



The University Of Sheffield.

Dietitian led Group Coeliac Clinics in Comparison to Dietetic standard care in Newly Diagnosed Patients.



Sheffield Teaching Hospitals NHS Foundation Trust

Royal Hallamshire Hospital.

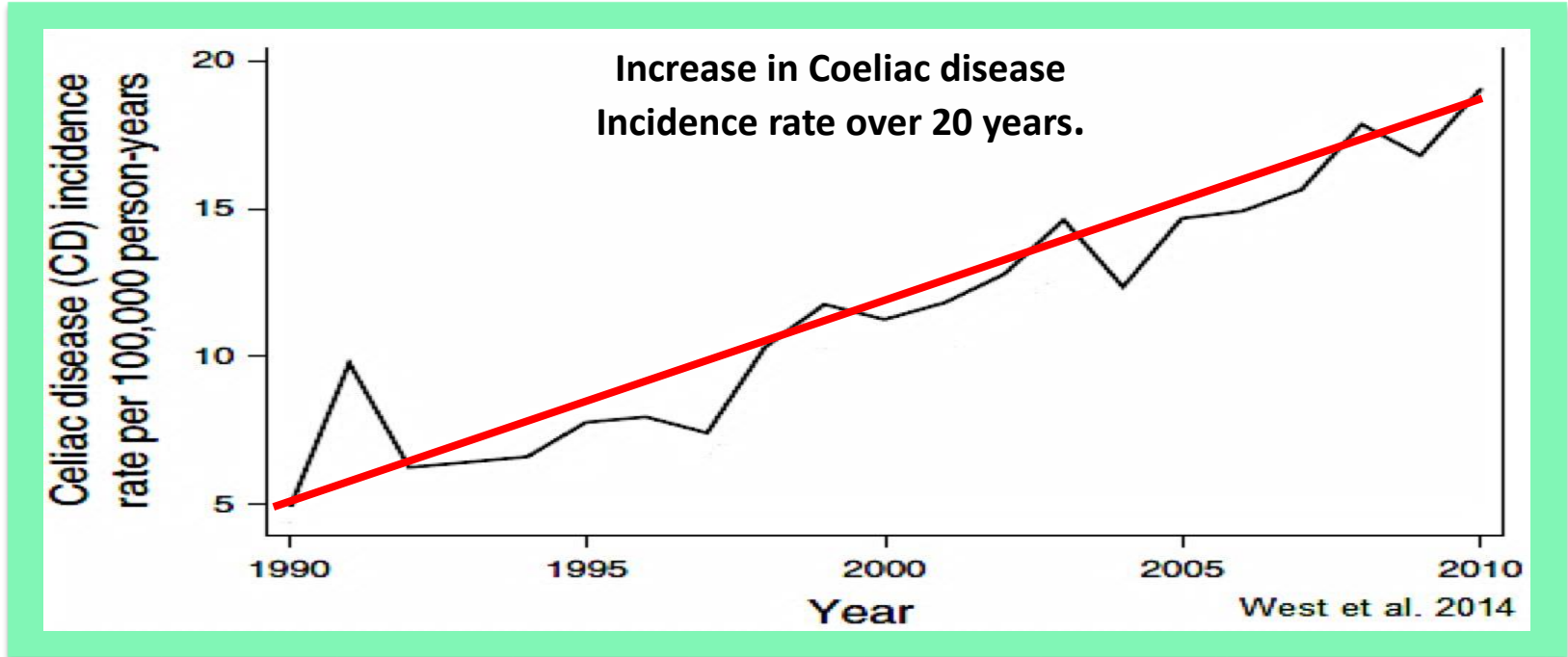


Nick Trott. Dietitian.

Academic Unit Of Gastroenterology.

Royal Hallamshire Hospital & The University Of Sheffield.

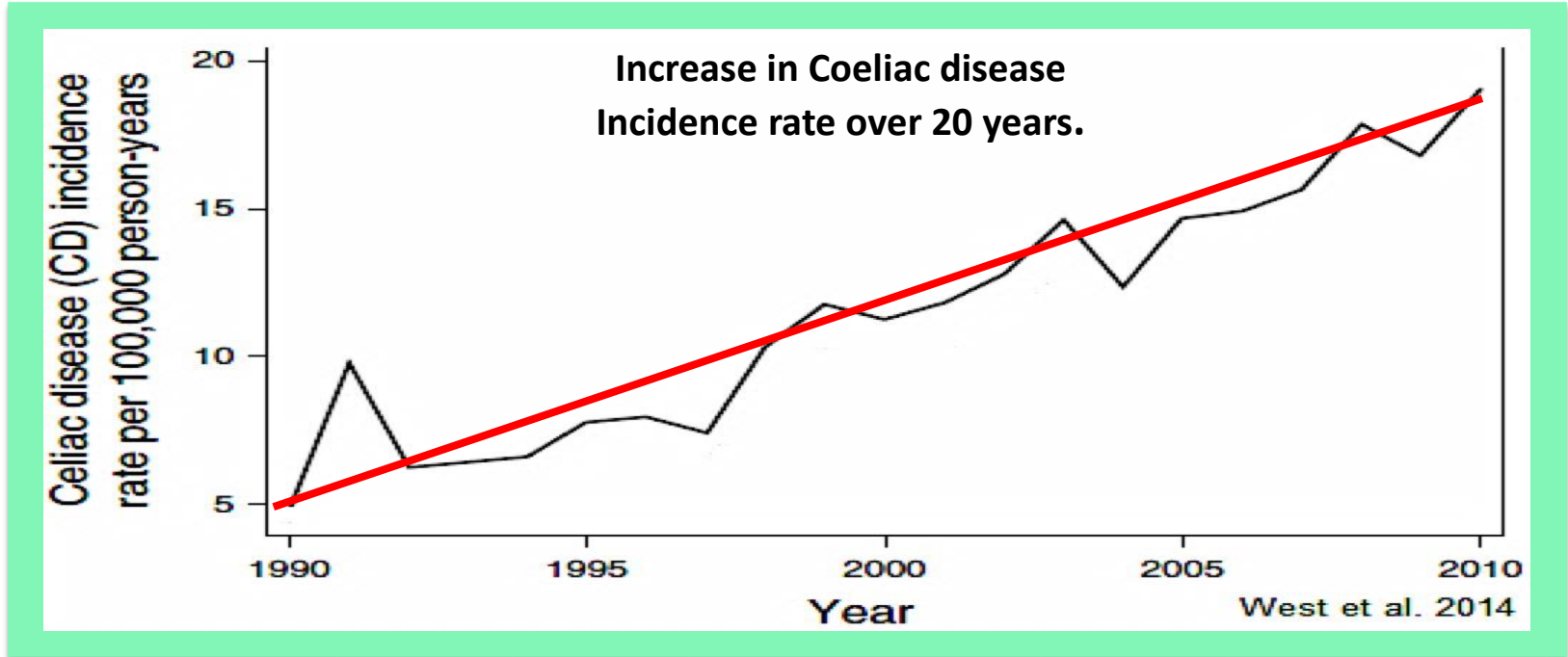
Why do We Need Dietetic Led Group Clinics?



Fourfold Increase In Coeliac Disease In The Last 20 Years.

Estimated 500,000 Undiagnosed Cases.

Why do We Need Dietetic Led Group Clinics?



The Rise In New Cases Poses Continuity Of Care And Service Delivery Problems.

Why do We Need Dietetic Led Group Clinics?



**THE GLUTEN-FREE DIET IS
STILL THE CORNERSTONE
OF TREATMENT FOR
PEOPLE WITH COELIAC
DISEASE.**





Coeliac disease: recognition, assessment and management

NICE guidelines [NG20] Published date: September 2015

NICE National Institute for
Health and Care Excellence

“The current level of dietetic provision is in the region **of one-third** of what is required according to the BSG management guidelines.”

Coeliac disease: recognition, assessment and management

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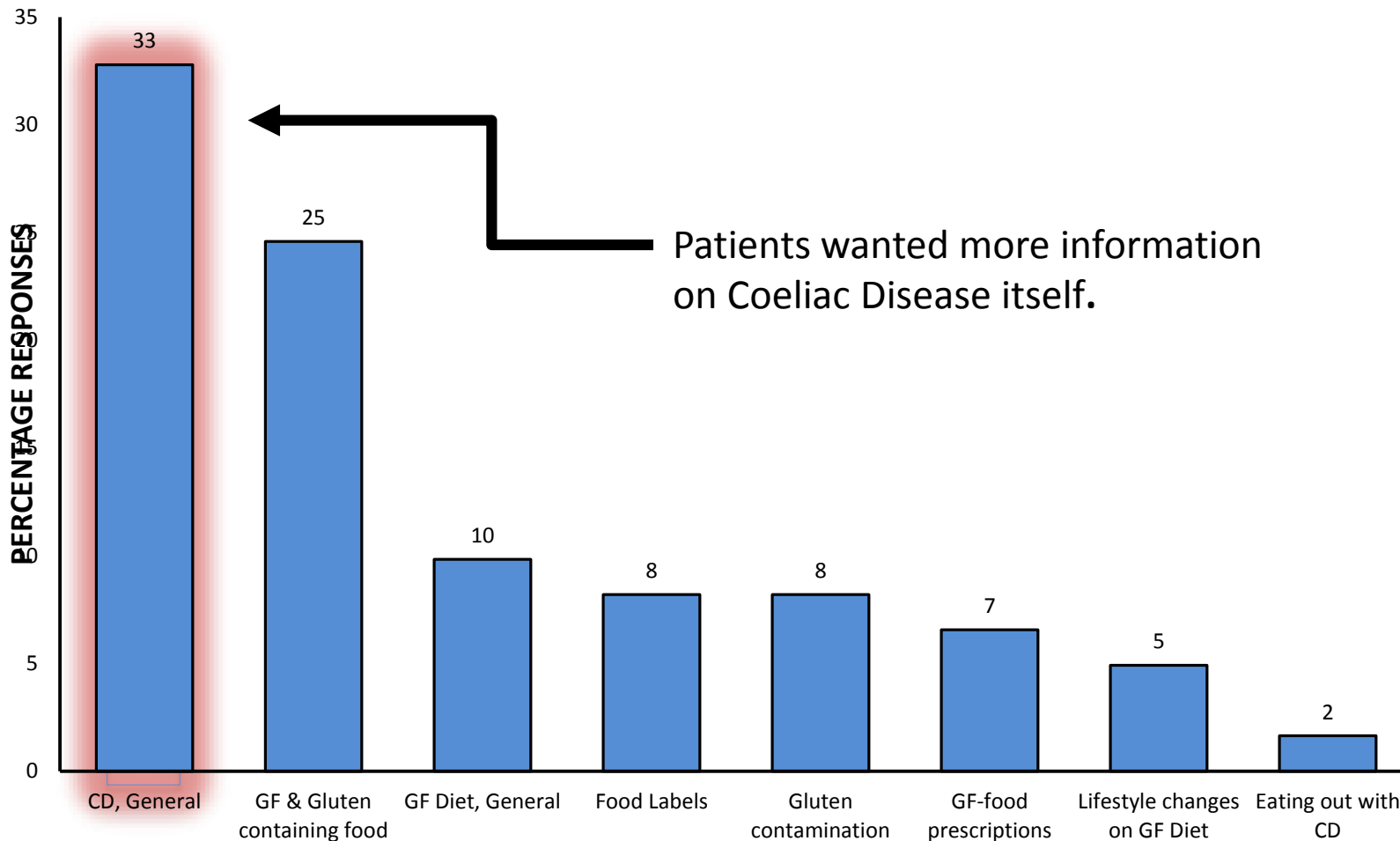
“There is a lack of dietitians in the NHS with a specialist interest in coeliac disease”. NICE 2015.

“It is important to explore how to maximize the effectiveness of the dietitian's role in helping people with coeliac disease to adhere to a gluten-free diet.” NICE 2015.

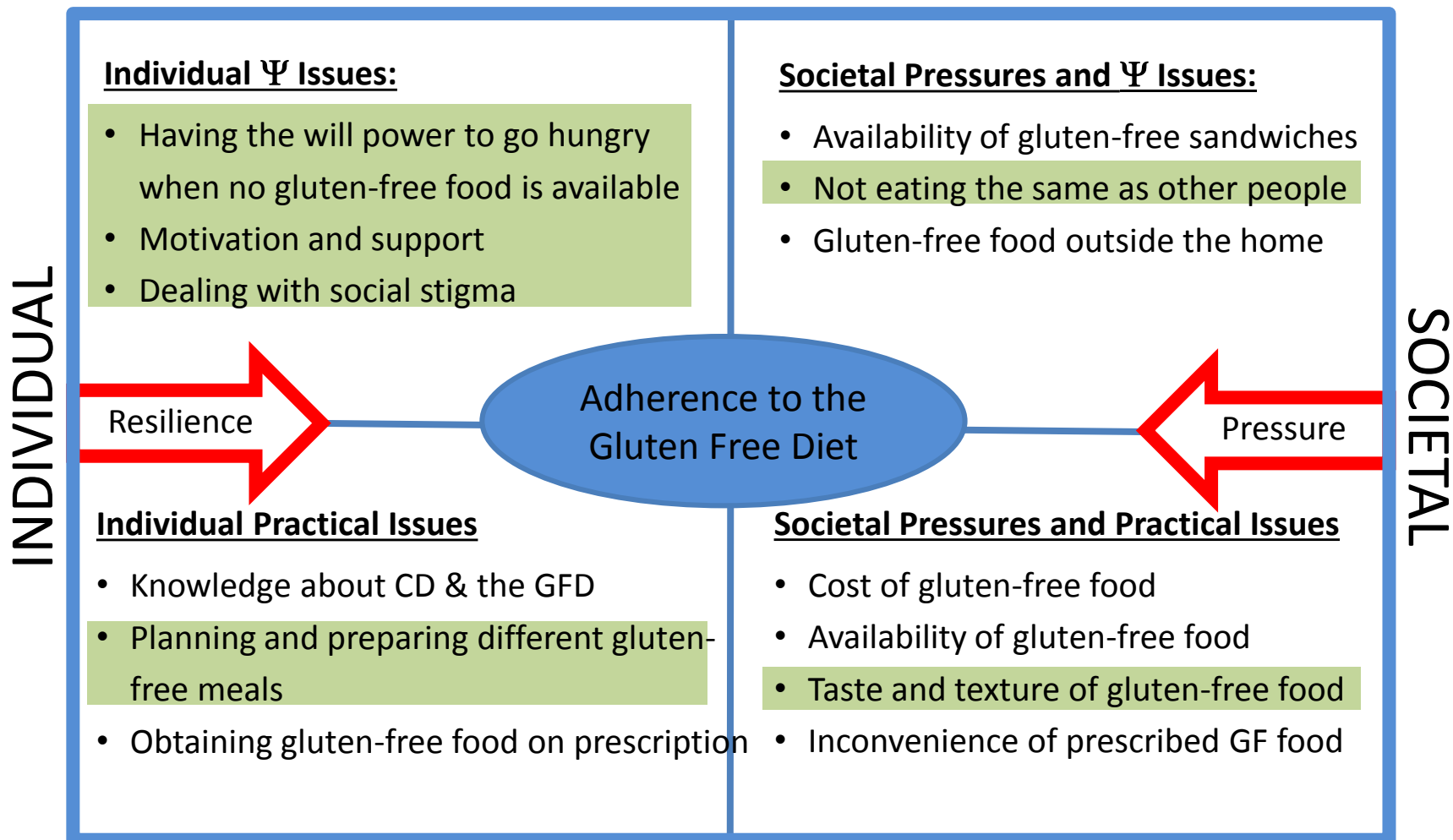
Content of a Coeliac Group Clinic?



Patients Expectations of a Group Clinic. (n20)



PSYCHOLOGICAL



PRACTICAL

Points to Cover:

- 1) Weight, Height, BMI, Serology, DEXA scan results
- 2) Explanation of coeliac disease
- 3) Explanation of the gluten-free diet
- 4) Cross contamination
- 5) How to get prescribable products
- 6) Starter cards for samples of gluten free foods
- 7) Eating out
- 8) Travel (letter for increased baggage allowance)
- 9) Vaccinations
- 10) Calcium intake
- 11) Local Groups
- 12) Arrange a follow up appointment
- 13) Coeliac UK Membership
 - a) Food and Drink Directory (book and online)
 - b) App
 - c) Website
 - d) Helpline

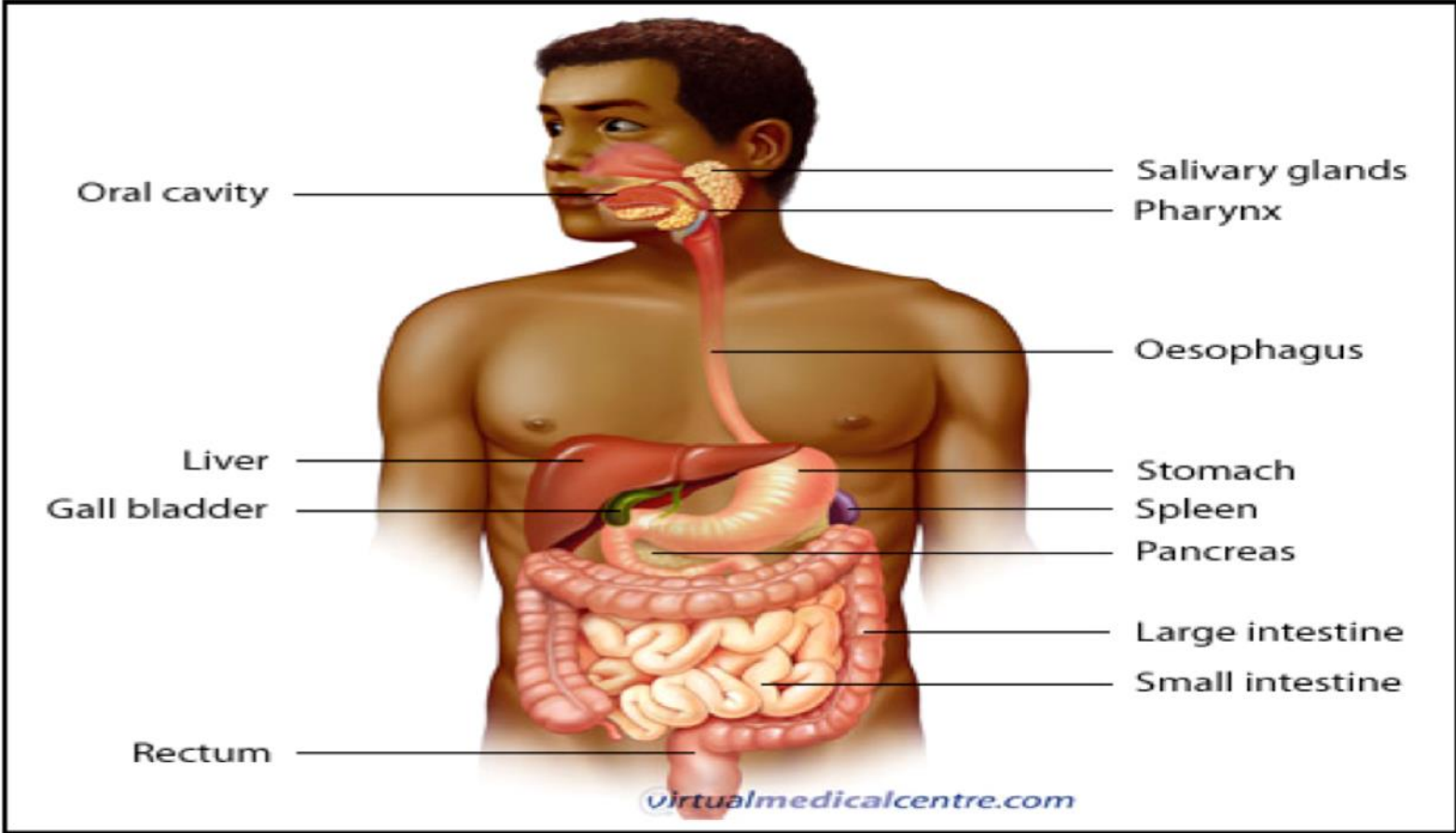


Information Provided:

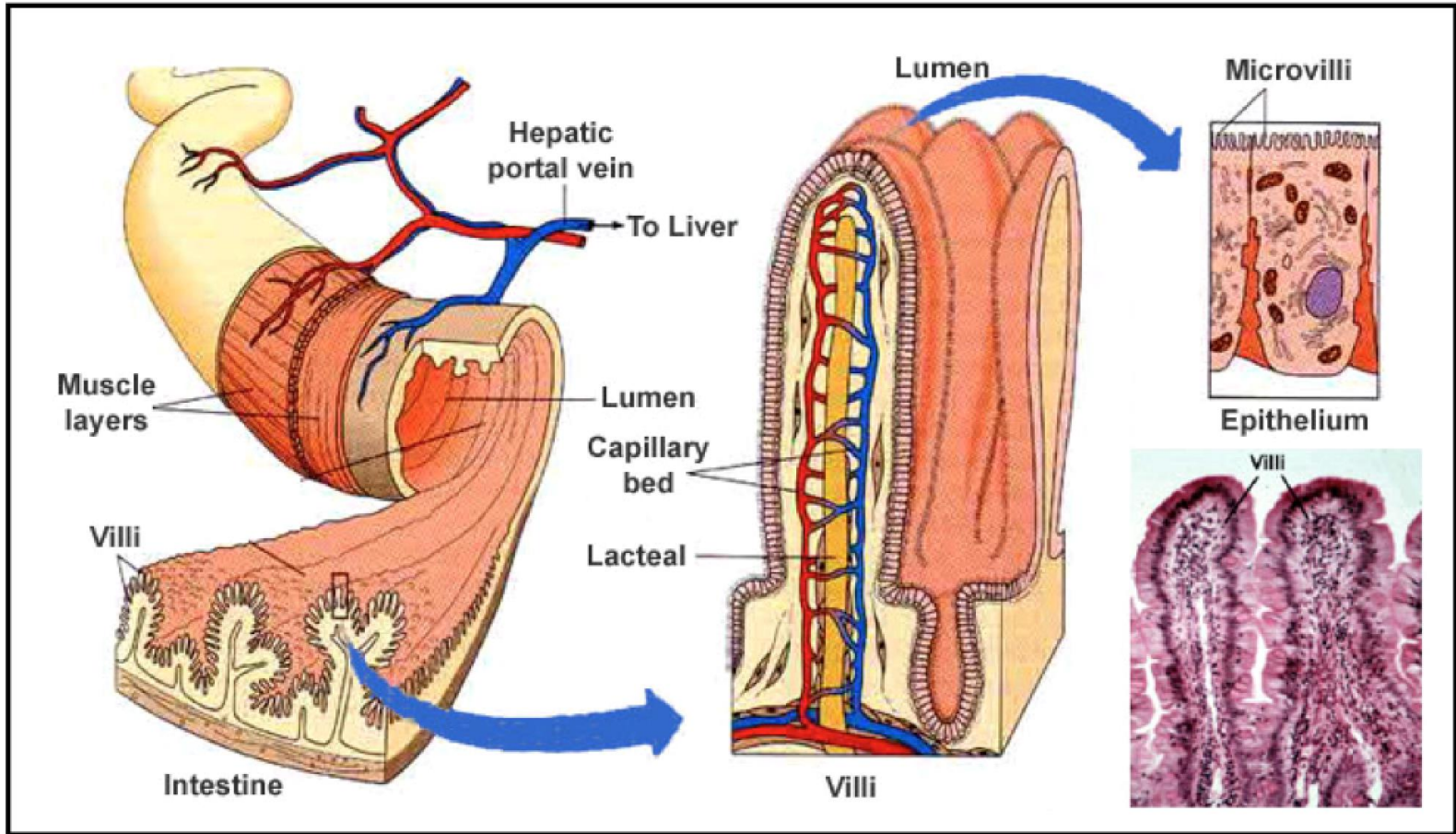
- 1) Dietary information leaflet
- 2) Starter cards for samples of gluten free foods
- 3) Prescribable products list
- 4) Travel letter for increased baggage allowance
- 5) Coeliac UK Membership form
- 6) Local Group information
- 7) Dietitian contact information



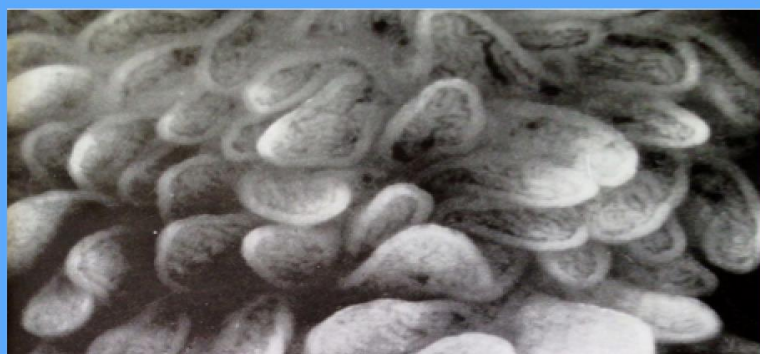
What Is Coeliac Disease?



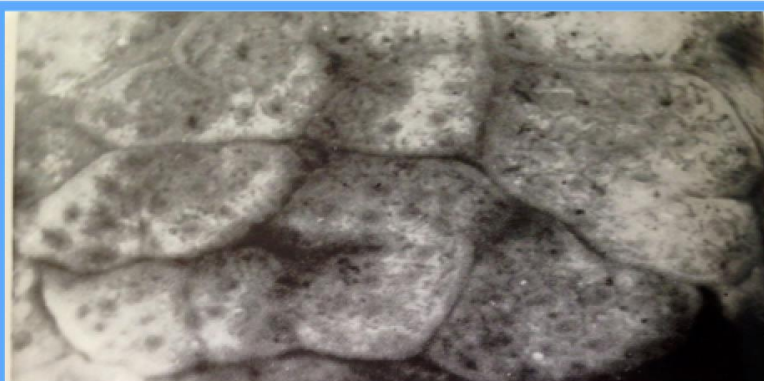
What Is Coeliac Disease?



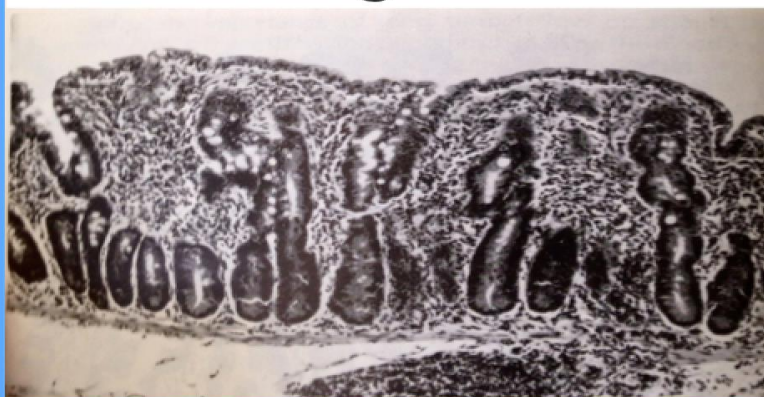
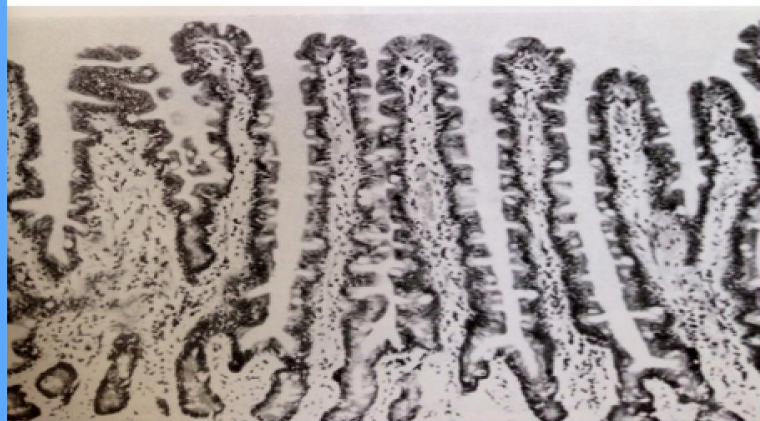
What Is Coeliac Disease?



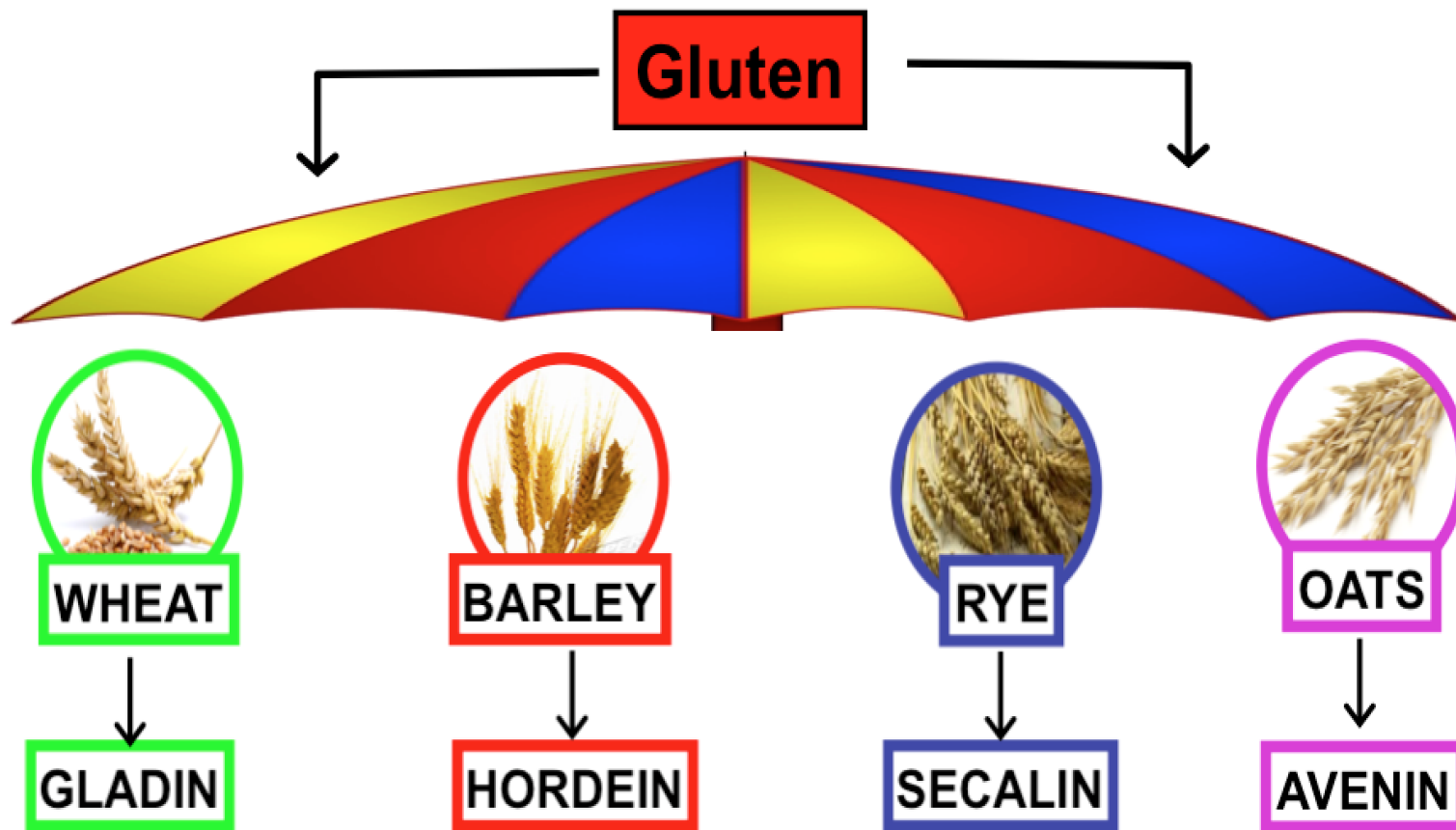
Normal Villi



Damaged Villi



What is Gluten?



Four Categories of the Gluten Free Diet.

1

Foods with Obvious Sources of Gluten.

You don't even need to read the label!

- Breads.
- Pasta.
- Biscuits.
- Cakes.
- Pastries.

2

Foods that are Naturally Gluten Free.

- Fruits.
- Vegetables.
- Meat, Fish & Poultry.
- Eggs & Dairy.
- Pulses & Nuts.
- Starchy Foods.

3

Foods Labeled "Gluten free".

- Meets specific Legal Standard.
- Less than 20 parts of Gluten per Million.
- Less than 2000th of a gram per 100g grams.

4

Foods that Need to be Checked.

Lots of foods are:

- No Gluten Containing Ingredients.
- NGCI (Not Tested)
- No Wheat.
- No Barley.
- No Rye.
- No Oats.
- Not Cross Contaminated.

Content of a Coeliac Group Clinic?



Food Model Games

DAVE'S GLUTEN FREE DIET ??

Dave's typical diet

Breakfast

Kellogg's Cornflakes with semi skimmed milk
Orange juice

Mid morning

Kellogg's Nutri Grain bar
Banana
Cup of coffee

Lunch

2 slices brown bread with ham, cheese, salad and salad cream
Walker's cheese and onion crisps
Muller crunch corner yoghurt
Apple & Water

Mid afternoon

Cadbury dairy milk
Cup of tea

Evening meal

Jacket potato with butter and baked beans
Bird's Eye fish fingers x 4
Ben and Jerry's Chocolate Fudge Brownie ice cream
Water
Budweiser

- ▶ Dave's is try to follow a gluten free diet
- ▶ Dave is a very busy self-employed plumber. Married with 3 young children.
- ▶ He's not sure what the gluten free diet means - he's tried some gluten free bread but doesn't like it.
- ▶ Come for advice on adopting gluten free diet.
- ▶ Can We Help Him?

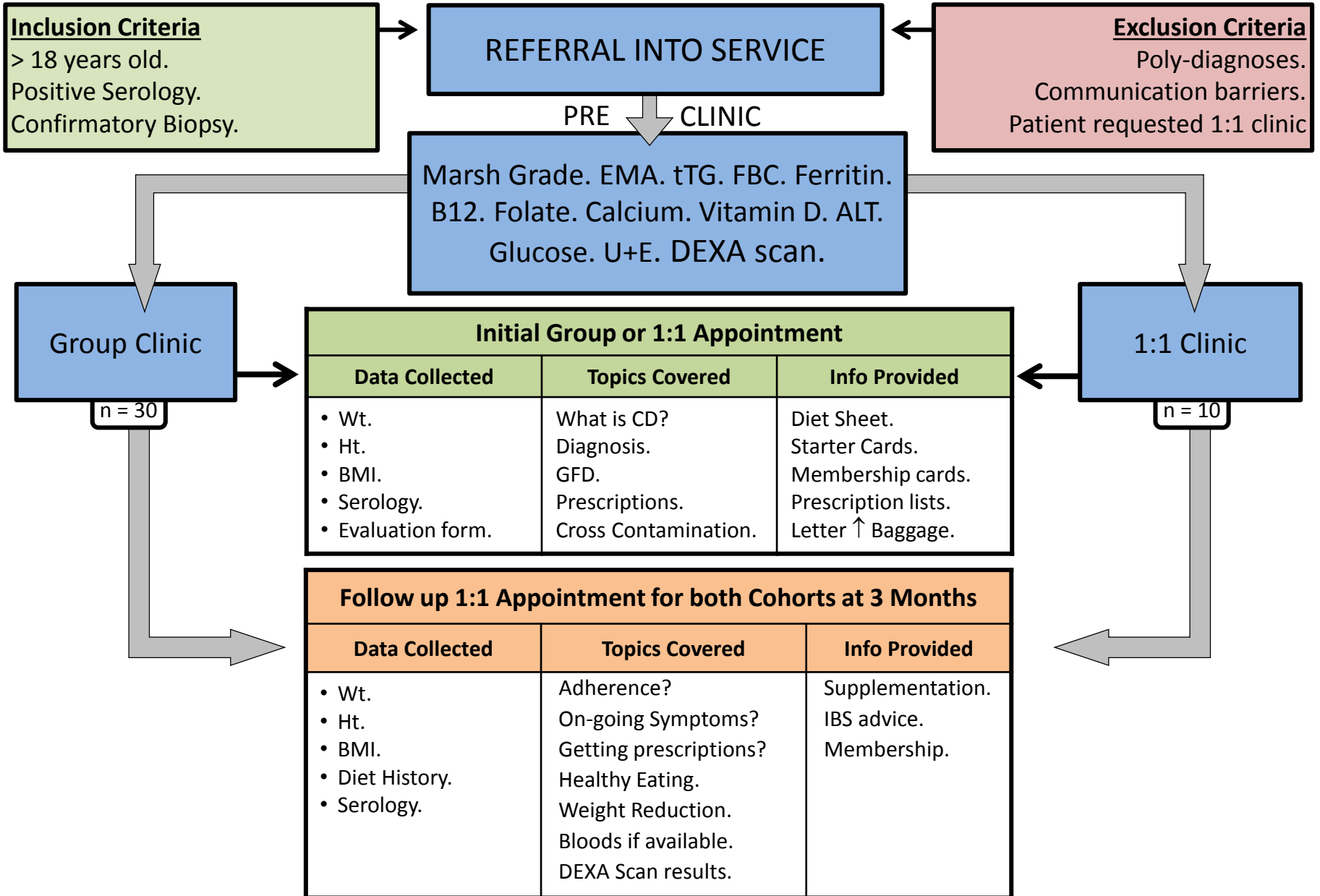
Content of a Coeliac Group Clinic?



Are Groups effective as Standard 1:
1 appointment's ?



P R O T O C O L



Results: Recruitment



56 patients recruited.



8 did not attend first appointment.
8 did not attend follow up. (28%).

Standard Clinics DNA rate = 14%



40 patients. 25 Female : 15 male.

30 Pats
Group
Clinics

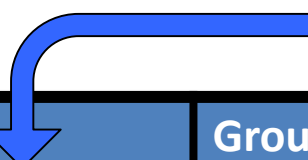
10 Pats
1:1
Clinics

Means	Group (n=30)	1:1 (n =10)	P value
Age	51 (SD = 14.8)	41 (SD = 19.0)	0.10
BMI	27 (SD = 4.2)	25 (SD = 4.2)	0.25
tTG	63 (SD = 45.2)	73 (SD = 41.6)	0.54
Gender	13M : 17F	2M:8F	0.35

Parameter	Group Clinic Baseline	Group Clinic (3/12)	P Value	1:1 Clinic Baseline	1:1 Clinic (3/12)	P Value
tTG	59	13	0.001	67	13	0.07
Folate	7.9	11.6	0.42	7.8	10.6	0.83
B12	326	392	0.15	325	336	0.001
Vitamin D	47.3	75.3	0.006	64.9	69.8	0.001
EMA Normalised	–	71%	–	–	70%	1
Adherence(Biagi)	–	3.3	–	–	3.1	0.506

Results: QOL and Evaluations

CDAQ!



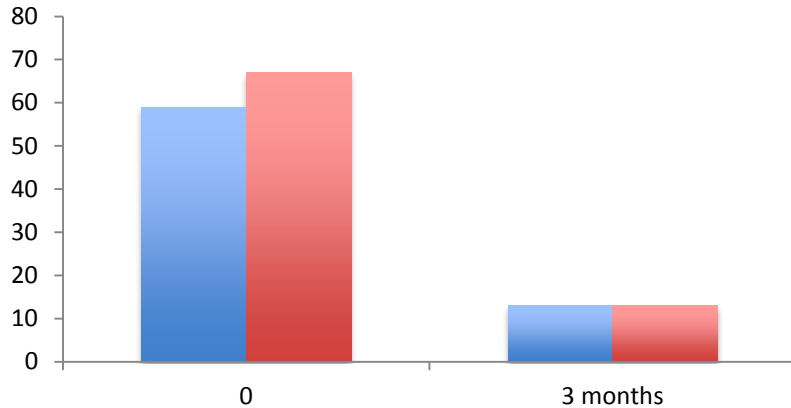
Mean Parameter	Group Clinic Baseline	Group Clinic (3/12)	P Value	1:1 Clinic Baseline	1:1 Clinic (3/12)	P Value
SF36 PC	47.2	45.8	0.35	46.9	49.3	0.3
SF36 MC	44.5	44.8	0.84	42.8	45.0	0.3
HADS Anxiety	8	8	1.0	7	6	0.4
HADS Depression	5	5	1.0	7	5	0.1

Evaluation Parameter	Group Clinic	1:1 Clinic
Did the clinic meet your expectations?	97 %	100%
Has the clinic improved your knowledge of CD and the GFD?	98 %	100%
Would you recommend this clinic to others newly diagnosed with CD?	100 %	100%

Results: Serology

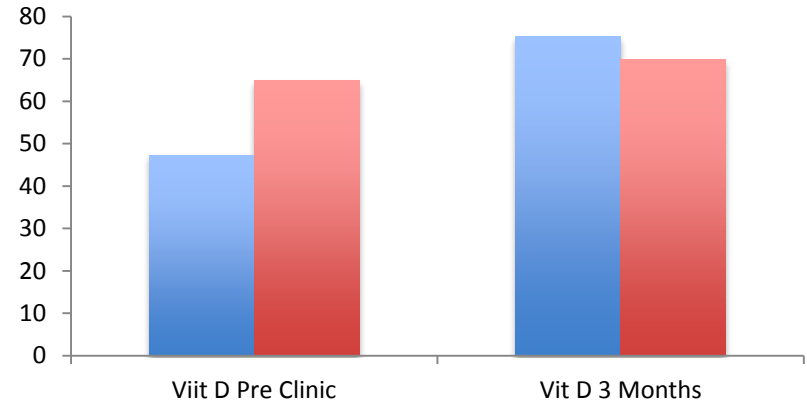
tTG Pre Clinic and Three Months

GROUP CLINIC ONE TO ONE CLINIC



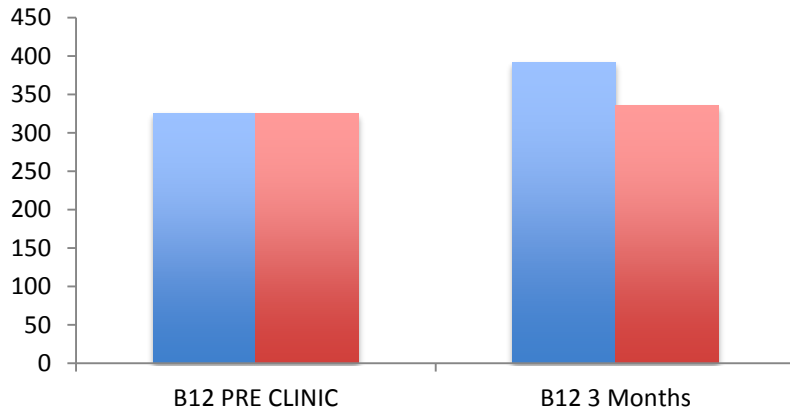
Vitamin D Pre Clinic and Three Months

GROUP CLINIC ONE TO ONE CLINIC



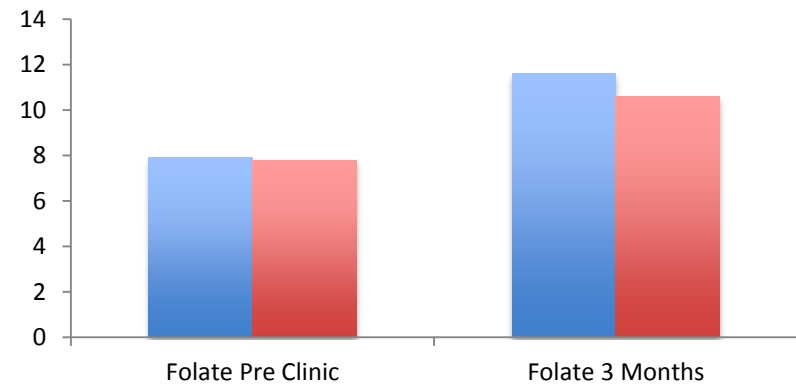
B12 Pre Clinic and Three Months

GROUP CLINIC ONE TO ONE CLINIC



Folate Pre Clinic and Three Months

GROUP CLINIC ONE TO ONE CLINIC



Results – Time / Cost Saving

Time required for delivery and resource development for 12 coeliac group clinics.

Patients seen in 12 Clinics	68 patients
Teaching Hours for CGC	24 hrs
Resource development	7 hrs
Post CGC documentation	6 hrs
Hours Total	<u>37 hrs</u>

Time required for educating the equivalent number of patients in a standard one to one clinic.

Patients	68 patients
Teaching hours	68 hrs
Resource development	N/A
Post clinic documentation	10 hrs
Hours Total	<u>78 hrs</u>

Long term comparison

The Royal Liverpool and Broadgreen University Hospitals **NHS** NHS Trust

Collaboration with other centres

WHAT NEXT

The lack of dietitians who have a specialist interest in gastroenterology leads to variation in the provision of dietetic advice to patients with coeliac disease.
NICE 2015

You Tube
PPI.
Service user teaching

Consensus opinion on content



Group Education in patients newly diagnosed with coeliac disease:

- ☑ Promotes peer to peer support
- ☑ Has time and cost saving benefits
- ☑ Improves serology
- ☑ Encourages adherence
- ☑ Appears to be of equal efficacy to individual consultations.



The
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Of
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Sheffield Teaching Hospitals **NHS**
NHS Foundation Trust



Thank You...

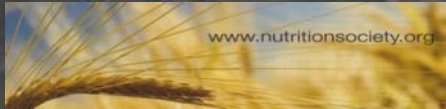
 **Coeliac** ^{uk}
support – campaigns – research

Research post available 2016 or 2017: david.sanders@sth.nhs.uk

Research



BSG Hopkins Endoscopy Prize 2012
Small Bowel Endoscopy



Cuthbertson Medal 2011
Nutrition Society & BAPEN
(British Association of Parenteral & Enteral Nutrition)



ASNEMGE

European Rising Star Award 2010
Association of National European & Mediterranean
Societies of Gastroenterology

Clinical



BSG Clinical Care Award

2011 Small Bowel Endoscopy

2014 Primary Care Services & GI Bleed Unit



Health Service Journal Awards 2012

Gastrostomy/PEG Feeding Service



Coeliac UK 2010 Patient Healthcare Award



Complete Nutrition 2013 Coeliac Healthcare Award



Medipex Award 2013 Small Bowel Endoscopy

