

# **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 &<br>Summary of present and new referral pathways,<br>Derek Dunstone DOptom, Suffolk LOC               |
| 7.15pm | Pharmacist referrals; present & future,<br>Tania Farrow MRPharmS,   |
| 7.30pm | Eye referrals; a GP's perspective,<br>Prof. Kev (Kevork) Hopayian, MD FRCGP,<br>Primary Care Educator, East Suffolk |
| 7.45pm | Tea/coffee Break  |
| 8.00pm | Discussion workshops;<br>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

(1<sup>st</sup> 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

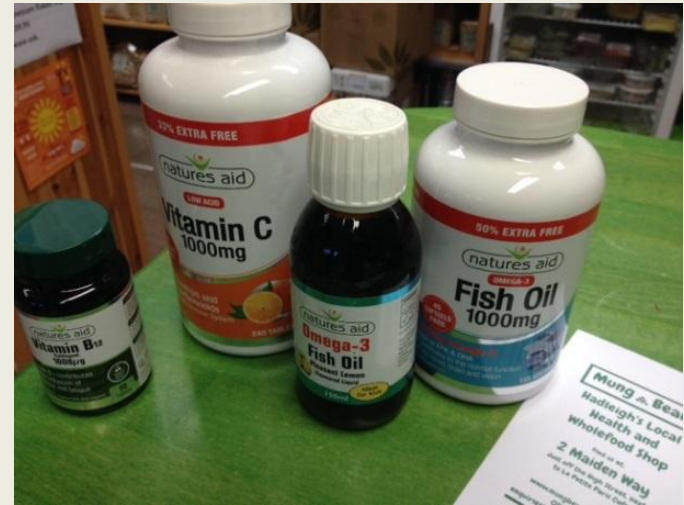
Glaucoma: Vitamins B12, C & E,  
Omega-3 fatty acids,  
Ginkgo biloba extract,  
Bilberry, Forskolin

(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 ([ipswichblindsociety.org](http://ipswichblindsociety.org))
  - WSVAB ([wsvab.org.uk](http://wsvab.org.uk))
  - ESAB ([esab.org.uk](http://esab.org.uk))
- Sensing Change ([sensingchange.org.uk](http://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](http://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](mailto: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:

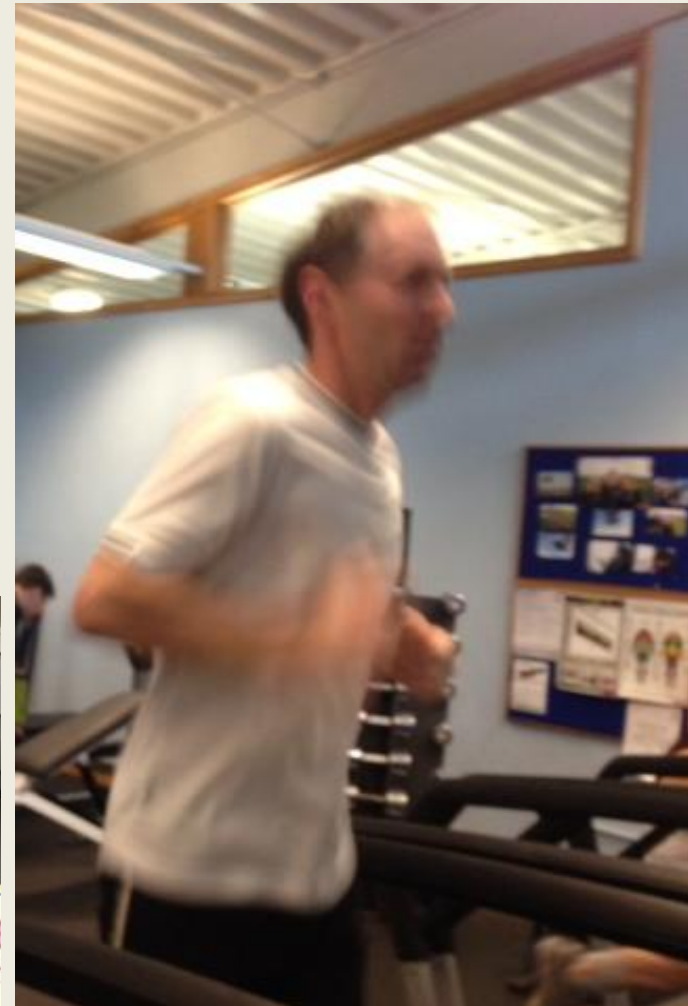
- Suffolk Healthcare Community, Care Co-ordination
- ActivLives
- GMP
- Customer First, Suffolk County Council Social Care Services

See [suffolkloc.org.uk](http://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