Inter-professional referrals, Joint meeting for optometrists, pharmacists & GMPs

Derek Dunstone
Wednesday 22 March 2017,
Holiday Inn, Ipswich
Timetable

6.15pm    Buffet
7.00pm    Introduction &
          Summary of present and new referral pathways,
          Derek Dunstone DOptom, Suffolk LOC
7.15pm    Pharmacist referrals; present & future,
          Tania Farrow MRPharmS,
7.30pm    Eye referrals; a GP’s perspective,
          Prof. Kev (Kevork) Hopayian, MD FRCGP,
          Primary Care Educator, East Suffolk
7.45pm    Tea/coffee Break
8.00pm    Discussion workshops;
          where to refer our patients?
9.00pm    Feedback from discussion groups
9.15pm    Close
Optometrist referrals in Suffolk

Direct to ophthalmology with copy to GMP
(1st in UK, >20 yrs)

• Evolutio Care Innovations Ltd online portal or faxed
• verbal (emergency)
Optometrist referrals in Suffolk

To GP when signs of GH problem eg

- recurrent sub-conj haem
- retinal vessel changes or haem
- xanthelasma
- refractive change
- lumps & bumps
- ptosis
- mental health
Optometrist referrals to pharmacist

- Stop smoking
- Health checks
- Medication reviews
Optometrist referrals to pharmacist

**Glaucoma**: Vitamins B12, C & E, Omega-3 fatty acids, Ginkgo biloba extract, Bilberry, Forskolin
(Limbachia & Bartlett, OT Nov 2016)

**AMD**: AREDS 2 formula, includes Vit C & E, zinc, lutein, zeaxanthin
(macularsociety.org)

**Conjunctivitis drops**
Optometrist (& pharmacist) referrals

- Voluntary agencies eg
  - IBS (ipswichblindssociety.org)
  - WSVAB (wsvab.org.uk)
  - ESAB (esab.org.uk)
- Sensing Change (sensingchange.org.uk): services for sight or hearing loss incl social work, rehabilitation & support; contracted by SCC for free social care assessments
- One Life Suffolk (onelifesuffolk.co.uk): commissioned by SCC for quit smoking, weight loss, NHS Health Checks
- Social Services for Rehabilitation eg LVI, RVI
Optometrist (& pharmacist) referrals

Safeguarding:

• Multi Agency Referral Form (available from LOC website)
• send to Customer First within 24 hours to customer.first@suffolk.gcsx.gov.uk
• Incl. key issues facing young person eg neglect, abuse
• If IMMEDIATE safeguarding concern Customer First
  0808 800 4005 (Free call, 24 hrs)
  For professionals 03456 066167
  Professional Consultation Line 03456 061499 (office hours)
Optometrist (& pharmacist) referrals

Frailty

- health state related to the ageing process
- multiple body systems gradually lose in-built reserves
- 10% over 65 yrs, 25-50% over 85 yrs
- more likely to fall & suffer from low mood, confusion, loneliness
- any interaction between an older person and a health professional should include an assessment which helps to identify if the individual has frailty
Optometrist (& pharmacist) referrals

Consider gait, meds, ask PRISMA 7 & how many falls?

Frailty & risk of falls, to:
• Suffolk Healthcare Community, Care Co-ordination
• ActivLives
• GMP
• Customer First, Suffolk County Council Social Care Services

See suffolkloc.org.uk for pathway & referral forms
Access to optometry for pharmacist & GMP

- Verbal recommendation or letter (only NHS if patient eligible for GOS)
- Via Evolutio
- Future MECS for easy referral to optom for NHS assessment?
- Nearly 50% CCGs have this service or intend to

(Martin Russ, LOCSU Jan 2017)
Optom, pharmacist & GMP referrals?

Thank you
Case scenarios

• Stop smoking
• Medication reviews
• Watery eye
• NHS or private Health Checks
• Ocular signs of raised BP
• Temporary episode of unilateral vision loss 2 weeks ago
• Red eye with photophobia and watery discharge
• Frail patient who has not seen GMP for > 6 months
• Depression following bereavement
• Visual impairment