

This list of MSK self-management resources was put together as part of the MSK-Tracker project (Grant 21405) funded by Versus Arthritis, led by Dr Jonathan Hill, at Keele University.

To request further evidence-based online resources to be considered for the list - please email Dr Hill (j.hill@keele.ac.uk) containing a link to the resource.

Heading	Leaflet name (produced by)	PDF / Link
ADVICE		
SPINAL		
Neck	Neck Pain Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/22277/neck-pain-information-booklet.pdf
	Neck Pain Exercise Sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21788/neck-pain-exercise-sheet.pdf
	Neck pain (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/neck-pain/
	Neck pain website (CSP)	https://www.csp.org.uk/conditions/neck-pain
	NHS website about whiplash	https://www.nhs.uk/conditions/whiplash/
Back pain	First-line resource for people with back pain (Keele University)	https://startback.hfac.keele.ac.uk/patients/
	Back Pain Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/22270/back-pain-information-booklet.pdf
	Back Pain Exercise Sheet (Versus Arthritis)	https://www.versusarthritis.org/media/21786/back-pain-exercise-sheet.pdf
	Back pain (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/back-pain/
	Osteoarthritis of the spine (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-spine/
	CSP back pain website	https://www.csp.org.uk/conditions/back-pain
	CSP Back Pain animation (CSP)	https://www.youtube.com/watch?time_continue=6&v=24P7cTQjsVM
	Low Back Pain animation (Doc Mike Evans)	https://www.youtube.com/watch?v=BOjTegn9RuY&t=10s
	The truth about back pain video (Keele University and AXA PPP)	https://www.youtube.com/watch?v=b-cBtPSf0Hc
	So you think you have back pain? Your guide to back pain and what you can do about it (Keele University)	

		https://startback.hfac.keele.ac.uk/wp-content/uploads/2019/03/Start-Patient-Leaflet-1-black-and-white.pdf
Spinal stenosis	Spinal stenosis information from patient.info	https://patient.info/health/back-and-spine-pain/spinal-stenosis
Back Care Website	A website with lots of information leaflets about back pain, neck pain and whiplash (BackCare)	http://backcare.org.uk/i-have-back-or-neck-pain/library/
UPPER LIMB		
Shoulder	<p>Shoulder pain booklet (Versus Arthritis)</p> <p>Shoulder pain (Versus Arthritis website)</p> <p>Osteoarthritis of the elbow and shoulder (Versus Arthritis website)</p> <p>Subacromial shoulder pain resource (British Elbow & Shoulder Society)</p> <p>Torbay and South Devon shoulder exercise videos</p> <p>The Derby Shoulder Instability Rehabilitation Programme</p> <p>CSP shoulder pain website</p>	<p>https://www.versusarthritis.org/media/22283/shoulder-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/shoulder-pain/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/</p> <p>http://www.bess.org.uk/index.php/public-area/shpi-videos</p> <p>https://www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/torbay-shoulder-exercise-programme/</p> <p>https://www.youtube.com/playlist?list=PLPsEhjqiHhKf758Hx_kgk4JzASOOnjai&app=desktop</p> <p>https://www.csp.org.uk/conditions/shoulder-pain</p>
Elbow	<p>Elbow pain booklet (Versus Arthritis)</p> <p>Elbow pain (Versus Arthritis website)</p> <p>Osteoarthritis of the elbow and shoulder (Versus Arthritis website)</p> <p>CSP website about elbow pain</p> <p>Carpel tunnel syndrome exercises (CSP website)</p>	<p>https://www.versusarthritis.org/media/22272/elbow-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/elbow-pain/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-elbow-and-shoulder/</p> <p>https://www.csp.org.uk/conditions/elbow-pain</p>

		https://www.csp.org.uk/public-patient/rehabilitation-exercises/carpal-tunnel-syndrome
Hand	<p>Osteoarthritis of the hand information resource leaflet (Keele University)</p> <p>Hand and wrist pain (Versus Arthritis website)</p> <p>Hand and wrist booklet (Versus Arthritis)</p> <p>Looking after your joints (Versus Arthritis website)</p>	<p>https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/OA%20Hand%20Leaflet%20v.0.10%2002.02.18%20LC%20(1).pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/hand-and-wrist-pain/</p> <p>https://www.versusarthritis.org/media/22310/hand-and-wrist-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/managing-symptoms/joint-care/</p>
LOWER LIMB		
Hip	<p>Hip pain booklet (Versus Arthritis)</p> <p>Hip pain (Versus Arthritis website)</p> <p>Osteoarthritis of the hip (Versus Arthritis website)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website supported self-management resources for joint pain (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p>https://www.versusarthritis.org/media/22275/hip-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/hip-pain/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-hip/</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf</p> <p>https://jigsaw-e.com/delivery-toolkit/pain-app/</p> <p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p>
Knee	<p>Knee Pain Exercise Sheet (Versus Arthritis)</p> <p>OA of the knee (Versus Arthritis website)</p> <p>Knee pain (Versus Arthritis website)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website (Keele University)</p>	<p>https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-of-the-knee/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/knee-pain/</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf</p> <p>https://jigsaw-e.com/delivery-toolkit/pain-app/</p>

	<p>Osteoarthritis Guidebook (Keele University)</p> <p>CSP website about knee pain</p>	<p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p> <p>https://www.csp.org.uk/public-patient/rehabilitation-exercises/knee-pain</p>
Ankle and foot	<p>Ankle sprains exercise sheet (Versus Arthritis)</p> <p>Foot and ankle surgery for arthritis (Versus Arthritis)</p> <p>Foot and ankle pain (Versus Arthritis website)</p> <p>Osteoarthritis of the foot and ankle (Versus Arthritis website)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>Keele Pain Recorder App (Keele University)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p>https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/media/1301/foot-and-ankle-surgery-information-booklet.pdf</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/foot-and-ankle-pain/</p> <p>https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis-oa-of-the-foot-and-ankle/</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf</p> <p>https://jigsaw-e.com/delivery-toolkit/pain-app/</p> <p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p>
Foot	<p>Foot pain booklet (Versus Arthritis)</p> <p>Plantar fasciitis exercise sheet (Versus Arthritis)</p> <p>Keep moving exercise Booklet (Versus Arthritis)</p> <p>JIGSAW-E website (Keele University)</p> <p>Osteoarthritis Guidebook (Keele University)</p>	<p>https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf</p> <p>https://www.versusarthritis.org/media/21790/plantar-exercise-sheet.pdf</p> <p>https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf</p> <p>https://jigsaw-e.com/</p> <p>https://jigsaw-e.com/wp-content/uploads/2018/10/Osteoarthritis-Guide.pdf</p>
CONDITION INFORMATION		
Ankylosing Spondylitis	Ankylosing Spondylitis Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/22269/ankylosing-spondylitis-and-related-conditions-information-booklet.pdf
Arthritis	What is Arthritis? (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/conditions/arthritis/

Carpal tunnel	Carpal tunnel syndrome booklet (Versus Arthritis booklet)	https://www.versusarthritis.org/media/22271/carpal-tunnel-syndrome-information-booklet.pdf
Cauda Equina Syndrome	Cauda Equina Syndrome (Patient.info)	https://patient.info/health/back-and-spine-pain/cauda-equina-syndrome
Fibromyalgia	Fibromyalgia information (Versus Arthritis booklet)	https://www.versusarthritis.org/media/22548/fibromyalgia-information-booklet.pdf
Giant Cell Arteritis (GCA)	PMRGCAUK information (Polymyalgia Rheumatica & Giant Cell Arteritis UK) Vasculitis UK patient information (Vasculitis UK) GCA booklet (Versus Arthritis) GCA (Versus Arthritis website)	http://www.pmrgca.co.uk/content/about-pmr-and-gca http://www.vasculitis.org.uk/about-vasculitis/giant-cell-arteritis-temporal-arteritis https://www.versusarthritis.org/media/22273/giant-cell-arteritis-information-booklet.pdf https://www.versusarthritis.org/about-arthritis/conditions/giant-cell-arteritis-gca/
Hypermobility	Joint hypermobility Booklet (Versus Arthritis)	https://www.versusarthritis.org/media/1255/joint-hypermobility-information-booklet.pdf
Osteoarthritis	OA Guidebook (Keele University) Osteoarthritis information (Versus Arthritis) Osteoarthritis exercise sheet (Versus Arthritis)	https://www.keele.ac.uk/media/keeleuniversity/ri/primarycare/pdfs/OA_Guidebook.pdf https://www.versusarthritis.org/media/12747/osteoarthritis-information-bookletv2.pdf https://www.versusarthritis.org/media/21789/osteoarthritis-exercise-sheet.pdf
Osteoporosis	Website to help understand the causes and treatment of osteoporosis (Royal Osteoporosis Society)	https://theros.org.uk/information-and-support/understanding-osteoporosis/causes-of-osteoporosis-and-broken-bones/
Polymyalgia Rheumatica (PMR)	PMR patient information (Versus Arthritis) PMRGCAUK information (Polymyalgia Rheumatica & Giant Cell Arteritis UK)	https://www.versusarthritis.org/media/22279/polymyalgia-rheumatica-information-booklet.pdf http://www.pmrgca.co.uk/content/about-pmr-and-gca
Raynauds Phenomenon	Raynauds information (Versus Arthritis)	https://www.versusarthritis.org/media/22281/raynauds-phenomenon-information-booklet.pdf
Rheumatoid arthritis	Rheumatoid arthritis information (Versus Arthritis) RA Advice & exercise resources (National Rheumatoid Arthritis Society)	https://www.versusarthritis.org/media/12748/rheumatoid-arthritis-information-bookletv2.pdf https://www.nras.org.uk/living-with-ra
Spinal Stenosis	Spinal Stenosis (Patient.info)	https://patient.info/health/back-and-spine-pain/spinal-stenosis

Whiplash	Website containing information about whiplash and its treatment (NHS)	https://www.nhs.uk/conditions/whiplash/
CHRONIC PAIN		
Persistent Pain	Turning the Volume Down on Pain information leaflet (Body Logic) Understanding pain: What to do about it in less than 5 minutes (Australian animation) Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)	https://www.dropbox.com/s/r9ety3iffx92sje/PersistentPainBooklet.pdf?dl=0 https://www.youtube.com/watch?v=C_3phB93rvI https://www.keele.ac.uk/kpr/
Live well with pain	Resources for living well despite pain (Live Well With Pain)	https://livewellwithpain.co.uk/
Retrain pain	A website that uses 1-minute videos to help explain chronic pain and the rationale for self-management (Retrain Pain Foundation)	https://www.retrainpain.org/
Psychology in pain	Useful videos that help understand chronic pain (produced by Prof Tamar Pincus)	https://www.youtube.com/watch?v=N7vRyCW2XS0
MEDICATION		
Medication	Painkillers and NSAIDs (Versus Arthritis) Amitriptyline (Versus Arthritis) Pain App which helps patient to record how medication is helping their condition and any side effects (Keele University)	https://www.versusarthritis.org/media/14626/painkillers-nsaids-information-booklet-2019.pdf https://www.versusarthritis.org/media/14625/amitriptyline-information-booklet-2019.pdf https://www.keele.ac.uk/kpr/
INFORMATION ABOUT GENERAL ACTIVITY		
General exercise advice	Keep moving exercise Booklet (Versus Arthritis) The Importance of Intensity in Physical Activity animation (Doc Mike Evans) 23 and ½ hours animation (Doc Mike Evans)	https://www.versusarthritis.org/media/1310/keep-moving-information-booklet-with-poster.pdf https://www.youtube.com/watch?v=OMn8Tq5EYao https://www.youtube.com/watch?v=3F5Sly9JQao
INFORMATION ABOUT INVESTIGATIONS		
MRI	MRI Scan (Patient.info)	https://patient.info/health/mri-scan
CT	CT Scan (Patient.info)	https://patient.info/health/ct-scan
X-ray	X-ray test (Patient.info)	https://patient.info/health/x-ray-test

Ultrasound	Ultrasound scan (Patient.info)	https://patient.info/health/ultrasound-scan
DEXA	Bone scan (Dexa) (Patient.info)	https://patient.info/health/cancer/bone-scan
Blood test	Blood tests (Patient.info)	https://patient.info/health/blood-tests
INFORMATION ABOUT INJECTIONS		
Steroid Injection	Steroid injections information (Versus Arthritis)	https://www.versusarthritis.org/about-arthritis/treatments/drugs/steroid-injections/
INFORMATION ABOUT SURGERY		
Surgery	Information about knee, hip, foot, shoulder, elbow, wrist and hand surgery (Versus Arthritis website)	https://www.versusarthritis.org/about-arthritis/treatments/surgery/
OTHER INFO (DIET, FALLS, SLEEP, SMOKING, WORK, WOMEN'S HEALTH)		
Diet	Eatwell Guide Booklet 2016 (Public Health England)	https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf
Falls	Falls Prevention animation (CSP)	https://vimeo.com/232010084/56c5778dcd
Balance retraining	Online resource to help retrain balance and reduce vestibular related dizziness (Balance Retraining)	https://balance.lifeguidehealth.org/player/play/balance
Stop Smoking	Stop smoking website (NHS)	https://www.nhs.uk/smokefree
Work	Work and health leaflet. How common health problems should be accommodated at work (Waddell and Burton)	https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/209035/hwwb-work-and-health-leaflet.pdf
Women's Health	Women's Health leaflet about incontinence (CSP)	https://www.csp.org.uk/public-patient/common-conditions/incontinence
	Breast Health Bra size (CSP)	https://www.csp.org.uk/publications/breast-health-your-bra-right-you
Fatigue	Versus Arthritis information booklet on fatigue	https://www.versusarthritis.org/media/22392/fatigue-and-arthritis-information-booklet.pdf
EMOTIONAL WELL BEING/SLEEP		
Anxiety and low mood	Anxiety (Patient.info)	https://patient.info/health/anxiety
	Depression (Patient.info)	https://patient.info/health/depression-leaflet

<p>Sleep</p>	<p>The good sleep guide (CSP)</p> <p>Bed buyers guide (Sleep Council)</p> <p>Sleep information (Versus Arthritis website)</p>	<p>https://www.csp.org.uk/publications/good-sleep-guide</p> <p>https://www.sleepcouncil.org.uk/wp-content/uploads/2015/02/bed_buyers_guide.pdf</p> <p>https://www.versusarthritis.org/sleep</p>
<p>Beating the Blues (Not free)</p>	<p>Beating the Blues® is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours (365 Health and Wellbeing)</p>	<p>http://www.beatingtheblues.co.uk</p>
<p>MoodGYM (Not free)</p>	<p>Moodgym is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy (e-hub Health Pty Ltd)</p>	<p>https://moodgym.com.au/</p>
<p>Living life to the full (Free)</p>	<p>Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more (Living Life to the Full)</p>	<p>https://littf.com/</p>
<p>Moodjuice (Free)</p>	<p>A collection of resources on a wide range of mental health and lifestyle issues (Choose Life Falkirk and Adult Clinical Psychology Service, NHS Forth Valley)</p>	<p>https://www.moodjuice.scot.nhs.uk/</p>
<p>MyCompass (Free)</p>	<p>A personalised self-help tool for your mental health (Black Dog Institute)</p>	<p>https://www.mycompass.org.au/</p>
<p>Beyond Blue (Free)</p>	<p>Provides information and support to help achieve best possible mental health (Beyond Blue)</p>	<p>https://www.beyondblue.org.au/</p>
<p>Young Minds</p>	<p>A guide to younger people's mental health (Young Minds)</p>	<p>https://youngminds.org.uk</p>
<p>Kooth</p>	<p>An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use (XenZone)</p>	<p>www.kooth.com</p>

<p>Mental Health</p>	<p>CBT self-help and therapy resources (Get Self Help)</p> <p>Self-help guides (NHS)</p> <p>Guided Meditation (Oxford Mindfulness)</p> <p>Online Mindfulness Courses (Wellmind Media)</p>	<p>www.getselfhelp.co.uk</p> <p>www.ntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/</p> <p>www.youtube.com/watch?v=CVW_IE1nsKE</p> <p>www.bemindfulonline.com</p>
<p>Apps</p> <p>Headspace App</p> <p>SAM App (Self-help for Anxiety)</p> <p>Calm Harm App</p>	<p>A guide to health and happiness. It's the simple way to let go of stress and get better</p> <p>SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection</p> <p>An app that helps to resist or manage the urge to self-harm</p>	<p>Go to the Play Store or App Store</p>

Additional information to support patients with other common long-term conditions

Heart Conditions and Stroke		
Patient Education and Self-management resources		
Condition / Subject	Overview / Description	Resources / Links
Heart Failure		<p>Self-management resources</p> <p>British Heart Foundation Heart Failure Support Information: https://www.bhf.org.uk/information-support/conditions/heart-failure</p> <p>Heart Failure Matters: https://www.heartfailurematters.org/en_GB</p> <p>Heart Failure Matters Adapting Your Lifestyle: https://www.heartfailurematters.org/en_GB/What-can-you-do/Adapting-your-lifestyle</p> <p>NHS Choices Heart Failure: https://www.nhs.uk/conditions/heart-failure/</p>
Exercise and Cardiac Rehabilitation for CVD		<p>Self-management resources</p> <p>British Heart Foundation Cardiac Rehab At Home: https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videos</p> <p>British Heart Foundation Staying Active: https://www.bhf.org.uk/information-support/support/healthy-living/staying-active</p> <p>British Heart Foundation Understanding Physical Activity: https://www.bhf.org.uk/information-support/publications/being-active/understanding-physical-activity</p> <p>Chartered Society of Physiotherapy Being Active With Heart Disease: https://future.nhs.uk/gf2.tif/844578/69278277.1/PDF/-/0001619_02_loveactivity_being_active_with_heart_disease_final.pdf</p> <p>NHS Get Fit for Free: https://www.nhs.uk/live-well/exercise/free-fitness-ideas/</p>
Healthy eating for CVD		<p>Self-management resources</p> <p>British Heart Foundation Healthy Living Healthy Eating: https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/healthy-eating-toolkit</p> <p>British Heart Foundation Understanding Your Weight: https://www.bhf.org.uk/information-support/publications/healthy-eating-and-drinking/understanding-your-weight</p>

Living Well		<p>Self-management resources</p> <p>British Heart Foundation Keep Your Heart Healthy: https://www.bhf.org.uk/information-support/publications/heart-conditions/keep-your-heart-healthy</p> <p>British Heart Foundation High Cholesterol: https://www.bhf.org.uk/information-support/risk-factors/high-cholesterol</p> <p>British Heart Foundation Heart Matters: https://www.bhf.org.uk/information-support/heart-matters-magazine</p> <p>Start the NHS Weight Loss Plan: https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/</p> <p>Humber, Coast and Vale Healthy Heart Website: https://www.humbercoastandvalehealthyhearts.co.uk/</p> <p>Get Fit For Free: https://www.nhs.uk/live-well/exercise/free-fitness-ideas/</p> <p>What should my daily intake of calories be: https://www.nhs.uk/common-health-questions/food-and-diet/what-should-my-daily-intake-of-calories-be/</p> <p>10 Minute Workouts: https://www.nhs.uk/live-well/exercise/10-minute-workouts/</p> <p>Health Eating: https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/healthy-eating/</p> <p>Health Leaflets and Videos for Heart Disease: https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/heart-disease/</p> <p>Supporting Professionals</p> <p>Health check programme for CVD: https://www.gov.uk/government/publications/using-the-nhs-health-check-programme-to-prevent-cvd/using-the-world-leading-nhs-health-check-programme-to-prevent-cvd</p> <p>Humber, Coast and Vale Healthy Heart Website: https://www.humbercoastandvalehealthyhearts.co.uk/</p> <p>NHS England CVD Pathway: https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2018/02/cvd-pathway.pdf</p> <p>NHS England Preventing CVD by managing the high risk conditions: https://www.england.nhs.uk/rightcare/products/pathways/cvd-pathway/prevent/</p>
Atrial Fibrillation		<p>Supporting Professionals</p> <p>Managing Atrial Fibrillation in Primary Care: https://www.bhf.org.uk/for-professionals/healthcare-</p>

		<p>professionals/innovation-in-care/managing-atrial-fibrillation-in-primary-care</p> <p>NICE Atrial Fibrillation Pathway: https://pathways.nice.org.uk/pathways/atrial-fibrillation/managing-atrial-fibrillation</p> <p>GRASP AF tool: https://www.nottingham.ac.uk/primis/tools/qi-tools/grasp-af.aspx</p> <p>PCCJ Improving Anticoagulation In Patients With Atrial Fibrillation: https://www.pccj.co.uk/browse/editorial/item/4895-case-study-improving-anticoagulation-in-patients-with-atrial-fibrillation.html</p> <p>NHS England High Value Interventions in Atrial Fibrillation: https://www.england.nhs.uk/rightcare/products/pathways/cvd-pathway/af/</p> <p>Self-management resources</p> <p>NICE Atrial Fibrillation Patient Decision Aid: https://www.nice.org.uk/guidance/cg180/resources/cg180-atrial-fibrillation-update-patient-decision-aid-243734797</p> <p>Arrhythmia Alliance Patient Resources: https://www.hearhythmalliance.org/aa/uk/patient-resources</p>
Hypertension (high blood pressure)		<p>Self-management resources</p> <p>How Do I Control My Blood Pressure: https://www.nice.org.uk/guidance/ng136/resources/how-do-i-control-my-blood-pressure-lifestyle-options-and-choice-of-medicines-patient-decision-aid-pdf-6899918221</p> <p>NHS Choices High Blood Pressure: NHS Choices high blood pressure: https://www.nhs.uk/conditions/high-blood-pressure-hypertension/</p> <p>NICE Blood Pressure Decision Aid: https://www.nice.org.uk/guidance/ng136/resources/how-do-i-control-my-blood-pressure-lifestyle-options-and-choice-of-medicines-patient-decision-aid-pdf-6899918221</p> <p>British Heart Foundation High Blood Pressure Support Information: https://www.bhf.org.uk/informationsupport/risk-factors/high-blood-pressure</p> <p>British Heart Foundation Understanding Blood Pressure: https://www.bhf.org.uk/informationsupport/publications/heart-conditions/understanding-blood-pressure</p> <p>Blood Pressure UK Know your numbers: http://www.bloodpressureuk.org/microsites/kyn/Home</p>

		<p>British and Irish Hypertension Society Healthy Eating Diet Sheet: https://bihsoc.org/wp-content/uploads/2018/02/Healthy-Eating-Diet-Sheet-Updated-Oct-2017-JH-Final-Feb-2018.pdf</p> <p>Supporting Professionals</p> <p>NICE Hypertension Pathway: https://pathways.nice.org.uk/pathways/hypertension</p> <p>Blackpool Undiagnosed High Blood Pressure Case Study: https://www.gov.uk/government/case-studies/blackpool-identify-and-treat-people-with-undiagnosed-high-blood-pressure</p> <p>Stockport Know Your Numbers Campaign: https://www.gov.uk/government/case-studies/stockport-know-your-numbers-blood-pressure-campaign</p>
Stroke		<p>Self-management resources</p> <p>Chartered Society of Physiotherapy Being Active After a Stroke: https://www.bhf.org.uk/information-support/support/cardiac-rehabilitation-at-home/cardiac-rehabilitation-exercise-videosNHS</p> <p>Choices Stroke information: https://www.nhs.uk/conditions/stroke/</p> <p>NHS Choices TIA: https://www.nhs.uk/conditions/transient-ischaemic-attack-tia/</p> <p>NICE Patient Decision Aid Taking a Statin To Reduce The Risk Of Coronary Heart Disease And Stroke: https://www.nice.org.uk/guidance/cg181/resources/patient-decision-aid-pdf-243780159</p> <p>Stroke Association Life After Stroke: https://www.stroke.org.uk/life-after-stroke</p> <p>Stroke Association Finding Local Support: https://www.stroke.org.uk/finding-support</p>

Diabetes

Patient Education and Self-management resources

Condition / Subject	Overview / Description	Resources / Links
Type 1 Diabetes		<p>Self-management resources</p> <p>Type 1 Diabetes: https://www.diabetes.co.uk/type1-diabetes.html</p> <p>What is Type 1 Diabetes: https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-1-diabetes</p>

		<p>Type 1 Events: https://www.diabetes.org.uk/how_we_help/type-1-events</p>
<p>Type 2 Diabetes</p>		<p>Self-management resources</p> <p>Type 2 Diabetes: https://www.diabetes.co.uk/type2-diabetes.html</p> <p>Understanding Type 2 Diabetes: https://www.healthline.com/health/type-2-diabetes</p> <p>What is Type 2 Diabetes: https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes</p> <p>Diabetes Remission: https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/treating-your-diabetes/type2-diabetes-remission</p> <p>Patient Information For Type 2 Diabetes: https://patient.info/diabetes/type-2-diabetes</p> <p>Type 2 Diabetes Know Your Risk: https://riskscore.diabetes.org.uk/start</p> <p>Supporting Professionals</p> <p>Improving Outcomes For People With Type 2 Diabetes: https://www.england.nhs.uk/diabetes/case-studies/improving-outcomes-for-people-with-type-2-diabetes-in-buckinghamshire-remotely/</p> <p>Managing Type 2 Diabetes Into Remission: https://www.england.nhs.uk/diabetes/case-studies/diabetes-specialist-nurse-glynis-helps-sarah-manage-type-2-diabetes-into-remission/</p> <p>Digital Type 2 Prevention Programme: https://www.england.nhs.uk/diabetes/case-studies/digital-type-2-diabetes-prevention-programme-helps-jacqueline-reduce-her-risk/</p> <p>Type 2 Diabetes Controlling Blood Glucose Patient Decision Aid: https://www.nice.org.uk/guidance/ng28/resources/patient-decision-aid-pdf-2187281197</p> <p>Patient Decision Aid Professionals User Guide: https://www.nice.org.uk/guidance/ng28/resources/patient-decision-aid-user-guide-pdf-2187281198</p>
<p>Being Active with Diabetes</p>		<p>Self-management resources</p> <p>Chartered Society of Physiotherapy Being Active with Diabetes: https://www.csp.org.uk/public-patient/keeping-active-healthy/love-activity-hate-exercise-campaign/being-active-long-10</p> <p>Diabetes And Keeping Active: https://www.diabetes.co.uk/exercise-for-diabetics.html</p> <p>Keeping Active With Diabetes: https://www.diabetes.co.uk/diabetes-and-keeping-active.html</p>

		<p>Move More: https://www.nhs.uk/oneyou/for-your-body/move-more/</p> <p>Supporting Professionals</p> <p>Helping People With Diabetes Get Active: https://www.diabetes.org.uk/resources-s3/2020-02/physical-activity-web-03022020.pdf</p>
<p>Weight Management</p>		<p>Self-management resources</p> <p>Easy Ways To Eat Better: https://www.nhs.uk/oneyou/for-your-body/eat-better/</p> <p>Ways To Lose Weight: https://www.nhs.uk/oneyou/for-your-body/lose-weight/</p> <p>Diabetes Food and Recipes: https://www.diabetes.co.uk/food-and-recipes.html</p> <p>Diet For Type 1 Diabetes: https://www.diabetes.co.uk/diet-for-type1-diabetes.html</p> <p>Diet For Type 2 Diabetes: https://www.diabetes.co.uk/diet-for-type2-diabetes.html</p> <p>Diet Guides: https://www.diabetes.co.uk/diet-basics.html</p> <p>Low Carb Diet: https://www.diabetes.co.uk/diet/low-carb-diabetes-diet.html</p> <p>Supporting Professionals</p> <p>Public Health England Changing Behaviour Techniques for Tier 2 Adult Weight Management Services: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/738214/adult_weight_management_changing_behaviour_techniques.pdf</p> <p>NICE Obesity In Adults: Prevention And Lifestyle Weight Management Programmes: https://www.nice.org.uk/guidance/qs111</p> <p>Public Health England Let's Talk About Weight: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/649095/child_weight_management_lets_talk_about_weight.pdf</p> <p>NHS England Low Calorie Diets: https://www.england.nhs.uk/diabetes/treatment-care/low-calorie-diets/</p>

Self-management resources

Blood Sugar Level Ranges:

https://www.diabetes.co.uk/diabetes_care/blood-sugar-level-ranges.html

Blood Sugar Converter:

<https://www.diabetes.co.uk/blood-sugar-converter.html>

Newly Diagnosed with Diabetes:

<https://www.diabetes.co.uk/newly-diagnosed.html>

Diabetes Apps:

https://www.diabetes.co.uk/diabetes_care/diabetes-iphone-and-android-apps.html

High and Low Blood Sugar Levels:

<https://www.diabetes.co.uk/high-low-blood-sugar-symptoms.html>

Guide to Diabetes: <https://www.diabetes.org.uk/guide-to-diabetes>

Diabetes and Me Tool:

<https://www.diabetes.org.uk/diabetes-and-me>

Diabetes Learning Zone:

https://learningzone.diabetes.org.uk/?_ga=2.65397166.1060616524.1590161837-360139808.1573730215

Diabetes Stay In Touch Community:

https://www.diabetes.org.uk/how_we_help/community

Diabetes Local Support Groups:

https://www.diabetes.org.uk/how_we_help/local_support_groups

Learning To Look After Your Diabetes:

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education>

Diabetes Health Leaflets And Videos:

<https://www.easyhealth.org.uk/index.php/health-leaflets-and-videos/diabetes/>

Supporting Professionals

15 HealthCare Essential Checks:

<https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/15-healthcare-essentials->

Diabetes 10 Point Training:

<https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/diabetes-10-point-training>

Diabetes Self-Management Education:

<https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/diabetes-self-management-education>

Non Face to Face Clinic Guides:

<https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/face-to-face-clinics>

		<p>Older People With Diabetes: https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/carers-of-older-people-with-diabetes</p> <p>Eating Well Booklets and Leaflets: https://shop.diabetes.org.uk/collections/booklets-leaflets</p> <p>NHS RightCare Diabetes Pathway: https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2018/07/nhs-rightcare-pathway-diabetes.pdf</p> <p>NHS RightCare Pathway: People With a Learning Disability Who Have Diabetes: https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2017/11/rightcare-pathway-diabetes-reasonable-adjustments-learning-disability-2.pdf</p> <p>Delivering Personalised Care Planning As Part of The Annual Review: https://www.england.nhs.uk/diabetes/case-studies/improving-diabetes-treatment-targets-in-bedfordshire-delivering-personalised-care-planning-as-a-key-part-of-diabetes-annual-review/</p>
Foot Health		<p>Self-management resources</p> <p>10 Simple Steps To Prevent Foot Problems: https://shop.diabetes.org.uk/products/simple-steps-to-healthy-feet</p> <p>How To Look After Your Feet: https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet</p> <p>Putting Feet First: https://www.diabetes.org.uk/get_involved/campaigning/putting-feet-first</p> <p>Simple Steps to Healthy Feet If You've Got Diabetes: https://www.diabetes.org.uk/resources-s3/2017-08/Simple%20Steps%20to%20Healthy%20Feet.pdf</p> <p>Taking Steps Towards Good Foot Care: https://www.diabetes.ie/wp-content/uploads/2014/11/Taking-steps-towards-good-foot-care.pdf</p> <p>Taking Steps Towards Good Foot Care For At Risk Feet: https://www.hse.ie/eng/health/hl/living/diabetes/fcmodrisk.pdf</p> <p>Taking Steps Towards Good Foot Care For High Risk Feet: https://www.hse.ie/eng/health/hl/living/diabetes/fchighrisk.pdf</p> <p>What To Expect At Your Annual Foot Check: https://shop.diabetes.org.uk/products/what-to-expect-at-your-annual-foot-</p>

[check?_ga=2.128821516.1060616524.1590161837-360139808.1573730215](https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/feet)

Supporting Professionals

Improving Your Clinical Practice – Feet:

<https://www.diabetes.org.uk/professionals/resources/resources-to-improve-your-clinical-practice/feet>