



PATIENT CARE		
<b>Ongoing needs</b> <ul style="list-style-type: none"> <li>Subset of LD patients report ongoing symptoms</li> <li>May be prolonged, mild or severe</li> <li>Pragmatic, regular review of progress – new/existing issues, holistic, multifactorial</li> <li>Tailored investigations</li> </ul>	<b>Clinical support</b> <p>May require:</p> <ul style="list-style-type: none"> <li>Secondary care referral</li> <li>Specialist physiotherapy</li> <li>Occupational therapy</li> <li>Mental health support</li> <li>Pain management</li> <li>Pacing important for recovery</li> </ul>	<b>Functional impact/disability</b> <ul style="list-style-type: none"> <li>Minority but important</li> <li>Loss of independence</li> <li>Assistance needed in daily living</li> <li>Compensation: doing things more slowly, use of aids</li> <li>Consider impact on carers</li> </ul>
<b>Psychological impact</b> <ul style="list-style-type: none"> <li>Uncertainty, frustration due to unpredictable course of illness</li> <li>Sense of loss of former health</li> <li>Reduced self-esteem, low mood</li> <li>Impact of uncertain diagnosis</li> </ul>	<b>Social impact</b> <ul style="list-style-type: none"> <li>Challenges accessing education</li> <li>Impact on employment/career</li> <li>Effect on income</li> <li>Interpersonal relationships</li> <li>Social loss and isolation</li> </ul>	<b>Other support</b> <ul style="list-style-type: none"> <li>Signpost to <u>support organisations</u></li> <li>Education</li> <li>Occupational health/<u>Access to Work</u></li> <li>Social services</li> <li>Social prescribers, Citizens Advice</li> </ul>

PRIMARY CARE EDUCATION		
<b>Practice team</b> <ul style="list-style-type: none"> <li>Tick and Lyme disease awareness – whole practice</li> <li>Discuss with clinician if Lyme is a possibility</li> <li>Access to, and correct use of, <u>tick removal tools</u></li> <li>Awareness that EM rashes can be mistaken for insect bites, allergy, ringworm</li> <li>Promote accurate coding and audit</li> </ul>	<b>Primary care clinicians</b> <ul style="list-style-type: none"> <li>Training for staff on tick bite prevention and removal</li> <li>Awareness on signs and symptoms</li> <li>Advice that occupationally acquired Lyme disease requires a <u>RIDDOR</u> report</li> <li>Resources</li> <li><u>NICE CKS - LD</u></li> <li><u>RCGP e-learning module</u></li> <li><u>UK Govt LD Resources, Guideline</u></li> <li><u>Scotland LD Resources, Guidance</u></li> </ul>	<b>Practice population</b> <ul style="list-style-type: none"> <li>Focus on prevention: posters, waiting room screen, website</li> <li>Consider specific high-risk groups, e.g. outdoor occupations/hobbies, rural/semi-rural residents/schools</li> <li>Resources: <u>UKHSA awareness</u>, <u>NHS Inform</u></li> <li><u>Lyme Resource Centre</u></li> <li><u>Lyme Disease UK</u></li> <li><u>Lyme Disease Action</u></li> </ul>

TICK AWARENESS AND DISEASE PREVENTION		
<b>Understanding tick risk</b> <ul style="list-style-type: none"> <li>Ticks occur <u>across the UK</u> and worldwide.</li> <li>Ticks are tiny, bites painless and easily missed</li> <li>Attach to and feed on passing hosts - mammals &amp; birds</li> <li>Approximately 4% of ticks in the UK are infected with <i>B. burgdorferi</i></li> <li>Ticks can carry other bacteria, viruses or protozoa, leading to <u>other tick-borne diseases</u></li> <li>No minimum duration of tick attachment to transmit infection but risk increases with attachment length</li> <li>Be aware of <u>alpha-gal allergy</u> – a food allergy triggered by a tick bite</li> </ul>	<b>Tick bite avoidance</b> <ul style="list-style-type: none"> <li>Blood-sucking arachnids found in vegetation in rural and urban areas, parks and gardens</li> <li>Wear light-coloured clothing (easier to spot a tick), long sleeves, tuck trousers into socks</li> <li>Use insect repellent</li> <li>Keep to paths – avoid long grass</li> <li>Check for ticks after being outdoors – especially the head and neck area in children, including the scalp</li> <li>Children usually bitten above the waist</li> <li>Check pets for ticks – including between paw pads and around eyes</li> </ul>	<b>Tick bite management</b> <ul style="list-style-type: none"> <li>Carry and use tick removal tools</li> <li>Remove attached ticks promptly and correctly</li> <li>Clean the area with an antiseptic wipe</li> <li>Traumatic tick removal increases the risk of infection</li> <li>Do not cover in oil/gel</li> <li>Monitor bite area</li> <li>Photograph and date any rash</li> <li>Know signs of LD and seek medical advice early</li> <li>Ticks can be sent to <u>UKHSA tick surveillance</u> scheme</li> </ul>