NICE guidelines for GPs - unlocking their full potential

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NICE’s new remit: social care

Guidelines

Quality standards
The NICE portfolio in 2014

- Clinical practice
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Core principles of NICE’s work

• Based on the best available evidence of what works and what it costs
• Independent and unbiased expert committees
• Patient, service user and carer involvement
• Independent advisory committees
• Genuine consultation
• Regular review
• Open and transparent process
• Social values and equity considerations
Information overload?
1. Set up for good practice

**NICE lead**
- Appoint a **NICE lead** for your practice who will develop a system for identifying relevant guidance and liaise with colleagues to ensure recommendations are implemented.

**Discuss**
- Discuss new guidance from NICE at monthly **practice meetings**. Coordinate implementation, share ideas and discuss resource implications.

**Change**
- Use NICE tools to assess whether your practice is compliant. Have a **simple clear plan** to make changes. Conduct an **audit** or more simply follow up to check changes have been implemented.
2. Identify and overcome barriers

- Funding issues
- Conflicts with other sources of guidance
- Changes to practice
- New kit/training
3. Measure your practice’s progress

• Have staff attended a recognised training event? Did they share what they learned?
• Did you run a practice learning session?
• Can you collect feedback from a patient group?
• Not for every piece of guidance!
• Prioritise topics for local audit based on local issues, the population and interests of your team.
• Use audit support tools from NICE
Update for Primary Care

Sign up today to receive our monthly newsletter highlighting all the latest primary care guidance and news from NICE

nice.org.uk/newsletter
NICE guidance on statins


Lipid modification: cardiovascular risk assessment and the modification of blood lipids for the primary and secondary prevention of cardiovascular disease
New NICE Guidance: recommends lifestyle modifications

✓ “Advise people at risk of or with CVD to eat a diet in which total fat intake is 30% or less of total energy intake, with saturated fats less than 7%.”

✓ “Advise them to replace their saturated and mono-unsaturated fat intake with olive oil, rapeseed oil, or spreads based on these oils.”

✓ Advise people with or at high risk of CVD to do at least 150 minutes of moderately intense aerobic activity every week.
Guidelines.
Not tramlines.
NICE guidance on AF

Recommendations to prevent stroke in people with atrial fibrillation
Person centred care

Data and evidence

Recommendations

Explore health beliefs

Discussion and explanation of risks
Atrial fibrillation: medicines to help reduce your risk of a stroke – what are the options?

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About this decision aid

This information is intended to help you reach a decision that is right for you personally.

You may have just been diagnosed with atrial fibrillation and may want to talk to your doctor about your treatment options. This decision aid is designed to help you consider the different treatment options available.

The information is based on the recommended management of atrial fibrillation. The guideline covers all the different treatment options available.
Ischaemic strokes per year

CHA$_2$DS$_2$-VASc score 2: no treatment
The multimorbidity challenge

Treatments, like guidelines, that are effective in a single system disease may have reduced benefits in co-morbid patients
The doctor-patient relationship transactional analysis

Doctor

Patient

Doctor

Patient
Influencing the work of NICE

We consult on all of our guidance before it is published – your comments can help shape the recommendations we make.
Get involved

Did you know you can…

- **Join a NICE Committee** - use your expertise to support development of our guidance
- **Comment on a Consultation** - feedback on scope and drafts of guidance and quality standards
- **Join our Fellows and Scholars programme** - a growing group of professionals benefitting from NICE sponsorship and mentoring

- [www.nice.org.uk/getinvolved](http://www.nice.org.uk/getinvolved)
Supporting GPs to join NICE committees

- Greater reimbursement rates for GPs who help us draw up guidance and standards.

- NICE now pays up to a maximum of £500 per day or £250 for a half day where an external locum agency is used by a GP practice, and up to a maximum of £350 per day or £175 for a half day for internal locum cover.

- Self-employed locum GPs will be reimbursed £350 per day or £175 for a half day.
For a list of current committee vacancies:
www.nice.org.uk/get-involved/join-a-committee
Thank you

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