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| Coeliac Group Clinic Protocol: | | | |
| Dietitian | | | **Consultant Gastroenterologist** |
| * Referrals were assessed for suitability for group. Criteria: 18 yrs+, elevated tTG, +ve EMA, +ve histopathology above a marsh grade II. * Exclusion criteria:   Poly diagnoses (ie CD with diabetes or IBD)  Communication barriers  Patient requested 1:1 clinic  All patients excluded / DNA’d group were offered a 1:1 clinic.   * Clinic data recorded:   Histology, IgA EMA, IgA tTG, IgA, FBC, Ferritin, B12, Folate, Calcium, Vitamin D, ALT, Glucose, U & E, DEXA scan (if available) (In line with NICE recommendation 1.2.2). | | | Diagnosed by Consultant Gastroenterologist on a bases of:   * +ve Serology * Confirmatory Biopsy * HLA Genotyping |
| Group Clinic.  Each patient would attend 1 group session. | | |  |
| Data Collected:   * Weight * Height * BMI * Evaluation forms | **Topics Covered:**   * What is Coeliac Disease? * How is it diagnosed? * The Gluten Free diet. * Food Labels. * Foods on Prescription. * Cross Contamination. * Eating Out. * Travelling. * Coeliac UK and Resources | **Information Provided - Coeliac Pack:**   * Diet Sheet * Starter Cards * Coeliac UK membership form * List of prescribable products * Letter to GP for prescribable products * Letter for increased baggage allowance   (In line with NICE recommendation 1.6.2 – 1.6.3). |
| Follow up 1:1 appt at 3 mths (30 mins). | | | Liaise with Gastroenterologist as necessary if symptoms still severe or coeliac bloods elevated on background of strict GFD. (In line with NICE recommendation 1.4.4) |
| Data Collected:   * Weight * Height * BMI * Bloods as pre clinic * Diet History | **Topics Covered:**   * Adherence to the diet * Ongoing Symptoms:   -IBS?  -Lactose Intolerance?  -Oat Sensitivity?  -Small Bowel Overgrowth?   * Receiving food on prescription? * Heathy Eating * Weight Reduction advice * Bloods if available * DEXA Scan results | **Information Provided as Required:**   * Vitamin and mineral supplementation. * Lactose / Oat avoidance * IBS advice * Coeliac UK membership   In line with NICE recommendation 1.4.3. |
| Follow up 1:1 appt at 12 mths (30 mins). | | |  |
| Data Collected:  As at 3 months | **Topics Covered:**  As at 3 Months. | **Information Provided as Required:**  As at 3 Months. | Liaise with Gastroenterologist as necessary if symptoms still severe or coeliac bloods elevated on background of strict GFD. |

**Results:**

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| **Table 1** | |
| **TIME REQUIRED FOR DELIVERY AND**  **RESOURCE DEVELOPMENT FOR 12 COELIAC GROUP CLINICS** | |
| Total Patients seen in 1st year | 68 pats |
| Teaching Hours for CGC 1st year | 24 hrs |
| Total resource development time | 7 hrs |
| Post CGC documentation | 6 hrs |
| Hours Total | 37 hrs |
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| **Table 2** | |
| **TIME REQUIRED FOR EDUCATING THE SAME NUMBER OF PATIENTS IN TRADITIONAL ONE TO ONE CLINIC** | |
| Patients | 68 pats |
| Required Teaching Hours | 68 hrs |
| Resource development time | N/A |
| Post one to one clinic documentation | 10 hrs |
| Hours Total | 78 hrs |
|  | |

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