

# IMPLEMENTING GUIDELINES BY INFLUENCING GOVERNMENT POLICY

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Implementation Adviser

## OVERVIEW

- SIGN implementation support
- Obesity guideline implementation
- Influencing Government policy
- Future developments & Conclusions



## SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK (SIGN)

SIGN develops evidence based clinical practice guidelines for the National Health Service (NHS) in Scotland



## IMPLEMENTATION STRATEGY

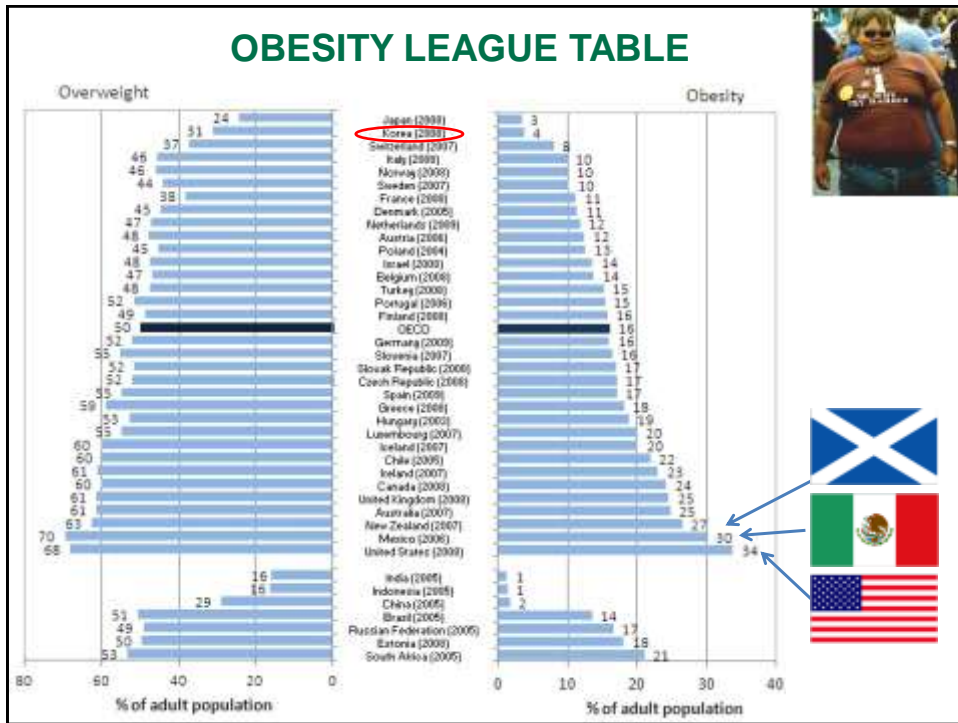
<b>Improved processes:</b> <ul style="list-style-type: none"> <li>▪ Robust dissemination process</li> <li>▪ Interactive website</li> <li>▪ Mobile devices</li> </ul>	<b>Awareness raising &amp; Education:</b> <ul style="list-style-type: none"> <li>▪ Local clinical champions</li> <li>▪ Awareness raising activities</li> <li>▪ Patients as champions for change</li> <li>▪ Training modules linked to Continuing Professional Development</li> </ul>
<b>Networking:</b> <ul style="list-style-type: none"> <li>▪ Linking with professional networks</li> <li>▪ Linking with national projects</li> <li>▪ Meetings with NHS Boards</li> </ul>	<b>Implementation support resources:</b> <ul style="list-style-type: none"> <li>▪ Algorithms &amp; Care Pathways</li> <li>▪ Resource implications calculator</li> <li>▪ Audit tools</li> <li>▪ Electronic decision support tools</li> <li>▪ Slide sets, etc</li> </ul>

## OBESITY IN SCOTLAND

## NUMBERS

	♂	♀
Overweight (BMI>25)	66.3%	59.6%
Obese (BMI>30)	24.9%	26.5%
Overweight children	33%	25%

Obesity currently costs Scotland over £457 million a year



## TYPICAL SCOTTISH DIET

280 calories

420 calories

>600 calories

< PREVIOUS    NEXT >

# OBESITY GUIDELINE

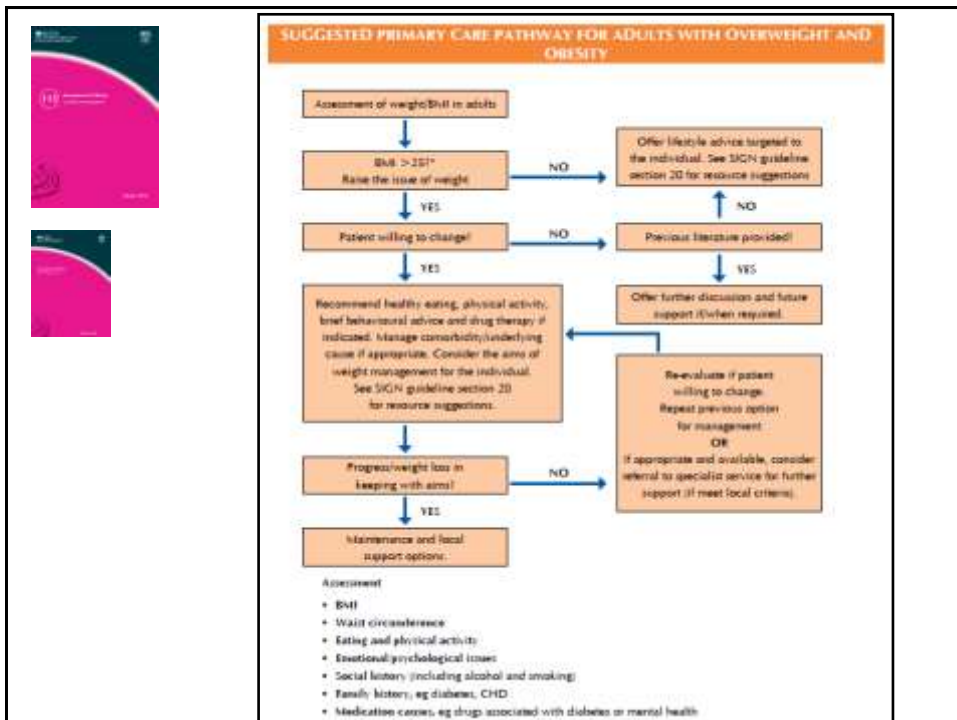


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## 2008-2010: SIGN OBESITY GUIDELINE



[www.sign.ac.uk](http://www.sign.ac.uk)







## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

FOOD STANDARDS AGENCY  
eatwell.gov.uk



**Fruit and vegetables**

**Meat, fish, eggs, beans**  
and other important sources of protein

**Foods and drinks high in fat and/or sugar**

**Milk and dairy foods**

**Bread, rice, potatoes, pasta and other starchy foods**





SIGN  
Scottish Intercollegiate Guidelines Group  
For a full list of our publications visit [www.sign.ac.uk](http://www.sign.ac.uk)

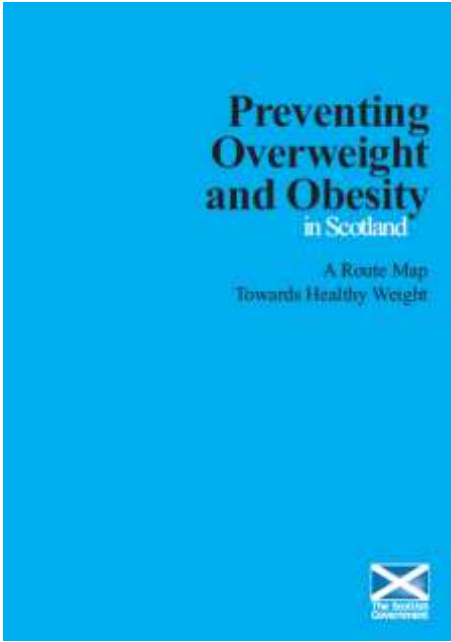
NHS  
Health  
Innovation  
Partnership

# Cost Effectiveness Notes

[www.sign.ac.uk](http://www.sign.ac.uk)







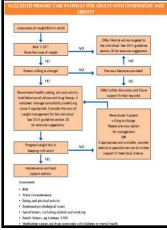
**Preventing Overweight and Obesity in Scotland**  
A Route Map Towards Healthy Weight



**The eatwell plate**  
Eat a balanced diet with the right amount of each of the food groups shown on the eatwell plate.





**Cost Effectiveness Notes**




**Flowchart: What should we do about overweight and obesity?**

```
graph TD
    A[What should we do about overweight and obesity?] --> B[What is the current situation?]
    B --> C[What are the risks?]
    C --> D[What are the benefits of action?]
    D --> E[What are the costs of action?]
    E --> F[What are the options?]
    F --> G[What should we do?]
    G --> H[What should we do about overweight and obesity?]
    H --> I[What should we do about overweight and obesity?]
    I --> J[What should we do about overweight and obesity?]
```

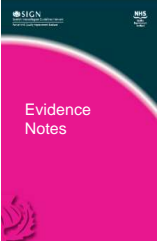


**SIGN Obesity Guideline Implementation Launch Meeting**  
Tuesday 11th May 2010  
West Park Centre, Dundee

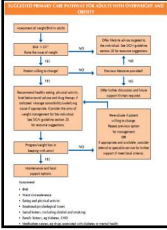
**CLICK HERE TO REGISTER**



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**Evidence Notes**



**Flowchart: What should we do about overweight and obesity?**

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### PRACTICE

BMJ Writing for the web edition

#### GUIDELINES

##### Management of obesity: summary of SIGN guideline

Imvinder Uppal, Lorna Thompson, Fawaz Hamani, David Wilson, Jane Thompson, Maxwell Farber, et al. *British Medical Journal* 2010;341:e6553

**Why read this summary?**  
 It includes all 15 of the 11 items of evidence, 10 of all items, and 25 items of good quality evidence on weight change. The use of primary and secondary evidence in the SIGN guideline was determined by a panel of 10 experts, 8 of whom were members of the SIGN guideline development group.

**What is the main message?**  
 The main message is that obesity is a chronic condition that requires long-term management. The main message is that obesity is a chronic condition that requires long-term management.

**What are the key points?**  
 1. Obesity is a chronic condition that requires long-term management.  
 2. The main message is that obesity is a chronic condition that requires long-term management.




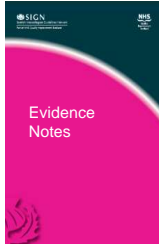
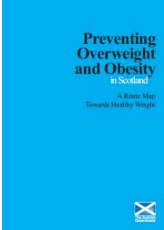
**Co-ordinated Care Pathway for Obesity Management in Scotland**

**SIGN Obesity Guideline Implementation Launch Meeting**

Tuesday 11th May 2010  
West Park Centre, Dundee

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## Co-ordinated Approach

**SIGN 115 Management of Obesity**

[ONLINE NOW](#)

**PRACTICE**

BMJ Writing for the web edition

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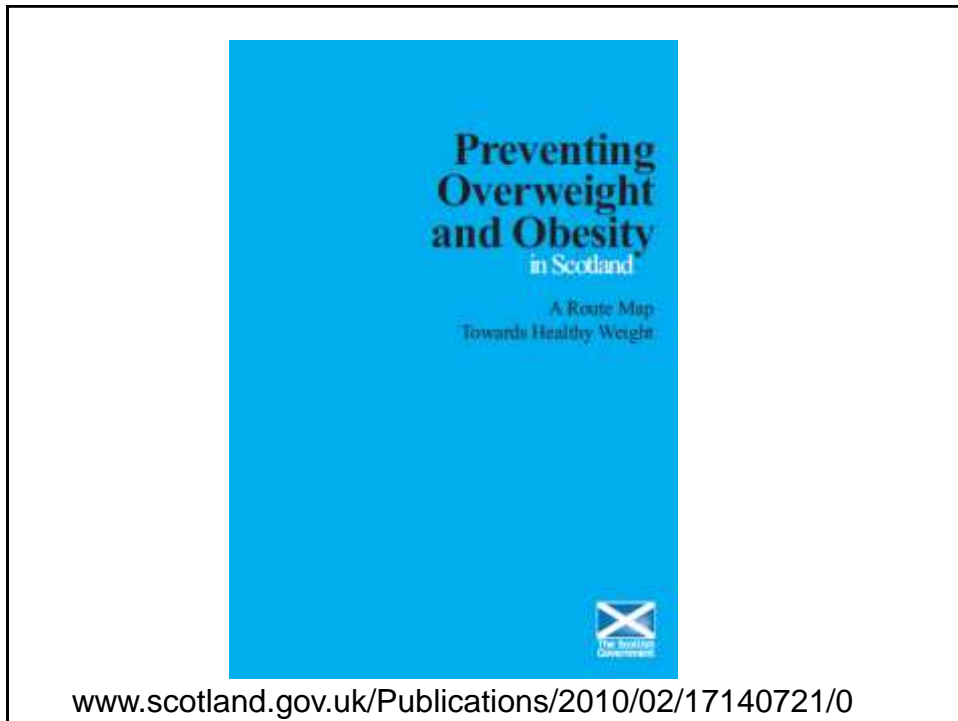
Tuesday 11th May 2010  
West Park Centre, Dundee

[CLICK HERE TO REGISTER](#)

## INFLUENCING GOVERNMENT POLICY

## OBESITY GUIDELINE:

- Started to develop implementation approach alongside guideline development
- Worked closely with Government
- Linked with Regional Planning Groups and National Planning Forum

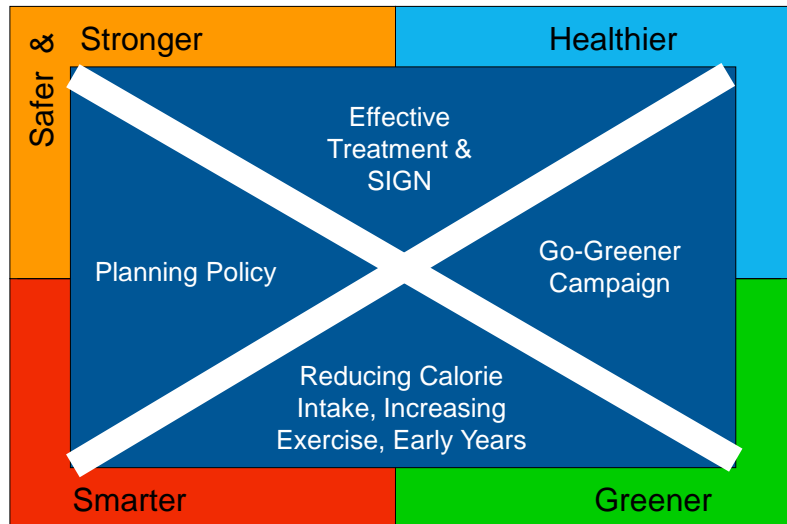


## A ROUTE MAP TOWARDS HEALTHY WEIGHT

### Aims:

- Our children have the best start in life and are ready to succeed
- We live longer, healthier lives
- We have tackled significant inequalities in Scottish society
- We have improved the life chances for children, young people and families at risk

## INTEGRATED OBESITY STRATEGY



## A ROUTE MAP TOWARDS HEALTHY WEIGHT

- Focus on prevention, reducing high-calorie food consumption and increasing physical activity
- Increasing responsibility of organisations for the health and wellbeing of their employees
- Commitment to ensuring that cost effective and appropriate weight management services and treatments for obesity are provided for patients in Scotland (as described by SIGN guideline).

## INFLUENCING GOVERNMENT POLICY

- Scotland is a small country (5 million people)
- Our Government colleagues are easily accessible (Ministers and Civil Servants)
- SIGN is highly regarded
- Evidence based policy is considered important

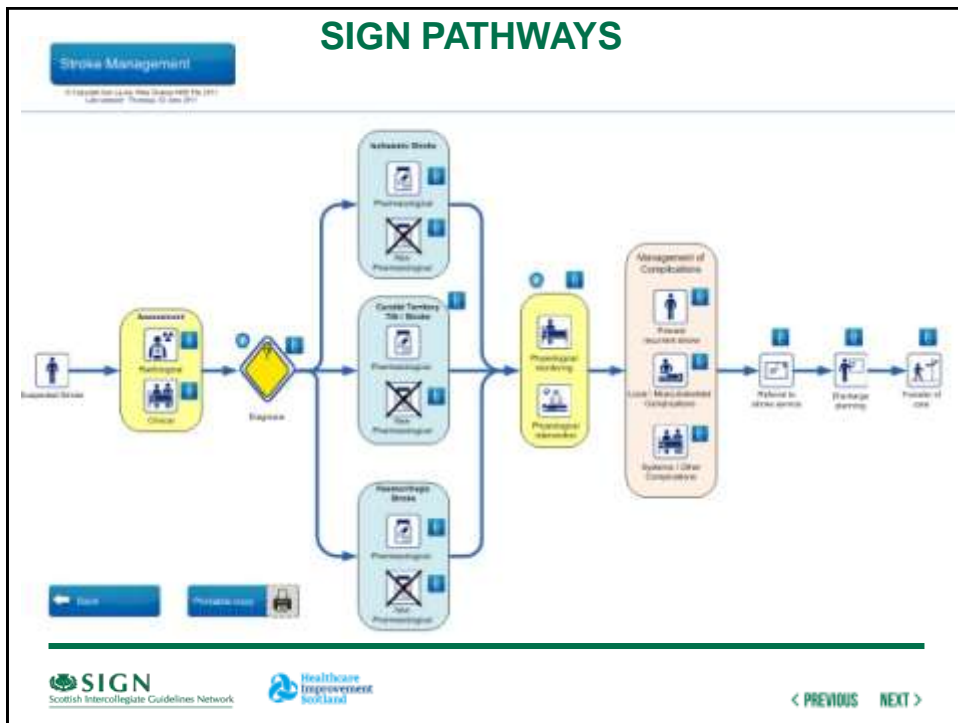
## FUTURE

## SIGN VISION

- Our guidelines are available at point of care, if needed
- Particularly in Primary Care
- Especially for healthcare professionals in training
- Guidelines embedded in:
  - electronic care pathways
  - eDecision support tools
  - eForms

## SIGN APPS





## CONCLUSIONS

- Implementation support now integral to SIGN
- Co-ordinated approach with other agencies
- SIGN works closely with Government to support implementation
- Targeted implementation strategy for each guideline
- More reliance on electronic tools in future