













Contact numbers	Diagnostic tools	Prescribing guidelines	Patient information sheets	Referral criteria and forms	Useful websites
-----------------	------------------	------------------------	----------------------------	-----------------------------	-----------------

Home	BEST talks	Education and events	Relaxation	Medicines
------	------------	----------------------	------------	-----------


Home







## Clinical support by body system

Find a resource 

 <b>Brain and mental health</b>	 <b>Ophthalmology and ENT</b>	 <b>Respiratory and Smoking</b>	 <b>Cardiovascular and Lipids</b>
 <b>Endocrine and Diabetes</b>	 <b>Gastroenterology</b>	 <b>Renal, Urology and Mens Health</b>	 <b>Women's and Sexual Health</b>
 <b>Paediatrics</b>	 <b>Dermatology, MSK and Rheumatology</b>	 <b>Cancer, Palliative Care, Pain and Older People</b>	 <b>Laboratory investigations and Infections</b>

## Clinical support by type

Find a resource 

 <b>Anatomy</b>	 <b>Diagnostic tools</b>	 <b>Local pathways and guidelines</b>
 <b>National guidelines and pathways</b>	 <b>Medicines information</b>	 <b>Referral criteria and investigation forms</b>



Contact numbers

Diagnostic tools

Prescribing guidelines

Patient information sheets

Referral criteria and forms

More

## Top telephone numbers

### Admissions

Barnsley Hospital  
01226 771912

Northern General  
0114 243 4343

Sheffield Hallam  
0114 243 4343

Sheffield Children's  
0114 271 70 00

Hospice  
01226 244244

PallCall (out of hours hospice)  
01226 244244

Barnsley 2 week wait help desk  
01226 432000

Macmillan services  
01226 644755

Right Care  
01226 431333

Ambulance Control  
01709 828829

AMAC  
01226 431345

Children's Assessment Unit  
01226 432664

A&E  
01226 432778

Early Pregnancy Unit  
01226 433972

Plain Film (X-ray) Appointments  
01226 432550

General Ultrasound Appointments  
01226 434312

CT Appointments  
01226 434340

MRI Appointment  
01226 434342

Gynae Appointments/Results  
01226 434343

DVT/Thrombosis referrals  
01226 432452

### Mental Health

Single Point of access  
01226 645000

IAPT  
01226 644900

MHAT  
01226 644900

CAMHS  
01226 433163

### Adult Social Services

BMBC  
01226 773300

### Safeguarding

Children  
01226 438831

Adults BMBC  
01226 775832

Adults Safeguarding Nurse  
01226 433747

### Laboratories

Micrbiology  
01226 432687

Haematology  
01226 432862

Bioc hemistry  
01226 432733

### Other

Public Health  
01226 787416

Coroners Office  
01226 736031

District/Community Nursing  
01226 644575

Community Heart Failure Nurses  
01226 209881

Health Visitor / School Nurse  
0800 6126221

Medicine information service  
01226 432857

Physio self referral  
01226 644547

Continence self referral  
01226 645057

Genito Urinary Medicine Clinic: Spectrum  
08000 556442

British Pregnancy Advisory Clinic (Terminations)  
03457 30 40 30

Be Well Barnsley (weight loss, health trainer)  
08000169133

TADS  
01226 872120

Continuing Healthcare (CHC)  
01302 566124

Medicines Management  
01226 433798

[Contact numbers](#)[Diagnostic tools](#)[Prescribing guidelines](#)[Patient information sheets](#)[Referral criteria and forms](#)[More](#)

## Top diagnostic tools

[6CIT- dementia screening tool](#)[ABCD2 Score -TIA / Barnsley TIA Clinic Referral Form](#)[Acute Kidney Injury AKI](#)[Alcohol Units](#)[Asthma Peak Flow Monitor chart](#)[Blood transfusion thresholds](#)[Bristol Stool score](#)[CENTOR Score/Fever SCORE](#)[CHA2DS2 VASC /HAS BLED](#)[CKD Algorithm](#)[Dermatology Quality of Life Index DQLI](#)[Epworth sleepiness score](#)[Familial Hypercholesterolaemia- Simon Broome Criteria/ referral criteria](#)[FRAX Score](#)[Heart Failure pathway](#)[Height -Weight conversion Adults / children weight/height](#)[Hypertension diagnosis and treatment / Home blood pressure monitoring](#)[IPSS / fluid input/output chart /LUTS pathway](#)[Iron deficiency Anaemia](#)[Menstrual Diary/PMS symptoms/premenstrual syndrome diary](#)[MRC Dyspnoea Scale Questions](#)[NEWS -National Early warning Score](#)[Pain Rating Scale](#)[PHQ-9 Questions](#)[Pneumonia -CURB Score](#)[Paeds: Traffic Light System/ vital signs normal range](#)[QRISK](#)[URTI- evidence based on RTI](#)[SKIN lesion recognition table 1/ table 2 / lesion terminology /skin cancer ABCDE Rule](#)[Spirometry interpretation](#)[Suspected Cancer-referral criteria](#)[QCancer - clinical risk assessment](#)[Adult and Young Person's screening - guide for Barnsley GP's](#)

If you can't find a tool above, try the directory of [all diagnostic tools](#).

# Top Diagnostic Tools

- [6CIT- dementia screening tool](#)
- [ABCD2 Score -TIA / Barnsley TIA Clinic Referral Form](#)
- [Acute Kidney Injury AKI](#)
- [Alcohol Units](#)
- [Asthma Peak Flow Monitor chart](#)
- [Blood transfusion thresholds](#)
- [Bristol Stool score](#)
- [CENTOR Score/Fever SCORE](#)
- [CHA2DS2 VASC /HAS BLED](#)
- [CKD Algorithm](#)
- [Epworth sleepiness score](#)
- [Familial Hypercholesterolaemia- Simon Broome Criteria/ referral criteria](#)
- [FRAX Score](#)
- [Heart Failure pathway](#)
- [Height -Weight conversion Adults / children weight/height](#)
- [Hypertension diagnosis and treatment](#)
- [IPSS / fluid input/output chart /LUTS pathway](#)
- [Iron deficiency Anaemia](#)
- [Menstrual Diary/PMS symptoms/premenstrual syndrome diary](#)
- [MRC Dyspnoea Scale Questions](#)
- [NEWS -National Early warning Score](#)
- [Pain Rating Scale](#)
- [PHQ-9 Questions](#)
- [Pneumonia -CURB Score](#)
- [Paeds: Traffic Light System/ vital signs normal range](#)
- [QRISK](#)
- [URTI- evidence based on RTI](#)
- [SKIN lesion recognition table 1 / table 2 / lesion terminology /skin cancer ABCDE Rule](#)
- [Spirometry interpretation](#)
- [Suspected Cancer-referral criteria](#)
- [QCancer - clinical risk assessment](#)
- [Adult and Young Person's screening - guide for Barnsley GP's](#)

[Contact numbers](#)[Diagnostic tools](#)[Prescribing guidelines](#)[Patient information sheets](#)[Investigation/referrals](#)[Useful websites](#)

## Top prescribing guidelines

[Antibiotic Guidelines/ UTI pathway](#)[Anti-Platelets](#)[Anti-Hypertensives](#)[Anti-Emetics](#)[Allergic Rhinitis](#)[AF- NOAC/ Warfarin](#)[Asthma / stepping down /inhalers](#)[COPD / inhalers](#)[Diabetes Guidelines / Diabetes treatment algorithm](#)[Dry Eyes](#)[Emollients](#)[Gluten Free Prescribing](#)[Infant Formula Milk / Chart](#)[Iron deficiency Anaemia](#)[Lipid algorithm](#)[LUTS pathway /OAB in women](#)[Neuropathic Pain](#)[Oral Nutrition / Nourishing Drinks/ formulary](#)[Palliative Care Formulary / haloperidol](#)[Pre-emptive drugs / sample drug chart](#)[Last days of life symptom Guidance](#)[UK MEC Contraceptive Guidelines 2016](#)[Vitamin D Guidelines](#)

# Top prescribing guidelines

- [Antibiotic Guidelines/ UTI pathway](#)
- [Anti-Platelets](#)
- [Anti-Hypertensives](#)
- [Anti-Emetics](#)
- [Allergic Rhinitis](#)
- [AF- NOAC/ Warfarin](#)
- [Asthma / stepping down / inhalers](#)
- [COPD / inhalers](#)
- [Diabetes Guidelines / Diabetes treatment algorithm](#)
- [Dry Eyes](#)
- [Emollients](#)
- [Gluten Free Prescribing](#)
- [Infant Formula Milk / Chart](#)
- [Iron deficiency Anaemia](#)
- [Lipid algorithm](#)
- [LUTS pathway / OAB in women](#)
- [Neuropathic Pain](#)
- [Oral Nutrition / Nourishing Drinks/ formulary](#)
- [Palliative Care Formulary / haloperidol](#)
- [Pre-emptive drugs / sample drug chart](#)
- [Last days of life symptom Guidance](#)
- [UK MEC Contraceptive Guidelines 2016](#)
- [Vitamin D Guidelines](#)

[Contact numbers](#)[Diagnostic tools](#)[Prescribing guidelines](#)[Patient information sheets](#)[Investigation/referrals](#)[Useful websites](#)

## Top patient information sheets

[2 week wait info sheet](#)[AKI Medicine Sick Day rule](#)[Asthma Peak Flow Monitor chart](#)[Breast pain diary](#)[DNACPR form /What happens if my heart stops](#)[Fluid input/ output chart](#)[Gout diet sheet](#)[Headache diary/ monthly diary/children headache diary](#)[Home Blood pressure monitoring chart](#)[Low fat low cholesterol diet sheet](#)[Menstrual diary](#)[MHAT - workshop diary 2017](#)[Peakflow diary](#)[Pre Menstrual Symptom Diary](#)[URTI - Treating Your Infection/ Cough / Sore Throat / Ear infection](#)[Fever in Children- what to look out for](#)[Xray-patient info sheet](#)

If you can't find an information sheet above try the directory of [all patient information sheets](#).

# Patient info Sheets

- [2 week wait info sheet](#)
- AKI Medicine Sick Day rule
- [Asthma Peak Flow Monitor chart](#)
- [Breast pain diary](#)
- [DNACPR form](#) / [What happens if my heart stops](#)
- [Fluid input/ output chart](#)
- [Gout diet sheet](#)
- [Headache diary](#) / [monthly diary](#) / [children headache diary](#)
- [Home Blood pressure monitoring chart](#)
- [Low fat low cholesterol diet sheet](#)
- [Menstrual diary](#)
- [MHAT - workshop diary 2017](#)
- [Peakflow diary](#)
- [Pre Menstrual Symptom Diary](#)
- [URTI - Treating Your Infection](#) / [Cough](#) / [Sore Throat](#) / [Ear infection](#)
- [Fever in Children- what to look out for](#)
- [Xray-patient info sheet](#)



## Top investigation/Referral forms

[AMAC- Acute medical assessment Clinic](#)

[Chronic Fatigue Syndrome/ME blood tests](#)

[COPD / Respiratory referral guide](#)

[DNACPR / What happens if my heart stops - patient information](#)

[DVT - thrombosis clinic](#)

[DXA \(DEXA\) Bone scan](#)

[Heart failure diagnosis and services](#)

[Open Access ECG](#)

[Open access echocardiography](#)

[RACP Rapid Access Chest Pain clinic/Patient Information Letter - Chest pain clinic](#)

[RAPID Access - non TIA clinic](#)

[TIA clinic- Urgent](#)

[Ultrasound](#)

[X ray/ patient info sheet](#)

[Be Well Barnsley / TADS](#)

[Care UK palliative care hand over form](#)

[Pallcare referral form](#)

[Physiotherapy self referral](#)

If you can't find a form above, try the directory of [all investigation and referral forms](#).

# Top investigation/Referral forms

- [AMAC- Acute medical assessment Clinic](#)
- [Chronic Fatigue Syndrome/ME blood tests](#)
- [COPD / Respiratory referral guide](#)
- [DNACPR / What happens if my heart stops - patient information](#)
- [DVT - thrombosis clinic](#)
- [DXA \(DEXA\) Bone scan](#)
- [Heart failure diagnosis and services](#)
- [Open Access ECG](#)
- [Open access echocardiography](#)
- [RACP Rapid Access Chest Pain clinic/Patient Information Letter - Chest pain clinic](#)
- [RAPID Access - non TIA clinic](#)
- [TIA clinic- Urgent](#)
- [Ultrasound](#)
- [X ray/ patient info sheet](#)
- [Be Well Barnsley / TADS](#)
- [Care UK palliative care hand over form](#)
- [Pallcare referral form](#)
- [Physiotherapy self referral](#)

[Contact numbers](#)[Diagnostic tools](#)[Prescribing guidelines](#)[Patient information sheets](#)[Investigation/referrals](#)[Useful websites](#)

## Top websites

[BMJ Best practice \(Open Athens\)](#)[BNF](#)[Clinical Knowledge Summaries](#)[DermNetnz/ PCDS](#)[DVLA](#)[Faculty of Sexual and Reproductive Health](#)[GP online](#)[GP notebook \(Univadis\)](#)[GPVTS](#)[Lab Tests Online](#)[MDCalculator](#)[NHS Choices](#)[NHS mail](#)[Patient.co.uk](#)[Pulse](#)

If you can't find a website above, try the directory of [useful websites](#).

[Endocrine and Diabetes](#)[Gastroenterology](#)[Renal, Urology and Mens](#)[Women's and Sexual](#)

# Top websites

- [BMJ Best practice \(Open Athens\)](#)
- [BNF](#)
- [Clinical Knowledge Summaries](#)
- [DermNetnz/ PCDS](#)
- [DVLA](#)
- [Faculty of Sexual and Reproductive Health](#)
- [GP online](#)
- [GP notebook \(Univadis\)](#)
- [GPVTS](#)
- [Lab Tests Online](#)
- [MDCalculator](#)
- [NHS Choices](#)
- [NHS mail](#)
- [Patient.co.uk](#)
- [Pulse](#)

# Clinical support by body system

Find a resource 



**Brain and mental health**



**Ophthalmology and ENT**



**Respiratory and Smoking**



**Cardiovascular and Lipids**



**Diabetes**



**Gastroenterology**



**Renal, Urology and Mens**



**Women's and Sexual**



### January



- Sexually transmitted diseases / HIV
- Domestic abuse
- Cervical Cancer / smears Update

### February



#### Paediatrics

- Asthma
- Milk / Food allergies

### March



#### Paediatrics

- Acutely Ill Children
- Cancer in Children

### April



- Eye problems in the Elderly
- Gall Stones & Kidney Stones
- Anal & Perianal Problems
- Urology - community services – the future ...

### May



#### Child and Adolescent Mental Health

- ADHD and Autism in children and adults
- Emotional well being in children - school and community services
- Adoption medicals

### June



#### Cancer

- Cancer 2 week wait
- NICE Guidelines
- BHNFT Specialist referral forms
- Cancer UK research

### July



#### Palliative Care

- NICE Guidelines - hydration/advanced care plans
- Hospice/Macmillan/Community Matron/Continuing Health Care - Referral Guidance
- DNACPR forms
- Pre-emptive Drug forms
- Bluebell Wood - Children's Hospice

### September



#### Diabetes & Cardiology

- Diabetes New NICE Guidelines
- Cardiology Top Tips

### October



#### Barnsley Cardiology

- Guidelines
- Services

### November



#### ENT

- Management of all common ENT conditions

### December

#### Speed Reading for GP's

- Could you do with an extra hour a day?
- Speed Reading could save you many valuable hours!

## Presentations

---



### A&E attendances - Dr Dyfrig Hughes

Dr Dyfrig Hughes opens a discourse on A&E attendances at Barnsley Hospital.



### Colorectal & GS disorders - Rao Mehmood



### Eye problems in the elderly - Mr Omar Rafiq



### LUTS and NICE guidance - Mr Steven Mitchell

Mr Steven Mitchell, Consultant Urologist at Barnsley Hospital delivers a talk on LUTS and NICE guidance.



### Sensory imparement services - Moira Fuller

### Urinary Stone Disease - Mr Steven Mitchell

## Useful and related documents

---

[BEST April 2016 Agenda 2016.pdf](#)

## Drug Treatment (mostly 2010)

- $\alpha$ -blocker with mod – severe Sx
- Dual therapy if volume > 30cc or PSA > 1.4
- Add anticholinergic if storage symptoms persist
- Polyuria – loop diuretic / desmopressin
- PDE5I NOT for use with LUTS alone (new - 2015)
- Do NOT offer phytotherapy (...?)





# Add to CPD from anywhere ....

- BEST talks
- BEST website local /national guidelines
- BMJ modules
- Any external talks attended
- Discussion with colleagues
- BMJ articles
- PUNS /DENS

# How to use CPD Tracking ...

- Register
- Log in
- Edit profile to set date of appraisal
  
- ADD to my CPD
  
- All fields
- Save
- Print
- Edit/Add/ remove
- Add to MAG
- Access while seeing patients !!!