

Long Term Conditions Information Pathway



Introduction

The Long Term Conditions Information Pathway has been designed to assist NHS Greater Glasgow and Clyde staff, who work with patients who have Long Term Conditions, or their carers. It identifies publications which are available to support effective communication with patients.

The information can be used to:

- Help raise the issue of important health issues
- Support health related behaviour change

The publications can be provided to patients and carers for their information and support. Included in the pathway is a Health & Wellbeing section which lists publications that can be used in conjunction with the recommended topic specific publications. The topics covered are:

- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Heart Failure
- Heart Health
- Health and wellbeing
- Musculoskeletal and Rheumatology
- Stroke

Meeting the resource needs

The publications listed are reliable sources of information, produced by NHS Greater Glasgow and Clyde, NHS Health Scotland, and many other reputable agencies including charities. Health professionals should be familiar with many of the publications available, for example NHS Health Scotland Steps to Deal with Stress in booklet and CD format. Many of the recommended publications listed in the pathway are available to order from the Public Health Resource Directory.

Health Literacy in NHS Greater Glasgow & Clyde

Access to health information is a key component in helping people manage their own health and wellbeing, and in assisting them to make fully informed decisions about their health care. It is important that we provide high-quality, accessible information in a variety of formats.

We recognise the challenges we face. Individuals may have difficulty understanding health information for many reasons including age,

disability, language barriers, cultural differences, poor literacy and emotional distress. It is therefore vital that we take these needs into account when producing our information.

The concept of Health literacy underpins all of our activities in supporting and encouraging patient engagement and empowerment. Improving people's understanding is crucial for improving patient safety, communication, effective care, self-management and health literacy.

<http://www.nhsggc.org.uk/your-health/public-health/health-improvement/health-literacy/>

Making our information accessible

NHS Greater Glasgow & Clyde is committed to providing high quality accessible information. The [Clear to all portal](#) provides colleagues with a Step by step guide on how to produce high quality information.

Health & Wellbeing Directory

The NHSGGC Health and Wellbeing Directory is a gateway to information about a wide range of health improvement & wellbeing services provided by NHS Greater Glasgow and Clyde and our partner organisations. The directory includes services that provide support for self-management, complimenting the publications listed in the Long Term Conditions Information Pathway. The directory can be accessed from:

www.nhsggc.org.uk/hwd

Ordering

The Public Health Resource Directory provides access to a range of publications available to clients across the Greater Glasgow and Clyde area. The online ordering facility is easy to use. To find details of how to register and order publications, please go to: Public Health Resource Directory. www.phrd.scot.nhs.uk

Contents

- Chronic obstructive pulmonary disease (COPD) 5
- Diabetes 7
- Heart Failure 11
- Heart Health 12
- Health and wellbeing 14
- Musculoskeletal and Rheumatology 20
- Stroke 21

Patient Information: **Chronic obstructive pulmonary disease (COPD)**

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
<p>NHS Greater Glasgow & Clyde publication Leaflet which provides information with help to stop smoking</p> <p>*If you have COPD, smoking can make it harder and harder to breathe. This publication provides information on COPD. *Available to download/view only</p> <p>*Asthma self management plan The plan is aimed at adults with asthma. It shows how to recognise when your asthma is getting worse and what to do to improve it. Available to order in English. Available to download: English; Arabic; simplified Chinese (Mandarin); Farsi; Polish; Romanian and Urdu</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p> <p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>British Lung Foundation publications</p> <p>* Living with COPD Booklet which provides general information on COPD with guidance on how to manage symptoms and the condition.</p> <p>*Sex and breathlessness Leaflet for people living with a lung condition and their partners.</p>	<p>British Lung Foundation www.blf.org.uk</p>

Patient Information: **Chronic obstructive pulmonary disease (COPD) ...cont'd**

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
<p>Chest, Heart & Stroke Scotland publications</p> <p>My Lungs My Life Interactive website produced by Chest, Heart & Stroke Scotland, will enable you to understand more about your COPD or asthma and also help you to use self-management effectively.</p> <p>My Lungs My Life promotional materials Postcards and wallets are available to order from Chest, Heart & Stroke Scotland.</p> <p>*Living with COPD Booklet which provides general information on COPD.</p> <p>*How to manage your breathlessness Factsheet gives tips and strategies to help you cope with feeling breathless.</p>	<p>My lungs my life www.mylungsmylife.org</p> <p>Chest, Heart & Stroke Scotland www.chss.org.uk</p>

*Available to download/view

www.phrd.scot.nhs.uk

Patient Information: **Diabetes**

Diabetes

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
NHS Greater Glasgow & Clyde publications *Diabetes Handbook Gives information on how to be in control of your diabetes on a day to day basis.	Public Health Resource Directory www.phrd.scot.nhs.uk
*Expectation of Care for Persons with Type 1 Diabetes This publication describes the care and support a person with Type 1 diabetes can expect to receive from NHS Greater Glasgow & Clyde	
*Expectation of Care for Persons with Type 2 Diabetes This publication describes the care and support a person with Type 2 diabetes can expect to receive from NHS Greater Glasgow & Clyde.	
Smoking with Diabetes is life changing, permanently Provides information with help to stop smoking.	

Patient Information: **Diabetes** ...cont'd

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
<p>The Diabetes UK website provides a range of information and publications including information about Diabetes for the Deaf community in BSL format and translated language versions of the 15 Healthcare essentials factsheet. Information and publications on the Diabetes UK website includes:</p>	<p>Diabetes UK www.diabetes.org.uk</p>
<p>About type 2 diabetes</p> <ul style="list-style-type: none">*What to do when you have Type 2 Diabetes - An easy read guide*Life with diabetes and driving	<p>Diabetes UK www.diabetes.org.uk</p>
<p>Diabetes UK publications</p> <ul style="list-style-type: none">*15 Healthcare Essentials Factsheet which gives information regarding the care required when you have diabetes.	
<ul style="list-style-type: none">*Just Diagnosed with Diabetes Knowing the facts and self management guidance.*Talk to someone with Diabetes Information about the peer support service which connects people living with diabetes.	
<p>Find your local support group</p> <p>Diabetes UK has local support groups all over the UK, type in your postcode into the online resource and you will be directed to your local group.</p>	<p>Diabetes UK www.diabetes.org.uk</p>

Patient Information: **Diabetes** ...cont'd

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
Diabetes for the Deaf Community:	www.diabetes.org.uk/other_languages/information-in-british-sign-language
NHS Scotland My diabetes my way Interactive website to support diabetes management. Access to some of your diabetes results and records. *Your guide to diabetic retinopathy screening The leaflet explains what is diabetic retinopathy and gives information about the screening programme.	My diabetes my way www.mydiabetesmyway.scot.nhs.uk/
National Education Scotland Knowledge network *Personal Footcare – Information and resources that will help: <ul style="list-style-type: none">• You to support others to look after their feet• You to look after your own feet	www.knowledge.scot.nhs.uk/home/portals-and-topics/personal-footcare.aspx
NHS Inform publication Diabetes Guide Provides information on Diabetes Care.	NHS Inform www.nhsinform.scot/

Patient Information: **Diabetes** ...cont'd

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
Diabetes in Scotland publications *Footcare A series of foot care leaflets produced in a number of languages for people with Diabetes.	Diabetes in Scotland www.diabetesinscotland.org.uk/
Healthcare Improvement Scotland (SIGN) publication *Managing diabetes a booklet for patients and carers A booklet for people living with diabetes.	Healthcare Improvement Scotland www.sign.ac.uk
Diabetes and Driving: Information for drivers with diabetes treated by non insulin medication, diet or both.	www.gov.uk/government/publications/information-for-drivers-with-diabetes
*JDRF, the Type 1 Diabetes Charity: information about Type 1 Diabetes and how to live with the condition.	www.jdrf.org.uk

*Available to download/view

www.phrd.scot.nhs.uk

Heart Failure

Key messages and recommended publications

Heart Failure

Publication title	Available to order from *Available to download/view from
British Heart Foundation publications *An Everyday Guide to Living with Heart Failure Information covering all areas of heart failure	British Heart Foundation www.bhf.org.uk
*Living with Heart Failure Gives advice for patients living with heart failure	British Heart Foundation www.bhf.org.uk
*Returning to Work with a heart condition Offers advice on returning to work for patients with a heart condition	British Heart Foundation www.bhf.org.uk

*Available to download/view

www.phrd.scot.nhs.uk

Publication title	Available to order from *Available to download/view from
<p>NHS GGC publications</p> <p>My Heart Book</p> <p>Provides information on how to look after your heart and common heart conditions</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>British Heart Foundation publications</p> <p>The British Heart Foundation provides a wide range of information and publications including a series of videos in BSL format which will help you keep your heart healthy. They also have translated the information How to keep your heart healthy into Polish, all available from the British Heart Foundation website.</p> <p>*Caring for someone with a heart condition</p> <p>Provides information for those caring for someone with a heart condition</p> <p>*Medicines for your heart</p> <p>Provides details on type of medicines prescribed for patients with heart disease</p> <p>*10 Minutes to change your Life, Time to get moving</p> <p>Includes information about why you should be active</p>	<p>British Heart Foundation www.bhf.org.uk</p>

Heart Health ...cont'd

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
Driver and Vehicle Licensing Agency publication *Car or motorcycle drivers with heart conditions This document provides guidance on when you may have to tell the DVLA about a heart condition you may have	Driver and Vehicle Licensing Agency www.gov.uk

*Available to download/view from

www.phrd.scot.nhs.uk

Health and wellbeing

Recommended publications

Health and Wellbeing

Publication title	Available to order from *Available to download/view from
NHS Greater Glasgow & Clyde publications	Public Health Resource Directory www.phrd.scot.nhs.uk
Alcohol and later life This magazine outlines why advice for alcohol intake changes as we get older. It also provides information on alcohol and your medicines and on alcohol, food and the body	Public Health Resource Directory www.phrd.scot.nhs.uk
Carers Information Are you looking after someone? Need support looking after someone? Poster and card which provides information regarding the carer's service.	Public Health Resource Directory www.phrd.scot.nhs.uk

Health and wellbeing ...cont'd

Recommended publications

Publication title	Available to order from *Available to download/view from
<p>Emotional & Mental Health Wellbeing services south Glasgow: a better you, for a brighter tomorrow. Series of booklets: Anger / Anxiety / Health Anxiety / Low Mood / Panic Attacks / Self-esteem / Stress / Trouble sleeping</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>Health and Wellbeing Services Information Postcard and credit cards which promote the Health and Wellbeing Directory</p>	
<p>Physical Activity Are you looking to become more active? Leaflet which provides the reader with information on the physical activity opportunities within Greater Glasgow and Clyde.</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>Health Rights Your Health, Your Rights: The Patients Charter This leaflet defines what is in the patients' charter, how you can find out more and how to get information about health rights and services.</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>

Health and wellbeing ...cont'd

Recommended publications

Publication title	Available to order from *Available to download/view from
Language Identification Card This card provides the translation of “I speak” followed by the language such as Hindi , Punjabi amongst many other languages	Public Health Resource Directory www.phrd.scot.nhs.uk
Money advice Help for You This card signposts to money and debt advice services	Public Health Resource Directory www.phrd.scot.nhs.uk
*Persistent Pain A Guide to Self Management This booklet provides information on understanding pain, flare ups, reaching your goals amongst other useful information. It is available to download in the following languages: English, Arabic, French, Polish, Hindi, Spanish, Tamil, Kurdish, Farsi, Russian, Turkish and Slovakian.	Public Health Resource Directory www.phrd.scot.nhs.uk
Tobacco Feel like a winner Flyer and poster with contact details and quality assurance guarantee for Smokefree Services.	Public Health Resource Directory www.phrd.scot.nhs.uk

Health and wellbeing ...cont'd

Recommended publications

Publication title	Available to order from *Available to download/view from
NHS Health Scotland publications	
Alcohol Daily Diary Your guide and record to success	Public Health Resource Directory www.phrd.scot.nhs.uk
Making a change This booklet provides positive steps to help you consider your drinking habits	
Mental Health Steps for stress A simple guide to stressing less and enjoying life more. This resource is available to order as booklet and CD. Downloads available in Polish, simplified Chinese (Mandarin), Urdu, BSL and audio format	Public Health Resource Directory www.phrd.scot.nhs.uk
Nutrition The Eatwell Guide Highlighting the eatwell plate, this leaflet aims to help show you how much of what you eat should come from each food group	Public Health Resource Directory www.phrd.scot.nhs.uk

Health and wellbeing ...cont'd

Recommended publications

Publication title	Available to order from *Available to download/view from
<p>Physical Activity Get active your way every day This resource is aimed at young people, adults, older adults, and those who look after or care for people in their early years or later life.</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>NHS Inform publication It's Ok to Ask Leaflet Leaflet with helpful advice around what to do before, during and after your health care appointment</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>NHS Scotland publication Teach-back technique card This postcard outlines what the teach back technique is and how it can be used as a simple way to check patient's understanding</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>

Health and wellbeing ...cont'd

Recommended publications

Publication title	Available to order from *Available to download/view from
<p>Sleep Hygiene Information for patients Sleep hygiene is a term used to describe good sleep habits. This leaflet provides suggestions on sleep pattern, sleep environment and establishing routines to aid relaxation before going to bed</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>

*Available to download/view

www.phrd.scot.nhs.uk

Patient Information: **Musculoskeletal and Rheumatology**

Key messages and recommended publications

Musculoskeletal and Rheumatology

Publication title	Available to order from *Available to download/view from
<p>NHS Greater Glasgow & Clyde publication Smoking and rheumatoid arthritis This postcard outlines the facts about the effects of smoking if you have rheumatoid arthritis. It also provides details of the Stop Smoking service telephone number as well as providing website addresses.</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>Arthritis Research UK publications *Caring for a person with arthritis This booklet provides information and answers to the reader's questions on caring for a person with rheumatoid arthritis.</p> <p>*Rheumatology conditions Booklets are available for information and answers to reader's questions on a range of rheumatology conditions.</p>	<p>Arthritis Research UK www.arthritisresearchuk.org</p>

*Available to download/view

www.phrd.scot.nhs.uk

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
<p>NHS GGC publication *My Stroke book This handbook answers questions that people most often ask about stroke</p>	<p>Public Health Resource Directory www.phrd.scot.nhs.uk</p>
<p>Advice about driving after a stroke</p>	<p>www.dvla.gov.uk</p>
<p>Advice about working after stroke</p>	<p>www.direct.gov.uk/en/disabledpeople/employmentsupport/index.htm</p>
<p>Charter for People Living with Stroke in Scotland The Charter is about services you should receive in the community if you need them. You can use this to ask about services in your local area.</p>	<p>www.strokecharterscotland.org.uk</p>

*Available to download/view

www.phrd.scot.nhs.uk

Stroke ...cont'd

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
<p>Chest Heart and Stroke Scotland (CHSS)</p> <p>Advice Line Nurse: 0808 801 0899</p> <p>Support grants available.</p> <p>Chest, Heart and Stroke Scotland publications. A series of leaflets and factsheets giving information and advice following stroke</p> <p>Community Stroke Groups and Communication Support Groups 0141 638 9291</p>	<p>www.chss.org.uk</p>
<p>Different Strokes</p> <p>Established by younger stroke survivors for younger stroke survivors</p> <p>Different Strokes Strokeline (manned by stroke survivors) 0345 130 7172 or 01908 317618</p> <p>Different Strokes Factsheets</p> <p>Different Strokes Glasgow Exercise Group Contact Kathleen Molloy on 0141 569 3200</p> <p>Email Glasgow@differentstrokes.co.uk</p>	<p>www.differentstrokes.co.uk</p>

Stroke ...cont'd

Key messages and recommended publications

Publication title	Available to order from *Available to download/view from
Selfhelp4stroke A free lifestyle management website for anyone who has had a stroke	www.selfhelp4stroke.org
Stroke4carers A free website for carers, family and friends of anyone who has been affected by stroke. It offers practical advice, information and support	www.stroke4carers.org Public Health Resource Directory www.phrd.scot.nhs.uk
Stroke Association (Scotland) Stroke Association publications A series of leaflets and factsheets giving information and advice following stroke: <ul style="list-style-type: none">• How to reduce your risk of stroke• Next steps after a stroke• Supporting a stroke survivor• You are not alone• When you have a stroke• We are the stroke association in scotland Stroke Association Advice Line: support grants available: 0303 3033 100 Glasgow Speak ability Group: 0786016843 The Stroke Association UK provides help and support for people contacting the Stroke Helpline who have limited English and links to the interpreting service Language Line.	www.strokeassociation.org.uk Public Health Resource Directory www.phrd.scot.nhs.uk https://www.stroke.org.uk/finding-support/our-stroke-helpline/helpline-translation-service

Further information available from the following:

Arthritis Care:	www.arthritiscare.org.uk
Arthritis Research UK:	www.arthritisresearchuk.org
British Heart Foundation:	www.bhf.org.uk
British Lung Foundation:	www.blf.org.uk
Chest Heart & Stroke Scotland:	www.chss.org.uk
Diabetes in Scotland:	www.diabetesinscotland.org.uk
Diabetes UK:	www.diabetes.org.uk
Get active:	www.nhsggc.org.uk/your-health/healthy-living/get-active/
National Ankylosing Spondylitis Support:	www.nass.co.uk/
National Rheumatoid arthritis society:	www.nras.org.uk
NHS Health Scotland:	www.healthscotland.scot
NHS Inform:	www.nhsinform.scot
Scottish Government:	www.gov.scot
Smoke free services:	www.nhsggcsmokefree.org.uk
SIGN:	www.sign.ac.uk
Stroke Association:	www.stroke.org.uk
JDFR	www.jdfr.org.uk/
UK Government:	www.gov.uk
The Scottish Health Literacy:	www.healthliteracyplace.org.uk/

Your information:



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www.nhsggc.org.uk/your-health/public-health/health-improvement
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