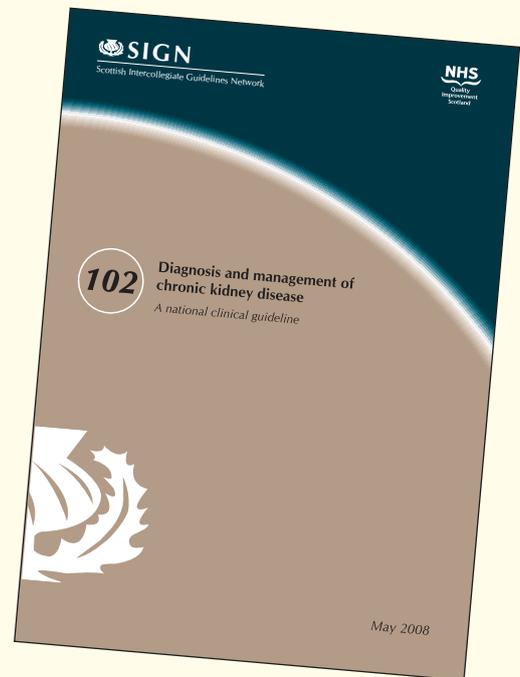


*Welcome to the SIGN
patient network update*

Diagnosis and management of chronic kidney disease



Maternity Coverage

We would like to welcome Kara Clark as the newest addition to the SIGN team. She will be the patient involvement officer while Karen is on maternity leave. Kara is from the States where she worked as a licensed Social Worker and will be living in Scotland while her husband attends the University of Stirling. She is excited to get started and work with our wonderful lay participants. She will be in touch soon. If you need anything let her know. Her contact information is 0131 623 4740.

New SIGN publications

Asthma

SIGN will be launching the new edition of the **British Guideline on the Management of Asthma** on the 28th April. The guideline has been developed in collaboration with the British Thoracic Society and will be distributed throughout Scotland, England, Wales and Northern Ireland. The guideline will be published as a supplement to Thorax, the international journal of respiratory medicine.

The guideline covers:

- Diagnosis
- Pharmacological and non-pharmacological management
- Inhaler devices
- Management of acute asthma
- Patient education and self management
- Difficult asthma
- Asthma in pregnancy
- Occupational asthma

In May SIGN will publish its guideline on **Chronic Kidney Disease**. This guideline is the first to include the newly revised 'provision of information' section covering issues identified as a concern to patients and carers.

The guideline covers:

- Risk factors, diagnosis and classification
- Treatment
- Provision of Information

Keep a look out for the release of the guidelines on our website.

We would like to thank all of the lay representatives who were involved in the development of both guidelines.

SIGN autism spectrum disorders patient booklets

The two patient versions of the ASD guideline have now been published. They are available as PDF files on our website or can be ordered through our office. Alternative formats will be available towards the end of May including large print editions and British Sign Language DVDs.



We would like to thank the patient representatives on the guideline development group and the young people who participated in our focus groups, you all contributed significantly to this guideline.

If you would like to order copies of these new patient booklets, please call Kara Clark on 0131 623 4740 or email kara.clark@nhs.net

Would you like to become involved in developing SIGN guidelines? Become a guideline development group member

New Guideline

SIGN is looking for patient representatives to join the guideline development group for a new guideline: [Long Term Follow Up of Cancer Survivors](#)

If you know of anyone who may be interested in participating please contact SIGN and we will send out further information and nomination forms. Membership of a guideline development group provides an opportunity for patients' and carers' voices to be heard.

Keeping guidelines up to date

We will be updating a number of our guidelines this year. We are now looking for lay representatives to join the guideline development groups on the management of testicular germ cell tumours and the management of early rheumatoid arthritis.

Do you have time to volunteer? We are keen to hear from people who are affected by any of these conditions or who have an interest in these areas.

Membership of a guideline development group provides an opportunity for patients' and carers' to help us identify the issues that are important to them so please help us get people involved.

Don't have time to commit to group meetings? You can still be involved! Please send in any patient and carer issues of concern you think the above guidelines should cover.

We appreciate any information or help you can provide. Our goal is to involve patients and carers and have their voices be heard. Please get in touch.

We need your help!

Do you have time to review a draft guideline?

SIGN is currently updating two clinical guidelines, [The Management of Genital Chlamydia Trachomatis Infection](#) and [The Early Management of Patients with a Head Injury](#). The first drafts of these guidelines are due for consultation in April and June and we are putting together a list of people who could review the drafts.

Please let us know if you are interested in helping us review either of these draft guidelines. Call Kara Clark on 0131 623 4740 or email kara.clark@nhs.net

Events organised by other people

The following events are not run by SIGN but are listed to share information and raise awareness. If you would like to attend one of these events, please contact the organisers directly.

Carers Scotland - Carers Voices Training

Equal Partners is offering carers groups the opportunity to take part in training workshops to help them get their message across more effectively. The workshops cover skills such as making your presentations, knowing who to influence and aim to build carers confidence and assertiveness in a friendly supportive environment.

What it includes:

The two half day workshops will help you:

- find out who makes the decisions in your local health and social services and ways of influencing them
- get your point of view across to decision-makers confidently and effectively
- use your personal experience to craft your story to make a difference;
- overcome problems: what to do when things don't go according to plan.

Booking a place: This course is **FREE** for carers.

It will take place at a convenient local venue and Carers UK will pay all travel and care costs for carers.

If you are interested in taking part in Carers Voices training email equalpartners@carersuk.org or contact Carers Scotland on 0141 221 9141

Dementia Awareness Week Conference 2008

Going for Gold: Meeting the Dementia Priorities

Glasgow Royal Concert Hall
Monday 2nd June 2008, 10am - 4pm

Achieving the 'gold standard' for dementia care services should be more than an aspiration – people with dementia and their carers in Scotland deserve nothing less. The Scottish Government's priorities for dementia are warmly welcomed but how will these translate to services on the ground?

This conference will be of relevance to health and social work professionals involved with the development and management of services for people with dementia and their carers. It will also be of interest to anyone concerned about the quality of care and provision of services for people with dementia and their carers.

Contact: Dorothy Keith at Alzheimer Scotland on 0131 243 1453 or dkeith@alzscot.org

Dementia Awareness Week is from 6th to 12th July. Look out for local events advertised in the press or visit www.alzscot.org

Health Awareness

5th -11th May 2008



This week is under the umbrella of the UK Council on Deafness and is supported by over two hundred and fifty deaf charities and organisations. Deaf awareness week this year is inviting everyone to 'Look at Me'.

The aim is to emphasise the need to look at someone who is deaf or hard of hearing, so that that they can see your lips and facial expression.

UK Council on Deafness is aiming to improve understanding of the different types of deafness by highlighting the many different methods of communication used by deaf, deafened, deafblind and hard of hearing people, such as sign language and lip-reading.

For more information visit www.look-at-me.org.uk

Do you work with people who are deaf? Don't forget that SIGN patient versions have been translated into British Sign Language!



Carers Week

9th -15th June

In 2008 the fourteenth annual Carers Week will highlight the impact caring can have on carers' health and wellbeing.

There are almost six million carers in the UK and over 48,000 in Scotland. Carers Week is organised by ten leading charities who support the UK's six million carers. Our key aims are for Carers Week to:

- Highlight and celebrate the contribution made by carers
- Campaign for better support and services for carers
- Promote policies and best practice that can improve carers' quality of life
- Reach out to 'hidden' carers, ensuring they know where to find help and support

For more information on carers week and to find events in your local area log onto www.carersweek.org or call the organisation direct on 0845 241 2582

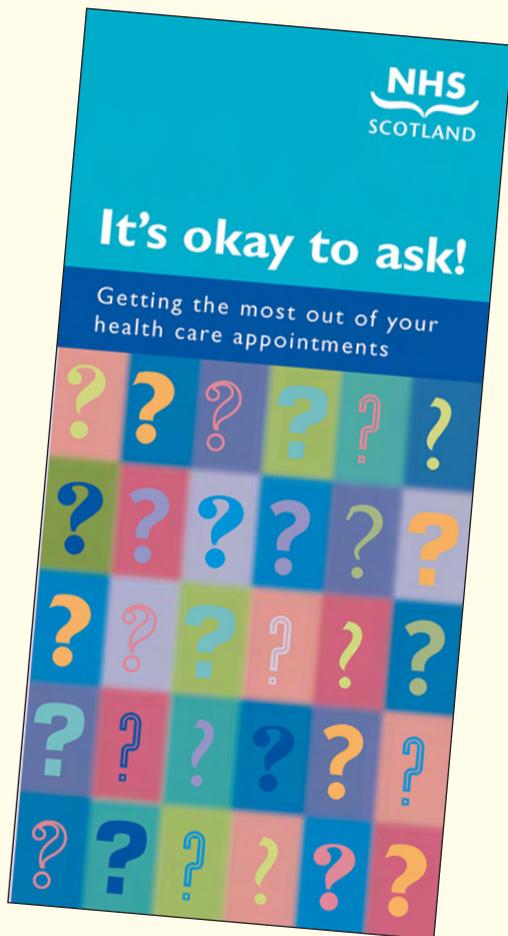
National Smile Month

The all-new 'Brush for Health' tagline will raise awareness of the systemic links between oral health and overall body health - focusing on the relationship between gum disease and serious general health conditions like heart disease, heart attacks, strokes, diabetes and low birth weight babies.

Gum disease is caused by poor oral healthcare and is, therefore, totally preventable. For more information visit www.nationalsmileweek.org

Useful Publications

It's okay to ask: getting the most out of your health care appointments



Get the most out of your appointments! We want you to play an active part in your care and treatment and the information provided in this leaflet can help you get started.

The leaflet is produced by the Scottish Government, with the help of Health Rights Information Scotland, a project of the Scottish Consumer Council.

The leaflet contains a series of useful tips and questions a patient can ask during an appointment with a doctor or nurse, allowing patients to play an active part in their care and treatment. The 'It's okay to ask!' leaflet is available from GP surgeries, pharmacies and hospitals across Scotland or you can download it from HRIS website www.hris.org.uk.



It's a girl!

SIGN is happy to announce that Karen Graham, SIGN's Patient Involvement Officer, gave birth to a beautiful daughter on the 29th March. Lyra Graham arrived on the Saturday morning. Both Karen and Lyra are doing well.

SIGN has moved!

Our new contact details are:

SIGN Executive, Elliott House, 8 -10 Hillside Crescent, Edinburgh EH7 5EA
Tel: 0131 623 4720 • Fax: 0131 623 4503

