

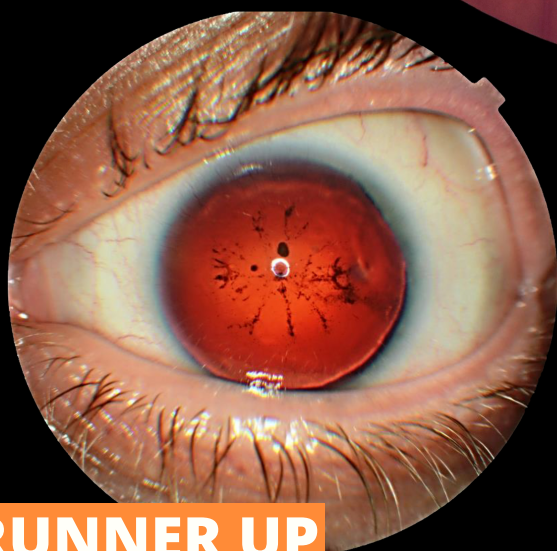
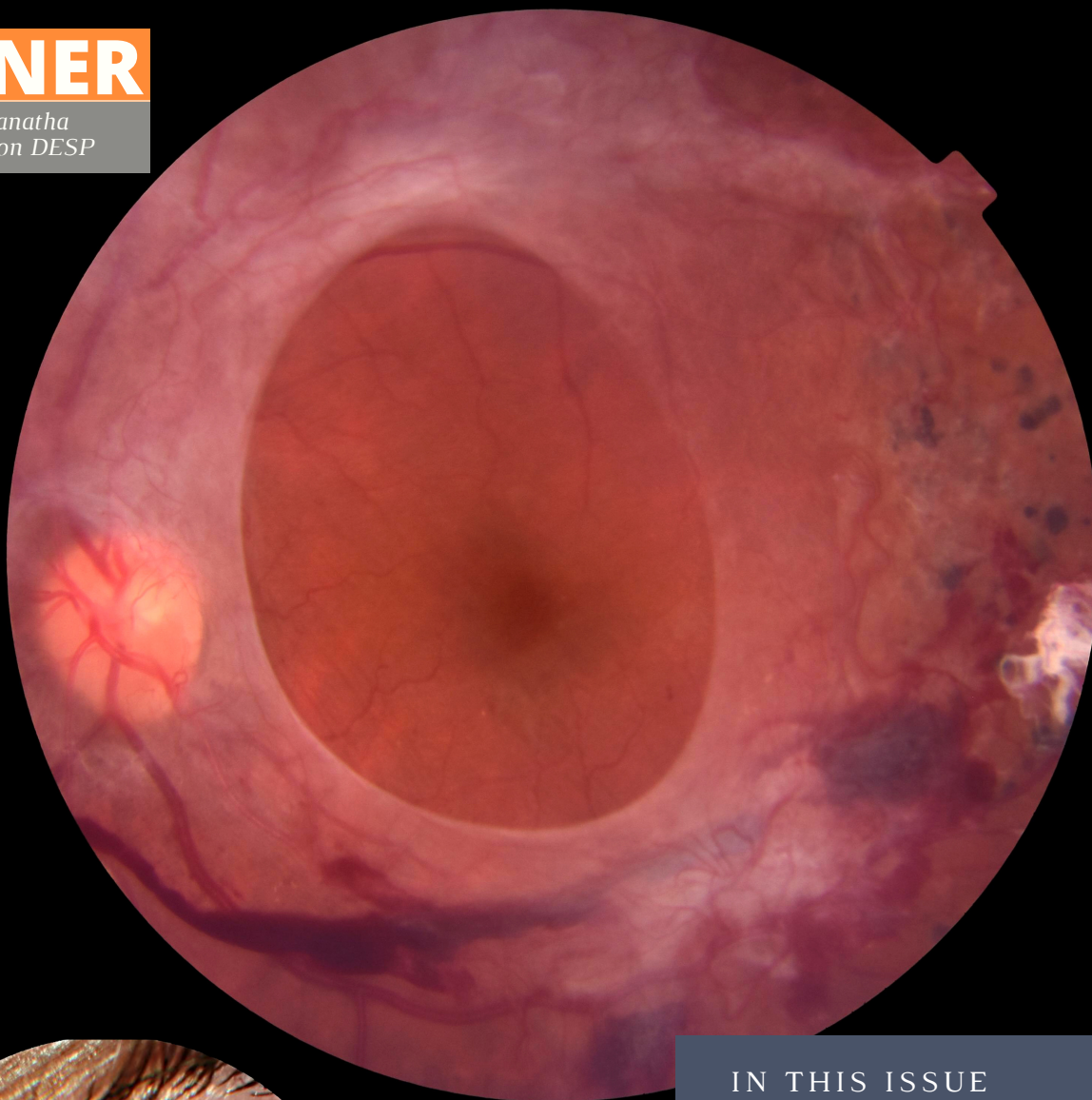
The BARS

BRITISH
ASSOCIATION
OF
RETINAL
SCREENING

Chronicle

WINNER

*Brindha Sivayoganatha
South East London DESP*



RUNNER UP

*Fiona Kenyon
North Mersey DESP*

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WELCOME!

A very warm welcome to the new BARS Chronicle. We aim to bring you the latest developments and events within diabetic eye screening. The BARS Chronicle will be published 3 times a year online in PDF format. BARS would love to hear what you've been up to so if you have any new ideas/innovations/projects that you would like to share with your fellow members then please get in touch. Email: admin@eyescreening.org.uk



NEW HORIZONS FOR IVETA

Iveta is all known to you as the long standing editor of the Diabetic Eye Journal and co-opted member of BARS council. She became involved in diabetic screening in 2010 having pursued medical imaging at University College London.



The Diabetic Eye Journal, first published in September 2013, was the brainchild of the Iveta and Jacqueline Mansell at the North Central London Diabetic Eye Screening Programme. Iveta has been the editor since inception and has developed the Journal into a platform for all those interested in diabetic eye screening around the world to share their experience, expertise and research.

Iveta has decided to move on to other exciting challenges and I am sure that I speak for everyone at BARS as I thank Iveta for her long and dedicated service and congratulate her on receiving the Lifetime Fellowship award.

Liz Wilkinson - BARS president



EXCITING CHANGES TO BARS

By Richard Bell and Charlotte Wallis

Change for wellbeing and the environment

by Richard Bell

When I was first elected on to the council in 2015 as the webmaster, I never envisaged in becoming a co-chair of the association. During my time on the council there have been many changes including a complete redesign of the website, the introduction of holding separate failsafe forums, introduced image sets in the education section of the website to assist with the health screening diploma and we have gained a new mutual partnership with Eye News.

With all the recent events of the pandemic which has taken its toll on many people including lives, one has to take a step back and have a rethink about what's important. Sustainability is key for BARS to move forward. BARS needs to reduce its carbon footprint and this is why we are changing the way we deliver our services to you in eye screening.



BARS Newsletter

The first change is the DEJ. The DEJ has always been produced bi-annually and available on the BARS website as well as being printed and sent out to all members. This will now cease and be replaced by a newsletter issued three times a year. The content of the newsletter will consist of smaller articles on relevant subjects within eye screening, give an update on upcoming events and provide a spotlight on DESP's. The newsletter will only be available on the website to download removing the need for printing.

BARS Conference

This now brings me to another transition which is moving to the virtual conference. This is a first for BARS and obviously came about because of the pandemic, but also the fact that if we didn't do something then we'd feel as though you were missing out. Two years without a conference is too long. The virtual format means that screening programmes are not having to lose two full days' worth of screening/grading as we know you'll still be trying to catch up. It also means that we are not putting you at risk being in an enclosed setting with over two hundred people. We know restrictions have been loosened but that aside we believed it would be for the best. Whether we do this in the future hasn't been decided yet as that may depend on how this one goes!! But one thing is guaranteed that next year the conference will be live and in Newcastle upon Tyne to celebrate our 20th Anniversary.

With that said, next year's conference will be different. I mentioned earlier about sustainability, so if you are fortunate to come then you will not receive a plastic folder with a badge/lanyard or conference brochure/agenda or pen/paper or a printed copy of the newsletter. Instead the brochure/agenda will be digitised to download from our website, the newsletter will already be on the website for you to read, the photography and poster competitions will also be digitised and on a separate screen to view rather than be printed, as we aren't providing pen/paper, if you wish to make notes please bring your own or use your phone/iPad/laptop. Finally we normally leave feedback forms, these will cease and to make suggestions or leave feedback this will be done via Mentimetre. We used this in 2019 and it worked well. This will be used during the conference for you to ask questions as well.

I hope you all agree that these changes are better for saving the environment/trees albeit if it is only small. As a council member we normally hold 4 council meetings a year with 3 face to face meetings in London, these are being reduced to 2 meetings with 1 of them being only for those council members involved in the conference set up. This will help reduce climate change by removing unnecessary travel for everyone. We do need face to face meetings as certain items cannot be discussed via Teams. The other meetings will be done via Teams. Our 4th meeting is always held the day before conference.

We hope these changes will take BARS further and we are always open to suggestions so if you have any then please get in touch via our email from the website: webadmin@eyescreening.org.uk

Logo

The final change, you may have already noticed, is a re-brand of our logo. We needed a fresh and more confident looking modern logo. The previous logo had been around for many years and people recognised it, but it was starting to look a little dated. We recently ran a competition for a designer to help with the re-design of the diabetic eye journal (DEJ) and we were fortunate to encompass Stacey Barbaccia as the winner. She has been a previous winner of the photography competition in the artistic category. Stacey was given the task of designing the new logo along with the new newsletter and this is what she has come up with!

Constitutional Changes

by Charlotte Wallis

Welcome everyone to the new BARS chronicle. As my fellow co-chair has said we've made some exciting changes which we feel will benefit our members and the environment which I'm hugely excited about.



In March this year we changed the constitution of BARS, which was voted on by our members to allow for a co-chair arrangement. BARS council acknowledged the amount of work and effort required to chair the organization and decided that a co-chair arrangement would allow for this to be shared. We can only admire our previous chairs for their dedication and hard work! We also think that a co-chair arrangement will bring a new dynamic to the organization. Having seen the enthusiasm and passion of my fellow councilors over the past 3 years I've been on council, I feel very privileged to now be co-chairing. Not only have I learnt from them, but I've also made some great friends. Thank you, gang, you're fantastic!

Part of the constitution now allows for different levels of membership:

- Associate - Trainee Diabetic Eye Screening (DESP) staff, any other professionals not directly involved with DESP, non DESP conference speakers, oversea applicants
- Member - Qualified professionals and non-clinical staff directly allied with DESP (i.e. those possessing a recognised qualification relevant to their specific job role). Other appropriate individuals under invitation from BARS Council. Other appropriate individuals approved by BARS Council subsequent to an unsolicited application.
- Fellow - Current or previous council member, life members, previous keynote speakers
- Life Fellow - Any Member or Fellow who has made a significant contribution to diabetic eye screening as agreed by BARS Council (replacing the historic category of Life Member).
- Corporate Member - A rolling membership awarded to any conference sponsor

Within council we've introduced a new student membership to give input on how we can serve new screeners and improve our resources.

And with that it's time to welcome our new members:

WELCOME



THANKYOU

- Kasey Mitchell
- Lynsey Scott
- Joe Scott

And thank our members who are leaving council following their 3-year term, we'd like to thank them for all their hard work and input:

- Rob Davis – Failsafe co-ordinator
- Jane Clayson – Diabetic Eye Journal assistant

We are introducing a code of conduct for councilors so that we can function in an open, transparent and inclusive way.

BARS Admin Certificate

This is going to be launched imminently via the GREG courses website. The admin certificate is designed for administration staff with modules on:



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- The principles of screening
- Information Governance, informed choice and consent in health screening
- Understanding the impact screening may have on individuals
- Quality assurance in screening
- Understanding diabetes and its relevance to diabetic eye screening
- Administration and patient management systems in diabetic eye screening programmes
- Exclusions and suspensions
- Communication in health care

It will include interactive learning with online quizzes and competency assessment. We would like to thank the GREG team for all their support in making this happen.

<https://www.gregcourses.com/bars-administration-certificate>

BARS TRIBUTE

Alison Byatt 1967 – 2021



It is with profound sadness and a heavy heart that we share with you the news that Alison Byatt, West Sussex Diabetic Eye Screening Programme Manager passed away on Monday 26th July 2021.

Alison managed the West Sussex DESP for 8 and a half years and was so passionate about her job. She was well-known and respected in her field of Diabetic Eye Screening. She was supportive of BARS and would send as many staff as possible to the BARS conference as she knew that attending was beneficial to those working within the Programme.

Alison was always there to help her team through the good and not so good times and always knew what to say, how to support us and treated each and every one of us as individuals. She was an amazing people-person and those that knew her knew she was the life and soul of any event or party.

Alison was very much loved by her colleagues; she always had a smile on her face and was always happy to have a chat. She was so proud of her children and would often update the team on how Sam or Katie were getting on.

She was an amazing woman who played a unique, special and important role in all of our lives. We not only say goodbye to our manager but our friend as well.

If you would like to make a donation to the St Barnabas hospice in Alison's memory or, leave a message please follow the link below.

https://www.reynoldsfunerals.co.uk/funeral/alison-byatt/donate/?charity_id=35

Here's to you Alison!

**"And in all the tomorrows we'll feel you – gone in some ways,
but your presence ever near"**

HELPING HEALTHCARE PROFESSIONALS WITH EMOTIONAL WELLBEING

Louise Cripps, Healthcare Engagement Manager at Diabetes UK, shares a new CPD resource to help you manage emotional wellbeing, not only in your patients, but also yourself



The problem

We know how tough it is at the moment for healthcare professionals. We also know that Covid-19 is putting extra stress on people with diabetes.

We saw an urgent need for resources to support diabetes healthcare teams, not only in caring for the emotional and psychological wellbeing of their patients, but also for their own mental health. That's why we've created an online CPD module for you all about emotional wellbeing. This module will support non-specialist healthcare professionals working with adults living with type 1 and type 2 diabetes.

We've heard how difficult it is to keep working during a pandemic, with many worried about issues like PPE and the impact Covid-19 could have on their own, and their family's, health.

We also carried out market research before the pandemic and we know that focusing our efforts on effective education for healthcare professionals can improve the quality of care for people with diabetes. Due to the Covid-19 pandemic, we know people living with diabetes:

- have reduced access to NHS services and are cut off from their support networks
- are twice as likely to suffer depression
- will be adversely impacted by government restrictions and have increased levels of anxiety. Some have shared that they are feeling 'scared' or 'terrified' and that 'my mental health is being destroyed'.

So we created an online module to provide you with the resources and knowledge you need to better support the emotional and psychological wellbeing, not only of people living with diabetes, but also your own.

Dr Alex Berry, content lead for the module, and Engagement Lead for the National Diabetes Audit at Diabetes UK, said: "Designing this module started with the knowledge that having a diabetes workforce who know how to support people's psychological wellbeing will have a massive impact on diabetes management. This module is designed to help you understand how to apply the skills you already have and build confidence in those areas you need more experience in."

We know that many healthcare professionals feel less confident in supporting the emotional and psychological needs of people with diabetes. This is compounded by time limitations, long patient lists and conflicting priorities.



Our solution

We recognise that you need to have the right knowledge and tools to confidently support people with diabetes and help them to live well with their condition. To do this, we have developed a groundbreaking digital offer to support you. Using our sector-leading approach of putting people living with diabetes and their healthcare teams at the centre of content development, along with our expertise, we have ensured that this online module meets a real need.

This module takes you on a learning journey and equips you with the knowledge, information and confidence to support people living with diabetes with their emotional and psychological wellbeing. This tool will make sure you have everything you need to have confident and effective conversations about mental health and emotional wellbeing with your patients.

contacted patient representatives with diabetes to review it.

Karen Davies, a nurse and clinical advisor working at Diabetes UK, shares her thoughts on supporting the creation of this module:

"As a dual-registered general and mental health nurse with 37 years' experience in healthcare, I have never known a time when emotional and mental wellbeing has been more important than now.

"We are all experiencing this pandemic together, but in different ways. Some people are experiencing challenges like isolation, employment and childcare concerns, and health concerns, which all test resilience and increase anxiety. These Covid-19-specific concerns are in addition to, and may magnify, pre-existing diabetes burdens and concerns that the person

“I feel less confident dealing with psychological problems... [I] want to pass them on as quickly as possible. I don't have the training to deal with them”

Diabetes specialist nurse

How we did it

To create this resource, we formed a working group with subject matter experts including some of our in-house nurses, dietitians and counsellors. We also worked closely with healthcare professionals from different regions and specialisms who reviewed our initial ideas. We were overwhelmed with the number of responses we received, with many healthcare professionals commenting on how vital training that focuses on emotional wellbeing is, especially during the pandemic. We then incorporated their comments into the module and worked with a digital agency to transform this into online learning. We asked the same group to help us review the final module and also

with diabetes and their family may be experiencing.

"This module is a timely resource that acknowledges the toll the pandemic has had on our healthcare professionals. Thank-yous, clapping and gratitude are short lived as staff adjust to fatigue and burnout from their experiences. That is why a section of this module focuses on your emotional wellbeing. Just like this virus, emotional wellbeing is something that needs monitoring and surveillance in our diabetes community, work colleagues and ourselves. Just as we are changing behaviour to reduce Covid-19 risk through social distancing, washing hands and wearing masks, so too should identifying and monitoring ►

emotional needs be common practice for ourselves and our patients.”

Some of the core learning aims of the module are to:

- enable you to confidently talk to your patients about emotional wellbeing, irrespective of their age, gender or ethnicity
- help you to explore coping strategies, mindfulness and practical, everyday responses to supporting both yourself and people living with diabetes
- equip you to explain how stress, anxiety and depression can have a negative effect on your patients' diabetes management.

How it will help

We know there is a huge need for resources to help you confidently support the psychological and emotional wellbeing of people living with diabetes. By focusing on this topic as our first CPD module for healthcare professionals, we want to create positive change by increasing your:

- knowledge and confidence, to better equip you to talk about emotional wellbeing with your patients (including

when to refer people to specialist services)

- understanding of the range of mental health problems that people living with diabetes may experience.

We are so grateful to everyone who helped us create this module, including all those at Diabetes UK, NDP Studio (the digital agency we worked with), our consortium of funders, people with diabetes and the healthcare professionals. They all gave us their time to ensure this module would be a useful resource to support you to provide the best care possible to people with diabetes.

Future plans

We are now working to create further modules to add to our Diabetes UK CPD online learning platform, on areas like technology and research, medicines and remission, to support healthcare professionals working in diabetes to provide better care. Look out for further updates as we plan to launch these later in the year.

The Diabetes UK CPD – Emotional

Wellbeing module for healthcare professionals has been developed by Diabetes UK, kindly supported by a consortium of grants from our partners: Eli Lilly, Abbott and Boehringer Ingelheim. These partners have not developed or organised this content.

Visit diabetes.org.uk/up-cpd to try it for yourself. The module should take about 1.5 hours to complete and you will then receive a certificate that you can use for your CPD. We are keen to understand how this course impacts outcomes, and so we will also contact you after you have completed the module with some reflective learning questions. This will help with your revalidation, and help us better understand how the training has impacted your interactions with people with diabetes. It is still in the beta phase and we would appreciate your feedback by filling in the form on the site.



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