

*Welcome to the SIGN
patient network update*

Guideline development

Management of patients with a head injury review

SIGN will begin to review the head injury guideline which was first published in 2000, at the beginning of September. We would like to thank patient network members for sending in patient/carer issues for the guideline group to consider. The guideline development group will be given the comments at their first meeting. We have also recruited three patient representatives to this group and we look forward to working with them.

Management of obesity in Scotland

SIGN will also start to review the obesity in Scotland guideline (published in 1996) at the beginning of next year. What do you think will be the issues that matter to patients and carers in this guideline?

It is important that what matters to patients and carers is identified at the early stages of the guideline development process. If you or a family member have suffered from obesity, then what issues arose during treatment that you think the guideline could help to address? If you have no direct experience, what do you imagine would be important to you as a carer? Send any issues that you think the guideline group should consider to me; karen.graham2@nhs.net. The original guideline can be downloaded from our website www.sign.ac.uk

Would you like to be a patient/carer representative on this guideline?

We would also like patients or carers of people with obesity to help us with the development of this guideline. If you, or anyone you know might be interested in participating as a patient/carer representative, please contact me on 0131 718 5108 or e-mail karen.graham2@nhs.net, and I 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.

SIGN publications

The guideline on the **Management of suspected bacterial urinary tract infection in adults** has now been published. This guideline focuses on the management of:

- adult women
- pregnant women
- adult men
- people with catheters

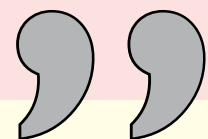
Patient representatives on the guideline development group contributed significantly to this guideline. I asked one of our patient representatives Brin Jardine what she felt patient representatives had achieved...



At the beginning of the process we made a list of some themes and ideas that matter to patients as people and reminded the group to take account of these throughout the guideline development process. We ensured that at least some of the key questions directly addressed patient issues wherever possible.

With the other guideline group members, we researched alternative and holistic treatments and made recommendations on this evidence. It was important that we influenced the guideline to be worded in a positive way eg not simply stating that a herbal product is unavailable on the NHS, but instead stating that it's readily available from pharmacies, health food shops, herbalists, supermarkets etc.

Throughout the guideline development process, we knew our limitations as "expert" patients and made sure we did not claim to represent all patients experiencing this condition, but only those that fit our own situation. We felt it was important to remind the group to take account of "lay" issues alongside clinical and service users.



You can find out what the guideline development group have recommended by downloading the guideline from www.sign.ac.uk or by requesting a copy from Emma Cameron emma.cameron@nhs.net, 0131 718 5090.

Other publications

EATING DISORDERS: RECOMMENDATIONS FOR HEALTH CARE PROFESSIONALS

NHS Quality Improvement Scotland (QIS) has developed a report on eating disorders. There is currently no guidance in Scotland for healthcare professionals on the management of eating disorders.

This report is now out for consultation until 12th September and can be downloaded from the QIS website www.nhshealthquality.org. The group are also developing a patient version of the report which will be available when the final report is published.

SIGN events

MANAGEMENT OF CERVICAL CANCER NATIONAL OPEN MEETING

This meeting took place on 31st August at the Royal College of Physicians and Surgeons, Glasgow. If you were unable to attend, the draft guideline will be available on our website for 4 weeks. You can download this and send in your comments.

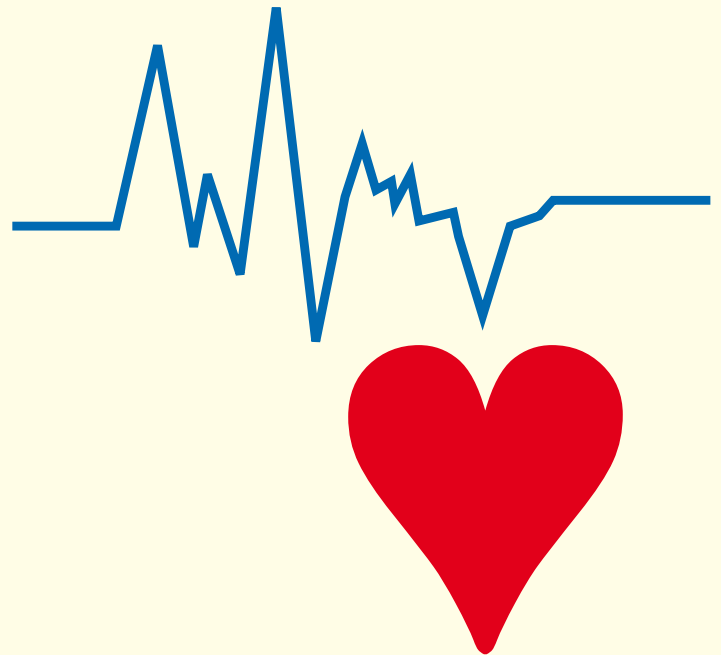
LAUNCH OF THE MANAGEMENT OF OESOPHAGEAL AND GASTRIC CANCER GUIDELINE

**Ochil Suite, Edinburgh International Conference Centre, The Exchange
150 Morrison Street, Edinburgh
7th September 2006, 10.00 -11.30am**

This recently published guideline focuses on areas such as

- risk factors
- referral
- diagnosis
- surgical/non surgical treatment
- palliative care.

For more information please contact Lesley Forsyth, lesley.forsyth@nhs.net, 0131 718 5109



CORONARY HEART DISEASE (CHD) UPDATE

Development of CHD patient versions of the guidelines is now underway. We anticipate that the drafts will be available for consultation in October 2006. As well as asking members of our patient network to comment, we will be visiting various support groups throughout Scotland to consult with members who have experience of heart disease. These guidelines will be launched alongside the clinical guidelines in February 2007 at the SECC, Glasgow. We will have more information about this launch soon.

Health Awareness Weeks

NATIONAL ECZEMA WEEK 16th – 23rd September



National Eczema Week is an annual event held by the National Eczema Society (NES) to raise awareness of this condition which affects 1 in 12 adults. The focus this year is on psychosocial well-being. NES offers support to patients and families and offers practical advice on coping with Eczema via their website www.eczema.org

**BREAST CANCER
AWARENESS MONTH**
1st – 31st October



Breast Cancer Awareness Month is an annual national health campaign organised by the major breast cancer and cancer charities. It aims to increase awareness of breast cancer among both the public and health professionals. More information can be found on:

www.breastcancercare.org.uk or 020 7384 2984

www.wearitpink.co.uk or 0800 107 3104

www.breakthrough.org.uk or 020 7025 2432 / 2460

WORLD MENTAL HEALTH DAY
10th October

World Mental Health Day aims to raise awareness of mental health issues. This year the Mental Health Foundation will be encouraging people to *make a meal of it* by getting together to eat with their families and friends. You can read more on www.mentalhealth.org.uk 0141 572 0125

Events organised by other people

**OPEN MEETING ON DRAFT CLINICAL
STANDARDS FOR BOWEL SCREENING**

Highland Conference Centre,
Swallow Newton Hotel, Inverness Road, Nairn
Tuesday 5th September 2006

Quality Improvement Scotland (QIS) hold open meetings to discuss their draft clinical standards

documents. These meetings are similar to SIGN's National Open Meetings and offer members of the public and healthcare professionals the chance to comment on the document. For more information and booking details visit www.nhshealthquality.org

**COMMUNITIES AND WELLBEING IN
SCOTLAND: CREATING A NEW APPROACH**

Hilton Grosvenor Hotel, Edinburgh
11th September 2006

This one day conference offers the opportunity to think more widely about Scotland's health and well-being. Topics include can we invent a holistic public services model to support health and well-being and working the system to promote health and well-being in Scotland. Further information and booking details can be found by visiting www.mackayhannah.com or phone 0131 556 1500

EMERGENCY SERVICES DROP-IN EVENING

William Patrick Library
2 West High Street, Kirkintilloch
13th September 2006, 5:30pm-8.30pm

NHS Greater Glasgow and Clyde are holding a drop-in evening on emergency services in East Dunbartonshire. This is an opportunity for members of the public to find out about:

- nurse lead minor injuries units
- paramedic led ambulance services
- NHS 24

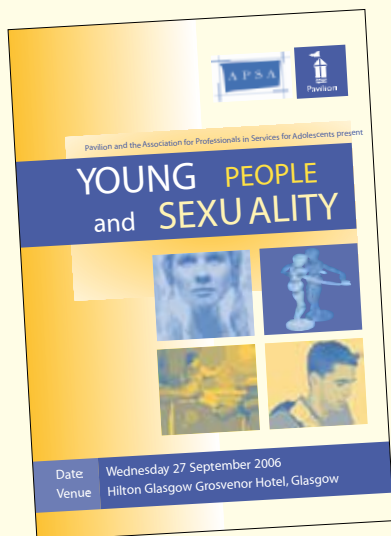
**OFF TO A GOOD START:
INCLUSION IN THE EARLY YEARS**
19th September 2006, Falkirk

This one day conference will explore ways in which families with children who require additional support for learning can be supported in the early years from birth to primary school. Delegates will have the opportunity to hear from parents and other experts on empowering parents and improving their relationships with professionals and increasing children's inclusion in play and leisure activities. More information can be found by visiting www.childreninscotland.org.uk or phone 0131 222 2438.

YOUNG PEOPLE AND SEXUALITY

**Hilton Glasgow Grosvenor Hotel, Glasgow
27th September 2006**

This one day conference aims to consider how professionals, young people and communities can work together to improve sexual health in relation to the emotional well-being of young people. A range of issues will be addressed including: sexuality of minority groups, issues for lesbian, gay and transgender young people and the role of health promotion. For booking information please visit www.pavpub.com or phone 0870 890 1080.



UNDERSTANDINGS OF SUICIDE: IMPLICATIONS FOR RESEARCH AND PRACTICE IN SCOTLAND

**The Royal Museum, Edinburgh
3rd October 2006**

This one day conference aims to bring people together with an interest in suicide and its prevention. This event provides a forum to present and hear about research and evidence, current Scottish policy and practice and implications for future research. More information can be found on www.mentalhealth.org.uk or phone 0131 555 0285

PHYSICAL ACTIVITY AND HEALTH ALLIANCE CONFERENCE

**Murrayfield, Edinburgh
31st October 2006**

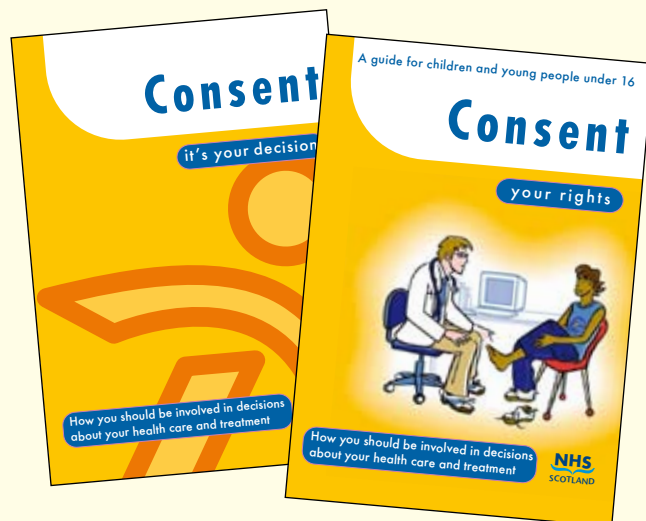
There will be a range of presentations and workshop sessions demonstrating the implementation of the National Physical Activity Strategy. For booking information

www.healthscotland.com or phone 0131 537 4700

Useful publications

Health Rights Information Scotland has launched 2 new information leaflets to tell people about how they have the right to be involved in decisions about their own healthcare:

CONSENT: IT'S YOUR DECISION
is aimed a people of all ages



CONSENT: YOUR RIGHTS
is aimed at children and young people under 16

You can view these leaflets by clicking on the following link: www.scotconsumer.org.uk/hris/leaflets/index.htm

Elwyn, G, O'Connor, A, et al (2006)

Developing a quality criteria framework for patient decision aids: on-line international Delphi consensus process

Successful involvement of patients in clinical decision making requires patients to have access to decision aids to help them make and informed choice. This research aims to develop a set of quality criteria for patient decision aids for use by developers, users and purchasers of patient decision aids.

You can download this research for free by visiting <http://bmj.bmjournals.com/>

Best wishes

A handwritten signature in black ink that reads 'Kaveri Crahan'.