

## Clinical Effectiveness South-East London (CESEL) update – November 2022

### “Making the right thing to do the easy thing to do”

Welcome to the latest Clinical Effectiveness South-East London’s (CESEL) update.

CESEL is designed and delivered by primary care, for primary care. Funded by the ICB and PCNs, CESEL includes clinical leads from each of the south east London (SEL) boroughs.

All our resources – guides, educational links and updates, can be found on the [webpage](#) (or search Google: ‘CESEL’)

**CESEL is an offer, not an ask.** Led by local clinicians we aim to make *‘the right thing to do the easy thing to do’* for busy general practice teams

CESEL have delivered over 80 **practice and PCNs ‘visits’** across SEL, to support best practice in hypertension and type 2 diabetes. Please [email the team](#) if you would like to book a visit for your team.

The CESEL **Type 2 diabetes guides** have been updated and [published](#) to reflect latest IMOC and NICE guidance for HbA1c management and SGLT2 inhibitors.

A **Chronic Kidney Disease (CKD) CESEL guide** is being developed collaboratively with SEL Medicines Optimisation Team, and supported by the London Kidney Network (LKN). The guide will include the latest evidence for good practice, local care pathways and recent prescribing changes, in a format that can be used in a busy surgery. The team are also scoping the development of an **Asthma Guide** and a **Depression and Anxiety Guide**, for 2023, and will continue to engage PCNs to ensure that embedding best-practice for clinical areas, is prioritised by local need.

A **CESEL report** captures the activity, achievements, and challenges in CESEL’s first 18 months, to support and inform development and future delivery of CESEL’s support offer to general practice teams and PCNs.

For more information on the latest CESEL resources or find out more about how CESEL can support your practice, please go to the [CESEL web page](#) or [email the team](#).