

## Pennine GP Learning Group

### Minutes of meeting

**Date: Tuesday 16th October 2018**

**Time: 7.30 - 9.30pm (2 hours)**

**Topic: Lyme disease: A summary of NICE Guidance April 2018**

**Members present:** Dr Rukhsana Hussain, Dr Susan Creegan, Dr Oore Shonubi-Sadiku and Dr Ainie Chaudhry

1. Dr Creegan shared that she had learned from a neurologist about a condition called "gluten ataxia" and wondered if we had heard of it. This was new to all of us. This is a condition in which cerebellar damage occurs due to the body's reaction to gluten and is not related to the vitamin and mineral deficiencies that can cause neurological symptoms.
2. Dr Hussain updated the group regarding the outcome of the recent LMC meeting she had attended.
3. Dr Hussain presented **Lyme Disease: A summary of updated NICE guidance April 2018.**

We discussed relevant cases that we had seen.

Dr Hussain shared a picture of the varying sizes of ticks. She hadn't realised that they can be very small and hence a tick bite could be easily missed.

We learned how to correctly remove a tick and the PHE guidance regarding raising awareness of Lyme disease.

We learned that Erythema Migrans is very specific to Lyme Disease and that patients with erythema migrans can be treated without need for further testing. Several members of the group mentioned they would usually treat and test for *borrelia* serology and so this would change their practice going forward.

It can take up to 3 months for the rash to become visible after tick bite. We were not aware of the length of time after a tick bite that we as GPs should remain vigilant regarding the possibility of Lyme Disease.

Testing should be done in those who have clinical symptoms and signs which may be in keeping with Lyme Disease but don't have Erythema Migrans. A negative test doesn't necessarily rule out Lyme Disease.

We discussed NICE recommendations regarding antibiotic treatment of Lyme Disease. NICE recommends longer courses of 21 days Doxycycline in comparison to most other guidelines.

Dr Hussain mentioned that she would usually follow the BNF dosing but would issue longer courses in future as per the rationale given by NICE.

## **Action Plan**

1. Dr Hussain will upload the presentation and minutes to the website and share the link with the WhatsApp group.
2. Dr Hussain to confirm the date and venue for the next meeting.