

## Clinical Effectiveness South-East London (CESEL) update

June 2025

**“Making the right thing to do the easy thing to do”, for busy GP teams**

CESEL is a quality improvement programme, providing resources and help to improve health outcomes and reduce variation and inequalities for our local population.

The team includes clinical leads from each of the south-east London (SEL) boroughs.

CESEL guides, educational links and updates, can be found [here](#). You can also [email the team](#) to arrange a visit, share any feedback or find out how we can support.

### CESEL Guides

A [new SEL Diabetes Guide](#) has been published. A launch event is scheduled for Thursday 19 June (1 – 2pm). Staff can register to attend, [here](#).

### Impact report

CESEL have published an [end of year report](#). Well done to practices for their efforts during a challenging year.

### Community Blood pressure check protocol

CESEL has worked with partners to help develop a Community Blood Pressure Tool, to support community group to work with local clinical team to help detect and manage high blood pressure. Details are available on the [CESEL web pages](#)

### Vital 5

Building on the launch of the [Vital 5 Guide](#) in 2024, the team offers tailored training and support for 5 key preventable factors that contribute to poor health - smoking, weight, high BP, alcohol and low mood.

### Shaping and improving the CESEL offer

CESEL are exploring how it can support the needs of Integrated Neighbour Teams (INT). A sustainable resilient general practice is key to the success of INTs, and the team are keen to maintain its support to practices whilst support for INTs is developed.

Teams that start their improvement work early on the QOF year often achieve the best results and patient care. Please [contact us](#) if you would like a CESEL visit to your practice or PCN, to support.