

**Letter to GP Practices
regarding COVID-19 and
patients with long-term
conditions**

This letter pack is for GPs across Derby and Derbyshire in regards to managing their patients with long-term conditions and COVID-19. 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
- Gastroenterology

Summary and Key Headlines

Respiratory

Diabetes

Cardiovascular Disease

Gastroenterology

Respiratory

See below guidance which relates to transfer of out-patient clinics to telephone consultations at Chesterfield Royal Hospital.



Guidance for
Transfer of Outpatient

Impact+ implemented an Early Supported Discharge Team for respiratory patients, working with Royal Derby Hospital. The team has implemented a virtual ward model for 28 patients, where they will continue to assess medically fit patients following a respiratory admission to hospital, but may require additional support with their respiratory problems, weaning patients off oxygen and supporting patients in stepping down to inhalers. The service started on 23rd March 2020.

Diabetes

We are all under pressure so need to use our limited time wisely, so our suggested focus this week is on our registered patients with type 1 diabetes. If we make sure every person with type 1 diabetes in Derbyshire has access to blood ketone and glucose testing strips, and the emergency hospital helpline numbers below, our colleagues in secondary care will do everything they can do to prevent admissions from DKA and it will reduce our workload.

Below is a link to the latest NHS Clinical guide for the management of people with diabetes during the coronavirus pandemic - 19 March 2020 Version 2.



speciality-guide-diabetes-19-march-v2.pdf

One study in Italy of 355 deaths from Covid 19 showed diabetes to be the most frequent co-morbidity - 35.5% had diabetes.

Every SystmOne practice in Derbyshire has a search uploaded ready for people with type 1 DM and no issue of ketone strips in the past week.

1. Reporting
2. Clinical reporting
3. CCG MOD Team
4. Folder named 'Ketone Testing' (5)
5. Run all
6. Patients with no blood ketone testing strips issued (acute or repeat) i.e. those needing action are in the top report titled * Type 1 with no blood ketone testing'

Please can EMIS practices run a search for people with type 1 diabetes and check if any ketone strips are on repeat.

We piloted this at my practice this week (approx. 1000 people with diabetes) and looked at our search results of 38 patients and around 10 have type 2 DM so I think we at least need to look at the notes rather than sending a blanket text out. People with type 2 diabetes do not need a blood ketone meter unless recommended by the diabetes specialist team.

We have tried to phone each patient and checked they have their normal supplies of insulin, glucose testing strips and blood ketone strips in stock. We have also checked they know diabetes sick day rules:

Type 1: http://trend-uk.org/wp-content/uploads/2018/03/A5_T1Illness_TREND_FINAL.pdf
(search Trend sick day rules type one diabetes)

For patients with no ketone meter, I have chosen to send the scripts proactively to our pharmacy as these are by definition the people who are least engaged with their

diabetes - otherwise they would have been testing ketones long ago. I have not sent scripts for the people who already have a meter and may have strips as I want to discourage stockpiling.

Some practices have asked for texts to send if they do not have enough staff to phone patients:

Patient with no meter- for Glucomen Areo 2k meter:

xxxxxx, you don't seem to have blood ketone strips at home which are essential when unwell. Please phone 0800 243667 today and ask for a Areo 2k meter and leaflets on how to use it. I have sent a prescription for the glucose and ketone testing strips to your pharmacy. Dr/nurse xxxxx

Patient with no meter- for Caresens Dual:

Xxxxxxx, you don't seem to have blood ketone strips at home which are essential if you become unwell. Please phone 0800 8815423 today and ask for a meter and leaflets on how to use it. I have sent a prescription for the glucose and ketone testing strips to your pharmacy. Dr/nurse xxxxx

Patient with meter and home but no recent request for strips.

Xxxxxxx, you haven't ordered blood ketone strips lately which are essential if you become unwell. Please order more if you have less than 10 in stock at home.
xxxxxxxxx

Text to advise patients diabetes advice is on your website (advice to upload is attached here)

xxxxxxxxx, here is the advice on our website for to do if you become unwell. <http://www.littlewickmedicalcentre.co.uk/patient-engagement/covid-19-diabetes-care/>
(obviously you would put your own website details!)

For all people with type 1 DM in South/Erewash:

If you are unwell and need emergency advice regarding your diabetes please phone 01332 787671 between 8am-5pm.



Covid letter for
people with type 1 di

For all people with type 1 DM in North Derbyshire:

If you are unwell and need emergency advice regarding your diabetes please phone 07880 147785 between 8am-5pm.



Covid letter for
people with type 1 di

Derby & Derbyshire Clinical Commissioning Group

Diabetes Up-dates - Week ending 27/03/2020

Area	Update
<u>Prescriptions / Medications</u>	<p>People with type 1 diabetes need access to an adequate supply of insulin, blood glucose testing strips and blood ketone testing strips. You can order Glucomen Areo on 0800 243667 or Caresens Dual on 0800 881 5423. Both companies are happy for clinicians or patients to contact them and they will send the meter and leaflets on how to use a ketone meter directly to the patient.</p> <p>People with type 2 diabetes also need a reasonable supply of their usual medication and blood glucose testing strips if used.</p> <p>Please advise patients who are feverish and unwell to stop diuretics, metformin (if vomiting/not eating and drinking normally) NSAIDs and especially SGLT2i such as empagliflozin and provide advice on when to restart these once better. Patients on empagliflozin need a blood ketone test at the GP practice when unwell even if they have normal blood glucose as they can get DKA.</p>
<u>Patient information</u>	<p>Sick day rules can be found at: Type 1: http://trend-uk.org/wp-content/uploads/2018/03/A5_T1Illness_TREND_FINAL.pdf Type 2: https://trend-uk.org/wp-content/uploads/2018/12/A5_T2Illness_TREND.pdf</p> <p>If these links are blocked on NHS computers, search for Trend sick day rules Type 1 diabetes or Trend sick day rules Type 2 diabetes.</p> <p>Diabetes UK have produced patient-facing guidance which is available here https://www.diabetes.org.uk/about_us/news/coronavirus</p>
<u>COVID-19 and Diabetes specialty guide v2 19th March 2020</u>	<p>A COVID-19 and Diabetes specialty guide version 2 has been published by NHSE https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/speciality-guide-diabetes-19-march-v2.pdf</p>
<u>Diabetes Covid19 training</u>	<p>Cambridge Diabetes Education Programme (CDEP) – Have added a new module on Diabetes and Corona Virus. This is free for all staff. Contact candice.ward@addenbrookes.nhs.uk for further assistance if you do not already have access to CDEP.</p>
<u>Structured Education</u>	<p>All groups cancelled.</p> <p>The Providers have contacted all affected patients and will be contacting them to rebook when they can. DAFNE: people with type 1 diabetes have been given number to contact the diabetes team at RDH.</p> <p>Xpert and DAY: People with type 2 diabetes will be signposted to online advice and guidance either through letters to current patients or gthrough DCHS out of office e-mail response.</p>
<u>National Diabetes Prevention Programme</u>	<p>All groups cancelled. All attendees informed by providers. Provider awaiting further instructions from NHS England. See correspondence NHSE/I and from the local Derbyshire provider on this below.</p>



DPP Comms - COVID
Response 19 March-I



ICS Health &
Wellbeing COVID-19

Other useful links:

Diabetes UK – Update advice for people with diabetes and their families
reference Covid:

https://www.diabetes.org.uk/about_us/news/coronavirus

Cardio Vascular Disease

NHS Clinical Guidance below for the management of cardiology patients within secondary care during the coronavirus pandemic has been released. Elective cardiology services will be severely curtailed by the pandemic and careful planning is required to minimise the impact on patients requiring urgent or emergency care while protecting resources for the response to coronavirus. There is a possibility that the ability to assess and treat urgent or emergency cardiology patients may be compromised by the inability to transfer patients between hospitals, lack of beds or staff sickness.



NHS Clinical
Guidance for Cardiol

Covid-19 Cardio Vascular Service Details

Provider	Clinical Lead	Contacting Cardiologists for advice	Service changes
Derby Royal Hospital	Dr Nauman Ahmed	Via Hospital Switchboard 01332 340131	All non-essential outpatient activity has been cancelled. All cancelled clinics are being reviewed and patients are receiving telephone consultations depending on clinical priority Rapid Access Chest Pain (RACP) is currently running at both sites due to the nature of the service Heart Failure patients are being assessed and seen only when clinically necessary The Cath Labs are closed to all elective work and are only performing procedures deemed to be clinically urgent
Burton Queens Hospital	Dr Aftab Gill	Via Hospital Switchboard 01283 566333	CRHFT are essentially providing an urgent only service for the time being. CRHFT have triaged all outstanding requests and will deal immediately with all those that are urgent. Other referrals will be returned to the referrer. Some might still be urgent but the referral form did not allow CRH to make that judgment. These can be sent back with more information. The others can either be cancelled or sent back as routine referrals in the knowledge that they will not be covered for quite a long time. CRH plan to telephone the chest pain clinic referrals and bring up those that they do not feel they can deal with over the phone.
Chesterfield Royal Hospital	Dr Justin Cooke	Via Hospital Switchboard 01246 277271 - / cardiology office and leave message for call back	

Stroke

See below NHS Clinical guide for the management of stroke patients during the coronavirus pandemic (published 25 March 2020)



C033 Specialty
guide_Stroke and cc

Following is clinical guide for the management of anticoagulant services during the coronavirus pandemic.



FINAL DRAFT
Anticoagulant service

Following is guidance for the Safe Switching of Warfarin to Direct Oral Anticoagulants (DOACs) for Patients with Non-Valvular AF and Venous Thromboembolism (DVT / PE



Warfarin to DOAC
switching Mar 2020 v

Gastro

Below is letter from Nutricia on support needed to manage the ongoing supply of feed to Nutricia Homeward patients.



2020 March 30th
COVID-19 Prescriptio

Community Health Services

Covid-19 prioritisation guidance below within Community Health services covering all long term conditions. Following on from Sir Simon Stevens' and Amanda Pritchard's letter of 17 March 2020 this publication sets out how providers of community services can release capacity to support the COVID-19 preparedness and response. These arrangements will apply until 31 July 2020 in the first in-stance.



COVID-19
prioritisation within c