

GP Bulletin – July 2018**New dietary structured patient education group launched for people at CVD risk**

B-Eat well was launched in February 2018 taking self-referrals from people post myocardial infarction attending the Cardiac Rehabilitation programme and from a number of pilot general practices.

This one-off 2 hour session, held in the Nutrition Learning Centre at St Luke's Hospital, gives people at cardiovascular health risk a much deeper understanding of the cardio-protective diet through group learning activities (problem solving and experiential learning) designed to promote self-management.

The types of people most likely to benefit from B-Eat well include:

- Q-Risk >10%
- BMI >30kg/m² with additional risk factor(s)
- Deranged lipids
- To complement statin therapy, or patients choosing not to take
- Hypertension
- CVD risk with other co-morbidities, e.g. Diabetes, Coeliac disease, CKD

Patient experience feedback is hugely positive, including comments such as “very competent and knowledgeable”, “very happy I came; makes you think of change” and “very good course”.

Due to popular demand, further sessions are planned, picking up on topics of interest to the participants, e.g. meal planning, recipes adaptation, supermarket tours. In addition, patients may opt into 1-to-1 dietetic consultations for more tailored advice and ongoing support with behaviour change or the management of co-morbidities.

The next B-Eat well session will run in August. Kathy Armitage is happy to explore delivery at other venues which may be closer to home for your patients. To discuss running a session at your general practice, contact Kathy on 01274 365387.

The B-Eat well patient information leaflet (embedded below) provides details of topics covered and a telephone number for the patient to contact to book a place. All Bradford GPs can refer into this service via SystmOne using the 'BTHFT Dietetic Assessment Referral Template' (this may need adding to your clinical tree – instructions embedded below).



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Referring to Dietetics
through SystmOne.doc

Children's Ambulatory Care – service overview

The ACE service provides an alternative to a hospital referral or admission for children and young people (CYP) with common acute illnesses like asthma. CYP are referred to the service from Primary Care, from the Accident and Emergency Department (AED) and from the Children's Clinical

Decision Area Unit on ward 32 at the Bradford Royal Infirmary. CYP who meet pathway criteria are looked after at home under the care of a nurse and on-call Consultant Paediatrician in a 'virtual ward'.

ACE is delivered in the community setting and is staffed by children's community nurses working from 09.00 – 21.00, 7 days a week. Once a CYP has been accepted into the service the clinical responsibility lies with the Consultant Paediatrician on call at the BRI. After initial referral ACE nurses arrange a home visit and then, depending on the need, keep in regular telephone or face to face contact with families and children for up to 3 days. Nurses discuss each CYP under their care with the paediatric consultant several times a day. CYP have 24 hour open access to the Children's Unit at the BRI during their care.

Individual clinical pathways have been developed with GPs, nurse practitioners, nurses, pharmacists and paediatricians and are based on best available evidence, national guidance and local clinical agreement.

All GP surgeries in Bradford can refer into this service. To keep up to date or stay in touch with us please follow us on Twitter [@bthft ACE](#) or find us on Facebook, BTHFT ACE. You can also view further information on the ACE service on [YouTube](#).

New croup pathway for Children's Ambulatory Care launches 13 August

The Children's Ambulatory Care (ACE) project is adding the croup pathway to its successful wheezy child and gastroenteritis pathways which are already in place at the Trust.

The ACE scheme delivers a more efficient service to our patients, reduce emergency admissions and readmissions to our hospitals, empower families to manage common medical problems better and enhance collaborative working with our CCG and GP colleagues across the district.

The pathway works along similar lines to our ambulatory care service and the elderly care virtual ward and sees our experienced community nurse team treating children aged between 0-to-16 years-old, in the comfort of their own home, under the expert eye of our Consultant Paediatricians, through the use of regular telephone clinical huddles.

Croup is a very common condition that affects young children's windpipes. It is usually caused by a virus and symptoms typically include a barking cough that sounds like a seal, a hoarse voice, difficulty in breathing and a rasping sound when breathing in which can be very worrying for carers.

The new croup pathway goes live on the 13 August.

New one-stop-shop clinic set to transform arthritis care

Patients with suspected inflammatory arthritis can now access rapid assessment and treatment thanks to a new 'one-stop shop' Early Arthritis Clinic at Bradford's St Luke's Hospital. The service, provided by Bradford Teaching Hospitals NHS Foundation Trust, brings together a wide range of health professionals to offer a unique service which offers fantastic benefits to patients with symptoms of this painful and debilitating condition.

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