

# Additional Resources

## General background information

NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a>	NHS information: includes guidance on all the NMS focus areas covering symptoms, causes, diagnosis, treatment, as well as guidance for patients on living with the condition
Patient.co.uk <a href="http://www.patient.co.uk">www.patient.co.uk</a>	Health information for patients (used by many GP practices); information available on all the NMS conditions as well as other useful tools such as guidance on using inhaler devices and peak flow recording and diaries

## Policy and guidance

BTS/Sign asthma guideline	<a href="http://www.brit-thoracic.org.uk">www.brit-thoracic.org.uk</a>
Cardiovascular Risk Assessor software	<a href="http://www.heartuk.org.uk/HealthProfessionals/">www.heartuk.org.uk/HealthProfessionals/</a>
DH	<a href="http://www.dh.gov.uk">www.dh.gov.uk</a>
Healthy lives, healthy people	<a href="http://www.dh.gov.uk/en/PublicHealth/Healthyliveshealthypeople/index.htm">www.dh.gov.uk/en/PublicHealth/Healthyliveshealthypeople/index.htm</a>
Healthy living	<a href="http://www.dh.gov.uk/health/category/policy-areas/public-health/healthy-living/">www.dh.gov.uk/health/category/policy-areas/public-health/healthy-living/</a>
Improving the lives of people with long term conditions	<a href="http://healthandcare.dh.gov.uk/improving-the-lives/">http://healthandcare.dh.gov.uk/improving-the-lives/</a>
NICE guidelines	<a href="http://www.nice.org.uk">www.nice.org.uk</a>
NPA	<a href="http://www.npa.co.uk">www.npa.co.uk</a>
NPC	<a href="http://www.npc.co.uk">www.npc.co.uk</a>
PSNC	<a href="http://www.psnc.org.uk">www.psnc.org.uk</a>
RPS	<a href="http://www.rpharms.com/nhs-community-pharmacy-contract-england/new-medicine-service.asp">www.rpharms.com/nhs-community-pharmacy-contract-england/new-medicine-service.asp</a>

## Pharmacist training

CPPE	<a href="http://www.cppe.ac.uk/">www.cppe.ac.uk/</a>
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# Additional Resources

## Self help groups

These associations provide numerous resources aimed at healthcare professionals as well as patients. Some of the key resources for each group are listed below; however these represent a very small percentage of the information available:

<b>Anticoagulant Antiplatelet/ therapy</b>	British Heart Foundation <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>	<ul style="list-style-type: none"> <li>- Atrial fibrillation – general information</li> <li>- General heart conditions</li> <li>- Stroke – general information</li> </ul>
	Circulation Foundation <a href="http://www.circulationfoundation.org.uk">www.circulationfoundation.org.uk</a>	<ul style="list-style-type: none"> <li>- How to prevent vascular disease</li> <li>- Risk factors for vascular disease</li> <li>- Vascular disease information</li> <li>- What is a pulmonary embolism?</li> <li>- What is warfarin?</li> </ul>
	Lifeblood: The Thrombosis Charity <a href="http://www.thrombosis-charity.org.uk">www.thrombosis-charity.org.uk</a>	<ul style="list-style-type: none"> <li>- About thrombosis</li> <li>- After a thrombotic event</li> <li>- Prevention</li> <li>- Professional and public areas</li> </ul>
	Stroke Association <a href="http://www.stroke.org.uk">www.stroke.org.uk</a>	<ul style="list-style-type: none"> <li>- Role of warfarin</li> <li>- Stroke prevention</li> <li>- Stroke causes and symptoms</li> <li>- Training and development</li> </ul>
<b>Asthma</b>	Asthma UK <a href="http://www.asthma.org.uk">www.asthma.org.uk</a>	<ul style="list-style-type: none"> <li>- Asthma at work</li> <li>- Asthma factfiles</li> <li>- Asthma triggers</li> <li>- Living with asthma</li> <li>- What to do in an asthma attack</li> </ul>
	British Lung Foundation <a href="http://www.lunguk.org">www.lunguk.org</a>	<ul style="list-style-type: none"> <li>- Asthma causes</li> <li>- Breathe Easy support group network</li> <li>- Diagnosis and treatments</li> <li>- Helpline advice service</li> </ul>
	British Thoracic Society <a href="http://www.brit-thoracic.org.uk">www.brit-thoracic.org.uk</a>	<ul style="list-style-type: none"> <li>- Asthma causes</li> <li>- Treatment guidelines</li> </ul>
<b>COPD</b>	British Lung Foundation <a href="http://www.lunguk.org">www.lunguk.org</a>	<ul style="list-style-type: none"> <li>- Breathe Easy support group network</li> <li>- COPD leaflets translated into six languages</li> <li>- Diagnosis and treatments</li> <li>- Helpline advice service</li> <li>- Living with COPD</li> </ul>
	British Thoracic Society <a href="http://www.brit-thoracic.org.uk">www.brit-thoracic.org.uk</a>	<ul style="list-style-type: none"> <li>- Patient information</li> <li>- Treatment guidelines</li> </ul>

# Additional Resources

## Self help groups – continued

<b>Diabetes</b>	Diabetes UK <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>	<ul style="list-style-type: none"> <li>- Children and diabetes</li> <li>- Food and recipes</li> <li>- Guide to diabetes</li> <li>- Healthy lifestyles</li> <li>- Living with diabetes</li> </ul>
<b>Hypertension</b>	Blood Pressure Association <a href="http://www.bpassoc.org.uk">www.bpassoc.org.uk</a>	<ul style="list-style-type: none"> <li>- Blood pressure guide</li> <li>- Diet advice</li> <li>- Discussion forum</li> <li>- Know your numbers resource</li> <li>- Translated information on hypertension</li> <li>- Validated blood pressure machines</li> </ul>
	British Heart Foundation <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>	<ul style="list-style-type: none"> <li>- Heart conditions</li> <li>- How your heart works</li> <li>- Medicines for the heart booklet</li> <li>- Online discussion groups</li> </ul>
	British Hypertension Society <a href="http://www.bhsoc.org">www.bhsoc.org</a>	<ul style="list-style-type: none"> <li>- Cardiovascular disease risk prediction chart</li> <li>- Educational resources for training</li> <li>- How to measure blood pressure</li> <li>- Hypertension and young children</li> <li>- Hypertension FAQs</li> <li>- Validated blood pressure machines</li> </ul>

## Healthy living advice

5 a day – includes meal planner	<a href="http://www.nhs.uk/LiveWell/5ADAY/Pages/5ADAYhome.aspx">www.nhs.uk/LiveWell/5ADAY/Pages/5ADAYhome.aspx</a>
Activity guidelines	<a href="http://www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx">www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx</a>
Alcohol unit calculator	<a href="http://www.nhs.uk/Tools/Pages/Alcohol-unit-calculator.aspx">www.nhs.uk/Tools/Pages/Alcohol-unit-calculator.aspx</a>
BMI calculator	<a href="http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx">www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx</a>
Change4Life	<a href="http://www.dh.gov.uk/en/PublicHealth/Change4Life/index.htm">www.dh.gov.uk/en/PublicHealth/Change4Life/index.htm</a>
Couch to 5K – nine week programme includes podcasts	<a href="http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx">www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx</a>
Eatwell plate – guidance on food groups	<a href="http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx">www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx</a>
Healthy eating – includes a self-assessment	<a href="http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx">www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx</a>

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## Healthy living advice – continued

Health and fitness – includes a fitness calculator	<a href="http://www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx">www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx</a>
Healthy living advice	<a href="http://www.heart.org.uk">www.heart.org.uk</a>
Lifestyle check	<a href="http://www.bhf.org.uk/heart-health/tests/lifestyle-check.aspx">www.bhf.org.uk/heart-health/tests/lifestyle-check.aspx</a>
Living with diabetes: your future and wellbeing	<a href="http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4007939">www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4007939</a>
Long term conditions: Help and advice for living life well with a long term condition	<a href="http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_102996">www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_102996</a>
Losing weight	<a href="http://www.nhs.uk/LiveWell/Loseweight/Pages/Loseweighthome.aspx">www.nhs.uk/LiveWell/Loseweight/Pages/Loseweighthome.aspx</a>
Lifecheck	<a href="http://www.nhs.uk/lifecheck/Pages/Start.aspx">www.nhs.uk/lifecheck/Pages/Start.aspx</a>
Self care week 2011 (14-20 November)	<a href="http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_128721">www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_128721</a>
Stop smoking – includes desktop ‘widget’	<a href="http://www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx">www.nhs.uk/LiveWell/Smoking/Pages/stopsmokingnewhome.aspx</a>