



Londonwide LMCs

The professional voice of London general practice

Long-term condition management resources for practice nurse teams

Practices may find the Covid-19 resources from GP notebook useful, various other organisations have produced resources to assist with the management of long-term conditions during the pandemic.

Asthma

To have at home:

Peak Flow Meter (FP10)

Inhalers and spacer

Access:

Asthma Control test

Asthma UK for advice and to print symptom / PF charts

Rightbreathe

Asthma apps include, but are not limited to:

Klara – pollen app

Asthma Tracker

SaniQ Asthma

Asthma Action Hero (kids)

Surgery online access for remote ordering of repeat prescriptions

Chronic obstructive pulmonary disease (COPD)

To have at Home:

O2 Sats Monitor

Inhalers and Spacers

Rescue Pack, if indicated

Not advised to use fans or nebulisers due to aerosol risk

Access:

MyCOPD (free licences nationally)

BLF for advice <https://www.blf.org.uk/>

Rightbreathe <https://www.rightbreathe.com/>

Stop Smoking Apps:

Smoke Free

Stop smoking tracker, etc

Surgery online access for remote ordering of repeat prescriptions.

Univadis summary of NICE key recommendations on COPD and Covid-19.

Diabetes

To have at home:

Blood glucose monitor and strips (if normally used)

All medications

Ketone meter, if appropriate

Equipment needed for insulin pump, if required/ appropriate

Access:

Diabetes UK advice

Diabetic friendly recipes

BBC Learning Zone managing diabetes

Diabetes apps, include but are not limited to:

mySugr

DiabetesPal

Diabetes:M

Desmond App (free during Covid-19)

Calorie counting apps may also be useful

Surgery online access for remote ordering of repeat prescriptions

Chronic kidney disease (CKD)

CKD and Ramadan

Hypertension

To have at home:

Blood pressure machine (preferably BIHS approved)

Medications

Access:

BloodPressure website for advice and support for patients

British and Irish Hypertension Society advice, downloadable Home BP chart and instructions for health professionals

Blood pressure apps, but are not limited to:

Blood Pressure Monitor

SmartBP

Surgery online access for remote ordering of repeat prescriptions

European Society of Cardiology resources on ACEi and Covid-19