



Coeliac Disease Care at The Chipping Surgery



Overview

The purpose of this guide isn't to teach you about what Coeliac disease is, rather to inform you about what is provided in the GP setting regarding the monitoring and review of your Coeliac disease.

What is a Long-Term Condition Review?

Many medical conditions require regular monitoring and assessment outside of the hospital setting. The long-term condition (or LTC) review is an appointment with one of the clinical staff at the practice, to go through your condition and ensure you are receiving all required regular care.

Every patient with Coeliac disease should have a yearly LTC review at the practice, usually done around your birth month.

What is Offered to a person with Coeliac Disease?

1. Nutritional screening
2. Symptom review
3. Height, weight, and BMI measurement
4. Condition specific blood testing
5. Pregnancy advice (if appropriate)
6. Vaccinations
7. Mood assessment
8. Assess whether it would be beneficial for a referral to a professional for further care regarding Coeliac disease.

Nutritional Screening

Coeliac disease can affect the absorption of certain nutrients from food; it is therefore important for a person with Coeliac to have a healthy varied diet to ensure they are meeting their specific requirements, as assessed by our clinicians during your review.



Complications of Coeliac Disease

Uncontrolled Coeliac disease can lead to multiple problems developing. If a person is eating gluten, the lining of a portion of the intestines is attacked by the body, leading to decreased nutritional absorption and associated problems. The biggest concern as a complication of Coeliac disease is when uncontrolled for a long time is the increased risk of the development of cancer (being Gluten free drastically reduces your risk of cancer with Coeliac disease).



Gluten free

Symptom review

The only definitive treatment of Coeliac disease is a strict adherence to a Gluten free diet. Occasionally, a person with Coeliac disease can have a flare up of symptoms either from having eaten gluten or from an associated condition. The purpose of reviewing your symptoms is to ensure your Coeliac disease is fully under control; if not fully controlled, triggers should be analysed, and the consideration of an associated condition having developed which would require further investigation.



Blood Tests

Monitoring of the affect coeliac has on the body is best achieved through blood tests. The blood tests are done to ensure sufficient nutrient levels, to check for related conditions that can occur (e.g. anaemia or some autoimmune conditions).



Vaccinations

People with Coeliac disease are more at risk of infections due to the development of a state called hypersplenism. Due to this increased risk, we recommend regular vaccination against common illnesses.

These are:

- The flu (influenza) vaccine **yearly**
- The Pneumococcal vaccine **5 Yearly**
- Meningitis ACWY if not had as part of childhood immunisations.



These vaccinations help to prevent serious illness that can occur if the specific bugs are caught.

Pregnancy (if appropriate)

Due to the increased requirement of nutrients of the body during pregnancy and the increased risk of malabsorption of these nutrients, a higher level of folic acid supplementation is recommended for Coeliac patients planning a pregnancy to help avoid associated foetal complications.

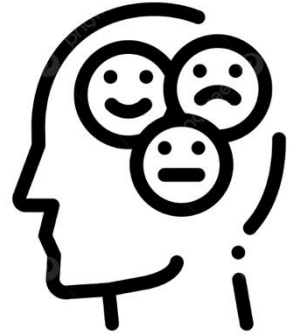


5mg Folic acid (prescription only) should be started 3 months pre-conception till at least the 3rd month.





Mood Awareness

As with any long-term medical condition, people with Coeliac disease are more at risk of increased anxiety, low mood and fatigue. If you are experiencing this and need further help, please book in with a GP to discuss management options.

It is also important to identify these as they could indicate a related complication to Coeliac disease.



Further Resources

- Patient.info – Coeliac Disease Diet sheet [web]  Patient
- Coeliac UK [web]  coeliacuk
live well gluten free
- Guts UK [web]  GUTS
UK!
- Nhs.uk – Coeliac disease [web]  NHS
- Mayo Clinic “Going Gluten Free” [book]
- “The First Year: Celiac Disease and Living Gluten-Free: Celiac Disease and Living Gluten-Free: An Essential Guide for the Newly Diagnosed” [book]