

Peripheral vascular disease, **MASLD,**
Rheumatoid **Statin**, **MODY,** **Cancer,**
arthritis, Coeliac disease, **Obesity,**
Atrial fibrillation, osteoporosis, fatty liver,
MGUS, gestational diabetes,
CVA, **CKD,** asthma, **TIA,** **Epilepsy,**
stroke, hypertension, **LADA,**
Palliative care, **Type 2 diabetes,** Dementia,
Type 1 diabetes, **COPD,** **BP,**
Secondary Prevention, Heart failure,
Mental health, Steroid induced diabetes,
Thyroid disease,

Long Term Conditions (LTC)

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Objectives

- What are Long Term Conditions (LTC)?
- What does LTC cover currently
- LTC process overview
- Who does LTC?

What are LTC conditions?

- LTCs are chronic health issues persisting over months, years or decades
- Often these conditions can't be cured but can be managed
- Regular monitoring is required to review progress & ongoing treatment
- Optimal management leads to improved health, better quality of life, reduced long term complications, and a healthier population

LTC conditions

- The shorter list is what isn't LTC...
- Asthma, COPD, atrial fibrillation, hypertension (blood pressure), hypercholesterolemia (high cholesterol), chronic kidney disease, heart failure, peripheral vascular disease, secondary prevention of heart disease, primary prevention of heart disease, stroke and transient ischaemic attack (TIA), diabetes, non-diabetic hyperglycemia (prediabetes), gestational diabetes, cancers (skin, lung, breast, prostate, bowel, ovarian, pancreatic, liver, kidney, throat/head and neck) dementia, depression, epilepsy, learning disabilities, mental health, obesity, post bariatric surgery, fatty liver (MASLD), chronic liver disease, osteoporosis, palliative care, rheumatoid arthritis, inflammatory arthritis, osteoarthritis, MGUS, Coeliac disease, inflammatory bowel disease, eye diseases (glaucoma, macular degeneration)...

What does LTC cover currently

- Main 3 themes: cardiovascular disease (heart disease, high blood pressure, stroke), diabetes and respiratory disease (asthma/COPD)
- Thyroid disease
- PSA monitoring
- Coeliac disease
- Prediabetes/gestational diabetes
- Blood tests for drug monitoring (anticoagulation, immunosuppression)

LTC process overview (admin)

- Routine annual review/'MOT'. Monthly data searches
- Invites sent as letter or text (month of birth)
- Appointments booked online or by calling reception. Site based ideally but can book cross site for flexibility to improve access
- Rota planning (appointment type and number, staffing requirements)
- Right patient, right professional, in the right appointment slot
- Housebound, care or nursing homes

21,919

routine annual* appointments

LTC process overview (clinical)

- Biometric data collection
- Blood tests
- Blood pressure, pulse (radial), ECG, diabetic foot checks, (pulses and neuropathy screening), PEF/spirometry, weight/height/BMI calculations
- Risk stratification calculators
- Smoking history, alcohol, drug history
- Medication compliance

LTC process overview (clinical)

- Doctor centric vs patient centric
- post pandemic service development - text/email, virtual clinics, online questionnaires
- Aim: engagement, education, support & updating with results & plan(s)

201* (10 min) appointments

*LTC blood tests

Note: this excludes all drug
monitoring bloods

Total blood tests 2,908





**223 (30 minute)
appointments**

**546
appointments
(366 30 min
f2f and
180 virtual)**





**655 (20 minute)
appointments**



- 1,445 F2F appointments
- Admin orchestration
- Virtual appointments
- Filing results
- Clinical review
- Actioning urgent abnormal results
- Updating notes and management plan
- Medication review
- Follow up appointments

Who does LTC?

- Team effort
- Admin team (rota team, reception, secs)
- Phlebotomists
- Health Care Assistants (HCA)
- **Nurses** / Advanced Nurse Practitioners (ANP)
- GPs
- Clinical pharmacists

Prevention better than cure...

- Health checks
- Pre-diabetes
- Primary prevention of cardiovascular disease
- Health promotion – smoking cessation, exercise, weight loss, wellbeing

Improvements

- Expectation
- Invitations
- Communication of results

Key points

- 1/3 practice population on our LTC register
- 21,919 appointments per year to see each LTC patient just once
- Ageing population, living longer with often multiple comorbidities
- Service delivery by a range of health care professionals
- Shared responsibility for health

