|  |
| --- |
| 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 barriersPatient requested 1:1 clinicAll 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:**

|  |
| --- |
| **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 |
|  |

|  |
| --- |
| **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 |
|  |

**References:**

1. Sanders DS, Patel D, Stephenson TJ et al. A primary care cross-sectional study of undiagnosed adult coeliac disease. Eur J Gastroenterol Hepatol 2003;4:407-13.

2. West J, Logan RF, Hill PG et al. Seroprevalence, correlates, and characteristics of undetected coeliac disease in England. Gut 2003 Jul;52(7):960-5.

3. Fasano A, Berti I, Geraduzzi T et al. Prevalence of celiac disease in at-risk and not-at-risk groups in the United States. Arch Intern Med 2003;163:286-92.

4. West J, Fleming KM, Tata LJ, Card TR, Crooks CJ. Incidence and prevalence of celiac disease and dermatitis herpetiformis in the UK over two decades: population-based study. Am J Gastroenterol 2014;109(5):757-68.

5. Dahele A, Ghosh S. Vitamin B12 Deficiency in untreated celiac disease. Am J Gastroenterol 2001;96:745-50.

6. Hallert C, Grant C, Grehn S, Granno C, Hulten S, Midhagen G, Strom M, Svensson H, Valdimarsson T. Evidence of poor vitamin status in coeliac patients on a gluten-free diet for 10 years.Aliment Pharmacol Ther 2002;16:1333-339

7. Green PHR, Stavropoulos SN, Panagi SG et al. Characteristics of adult celiac disease in the USA: results of a national survey. Am J Gastroenterol 2001;96:126-31.

8. Sanders DS, Hurlstone DP, Stokes RO et al. The changing face of coeliac disease: Experience of a single University Hospital in South Yorkshire. Postgrad Med J 2002;78:31-33.

9. Coeliac UK 2004-2006 strategy plan. Improving life for coeliacs and those with dermatitis herpetiformis.

10. Ferguson A, Arranz E, O’Mahony S. Clinical and pathological spectrum of coeliac disease – active, silent, latent, potential. Gut 1993;34:150-1.

11. Addolorato G, Capristo E, Ghittoni G, Valeri C, Masciana R, Ancona C, Gasbarrini G. Anxiety but not depression decreases in coeliac patients after one-year gluten-free diet: a longitudinal study. Scand J Gastroenterol. 2001; 36: 502-6.

12. Usai P, Minerba L, Marini B, Cossu R, Spada S, Carpiniello B, Cuomo R, Boy MF. Case control study on health-related quality of life in adult coeliac disease. Dig Liver Dis. 2002; 34: 547-52.

13. Fera T, Cascio B, Angelini G, Martini S, Guidetti CS. Affective disorders and quality of life in adult coeliac disease patients on a gluten-free diet. Eur J Gastroenterol Hepatol. 2003; 15: 1287-92.

14. Ciacci C, D'Agate C, De Rosa A, Franzese C, Errichiello S, Gasperi V, Pardi A, Quagliata D, Visentini S, Greco L. Self-rated quality of life in celiac disease. Dig Dis Sci. 2003; 48: 2216-20.

15. Mustalahti K, Lohiniemi S, Collin P, Vuolteenaho N, Laippala P, Maki M. Gluten-free diet and quality of life in patients with screen-detected coeliac disease. Eff Clin Pract 2002; 5: 105-13.

16. Hallert C, Granno C, Grant C, Hulten S, Midhagen G, Strom M, Svensson H, Valdimarsson T, Wickstrom T. Quality of life of adult coeliac patients treated for 10 years. Scand J Gastroenterol 1998; 33: 933-8.

17. Hallert C, Granno C, Hulten S, Midhagen G, Strom M, Svensson H, Valdimarsson T. Living with coeliac disease: controlled study of the burden of illness. Scand J Gastroenterol. 2002 Jan; 37(1): 39-42.

18. Lee A, Newman JM. Coeliac disease: its impact on quality of life. J Am Diet Assoc. 2003; 103(11): 1533-5.

19. Mäki M, Collin P. Coeliac disease. Lancet 1997; 349: 1755-9.

20. Mayer M, Greco L, Troncone R, Auricchio S, Marsh MN. Adherence of adolescents with coeliac disease with a gluten free diet. Gut. 1991; 32: 881-5.

21. Hall NJ, Rubin G, Charnock A. Aliment Pharmacol Ther Systematic review: adherence to a gluten-free diet in adult patients with coeliac disease. 200915;30(4):315-30.

22. Haines ML, Anderson RP, Gibson PR. Systematic review: The evidence base for long-term management of coeliac disease. Aliment Pharmacol Ther 2008;28(9):1042-66.

23. Governement’s new strategy for therapists and allied health professions sets out key role in delivering NHS Plan. (reference number 2000/0668) www.dh.gov.uk/publications and statistics.

24. Nelson M, Mendoza N, McGough N. Provision of dietetic services for coeliac disease in the UK. J Hum Nutr 2007;20:403-11.

25. Implementing a scheme for Allied Health Professionals with Special Interests (Department of Health, April 2002). www.doh.gov.uk/pricare/gp-specialist/gpwsiframework.pdf

26. Bebb J, Lawson A, Knight T, Long RG. Long-term follow-up of coeliac disease what do coeliac patients want? Aliment Pharmacol Ther. 2006;23(6):827-31.

27. Oldale C. Managing increased diagnosis of coeliac disease through group education. NHDmag.com 2013;81:12-13. (Non-MEDLINE

28. Wylie C, Geldart S and Winwood P. Dietitian led coeliac clinic: a successful change in working practice in modern healthcare. Gastroenterology Today 2005; 15: 11-12. (Non-medline)

29. The NHS Plan. July 2000. www.dh.gov.uk.

30. Governement’s new strategy for therapists and allied health professions sets out key role in delivering NHS Plan. (reference number 2000/0668) www.dh.gov.uk/publications and statistics.

31. Orth WS, Madan AK, Taddeucci RJ, Coday M, Tichansky DS. Support Group Meeting Attendance is Associated with Better Weight Loss. Obes Surg 2008:8:391–394.

32. Kaiser KA, Franks SF, Smith AB. Positive relationship between support group attendance and one-yearpostoperative weight loss in gastric banding patients Surgery for Obesity and Related Diseases 2011;7:89–93.

33. Deakin T, McShane CE, Cade JE, Williams RDRR. Group based training for self-management strategies in people with type 2 diabetes mellitus (Review). Cochrane Database Syst Rev. 2005;18(2):CD003417. Review.