ Obesity
- ★ Non-pharmaceutical management of depression
- ★ Diagnosis and pharmacological management of Parkinson's disease.

The QRG content is enhanced with material from the main guideline and online resources, linked to the SIGN website. Each new SIGN QRG will be available as an update through the Apple App Store and Android Market as it is published, building into a complete library of SIGN QRGs.

For more information on the SIGN App, visit our website www.sign.ac.uk/guidelines/apps/index.html



Events organised by other people

NHSScotland Event

23rd – 24th August

Scottish Exhibition and Conference Centre, Glasgow

The annual NHSScotland Event is one of the leading health events in Scotland. It provides an opportunity for individuals working in, and with, NHSScotland to consider and discuss some of the important challenges for health now and in the future.

The theme of the 2011 NHSScotland Event is 'Quality in Action' and it will be billed as a first gathering of a Quality Alliance - that is everyone who has a stake in delivering consistently high quality health services.

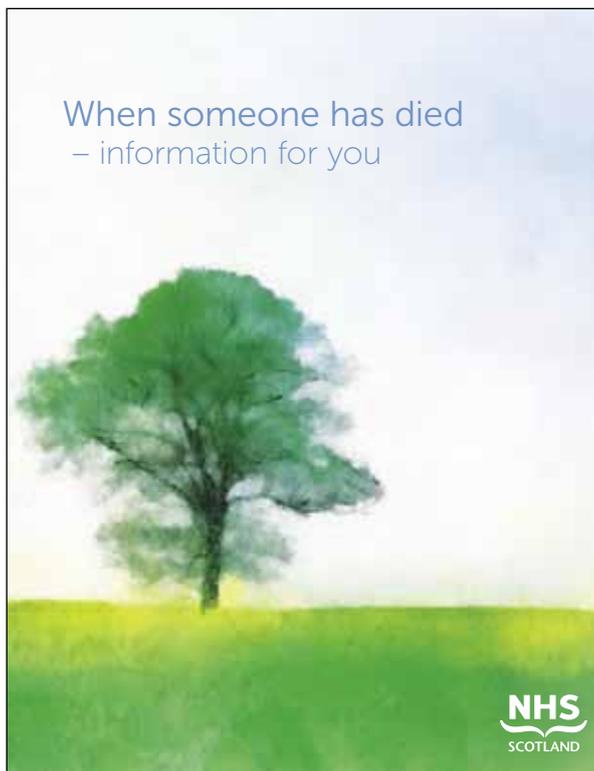
For more information on this event, please visit www.nhsscotlandevent.com or phone 0141 639 8123.

The Big Society in Scotland: Public services, mutual models and the third sector, 28th October, King James Thistle Hotel, Edinburgh

This conference will examine the Westminster Government's Big Society objectives of promoting social action and empowering communities and will ask whether this can work in Scotland. At this one day conference you will:

- ★ Hear an update on government policy from Lord Nat Wei, Government Adviser for the Big Society at the Cabinet Office
- ★ Discuss the implications of the 'Big Society' for the financial challenges facing public services in Scotland
- ★ Examine if there are benefits to the third sector and community groups running local services
- ★ Explore whether the 'Big Society' is an exciting new idea or a threat to service
- ★ Understand the challenges and opportunities presented by the 'The Big Society' for public, private and third sectors in Scotland

If you would like more information on this conference, visit www.mackayhannah.com/upcoming-conferences/big-society/ or phone 0131 556 1500.



New national information for bereaved families and carers from Health Rights Information Scotland (HRIS)

HRIS worked closely with the Scottish Government to develop information to help people in the first 72 hours following the death of someone close to them.

A folder has been designed to hold the new A5 leaflet alongside the medical certificate of cause of death and local information developed by boards. The Scottish Government funded an initial print run of 60,000 folders and leaflets, and most NHS boards in Scotland will use the new resource.

The leaflet has been published in the Patient information section of the HRIS website (www.hris.org.uk). It is available in the following formats:

- ★ Audio (English)
- ★ large print (English)
- ★ Dual translations in Arabic, Chinese (Traditional), Polish and Urdu.

For more information please contact Brigitte Cosford (brigitte.cosford@consumerfocus.org.uk).

Have you been sent this newsletter via a friend or a colleague?

Why not join the SIGN Patient Network yourself and you will receive an e-mail with the link to the newsletter on the day it's published?

Join today at www.sign.ac.uk/pdf/patient_join_form.pdf

A handwritten signature in black ink that reads "Karen Graham". The signature is written in a cursive style with a large initial 'K'.