

Notes from 3rd Feb 2020 PPG evening

Attendees:

Dr D Jackson (DJ)
Dr J. Jackson (JJ)
L. Plumpton (LP)
A Plumpton (AP)
B. Mayne (BM)
B. Haslam (BH)
P. Leyland (PL)
D. Wightman (DW)
C. Clarke (CC)
A. Jones (AJ)
D. Gladman (DG)
C. Gladman (CG)
L. Rawlings (LR)

Apologies

B.Jackman (BJ)
T. Underwood (TU)

Presentations available online

Carers Update

TU was unable to attend so AP gave an outline of the Carers support. There are issues that people do not recognise themselves as Carers. Looking after Relatives, Partners and Neighbours classifies you as a Carer. The Barwell Carers Group meets every 2nd Tuesday of the month between 7pm and 8.30pm. There are more details in the next edition of the Practice Newsletter, out in a few weeks' time. A similar group meets at the Gwendoline Community House, Wykin, the last Monday in the month 1pm -3pm.

Both groups meet and chat but occasionally they put on a learning new crafts event. They chat and decide as a group what they would be interested in learning. Everybody is welcome to bring their own projects along. At the Wykin group there are plenty of craft materials at the house if anyone wants to create anything. It's a real sharing skills group. Some prefer just to come for the chat and tea which is also fine.

It is important you let your surgery know you are a Carer so this can be added to your medical record. This enables certain benefits to kick in such as Free Flu jabs

WELL Pharmacy Barwell

It has been raised that there had been a lack of privacy in the Pharmacy when patients were asking about their medical condition. The Pharmacy has pointed out that patients can ask to speak to the Pharmacists in private and a room is made available. There should be notices in the Pharmacy informing patients of this. Please ask at the counter if you want to make use of this.

An issue was raised by a patient concerning long term repeat prescriptions. At the moment medication can be collected for 28 days and no more. It was being asked that this be extended to 56 days or the equivalent of 2 months medication.

DJ explained that this was up to GP's to prescribe but that advice from the Clinical Commissioning Group (CCG) was to not do this to prevent wastage of medication.

Alternative options

- If a patient orders online this should prevent the necessity of repeatedly coming down to the surgery.
- If the prescriptions are long term then move to Repeat dispensing and the surgery will send 12 months of prescriptions to the Pharmacy of choice

Reversing Type 2 Diabetes – Dr D Jackson (Slides of the presentation are available on the PPG website)

It is important patients know that Type 1 cannot be reversed but Type 2 can with a change in life style. In most cases patients over 35 years of age are susceptible to Diabetes but some patients younger than this get it. Being overweight increases the likelihood of a person getting the disease. Numerous websites (see presentation) give advice. It was explained that in 20 years 10% of Barwell and Hollycroft patients will have Diabetes. It was suggested that a group of Diabetes patients might like to set up a self-help group under the guidance of DJ. If you suffer from Type 2 Diabetes and would be interested in getting involved in this please leave a message at reception for Dr. D Jackson with your contact details.

Action – Patients contact Reception if interested

It was also suggested that a session teaching people how to deliver CPR (Cardio Pulmonary Resuscitation) for people who are present when a person has heart attack would be useful.

Action – DJ to see if there is anybody on the staff that could lead a CPD training course.

Sleeping Well – Dr J. Jackson

A number of websites are available with support for helping to improve a person's sleep (See presentations)

7½ hrs a night on average is what an adult needs

JJ explained that sleep is divided into stages and for a good night's sleep a person needs to go through these stages around 5 times a night. Sleep deprivation can lead to High Blood Pressure, memory problems and mental health issues.

Food intake can impact on sleep. It is advised that no caffeine drinks are taken after 2pm.

No heavy meals before bedtime. Avoiding Blue light in the bedroom can help. This is the type of light given off by computer tablets and phones.

More details on the PPG website.

AOB

Hinckley and Bosworth Health Care Project

AP explained about the progress of the H&B Healthcare project – started in 2014. This outlines the plans for refurbishing the Hinckley health Centre, new Endoscopy suite - Cancer accredited, new X-Ray facilities and moving of the Out of Hours service to Hinckley Health Centre (Centre Surgery) This last improvement has already happened all OOH service now at Centre Surgery. A replacement X ray machine is being purchased as a matter of urgency as

the previous one has become unsafe for staff to use. In line with NHS rules a Public Consultation will take place in the next few months to finalise the plans and release the funds from NHS England.

Look out for posters and leaflets advertising Road Show events for patients to come and ask questions about the plans and make suggestions. If you are a member of an organisation who would like detailed information about the plans then please let Alan Plumpton know – leave a message and contact details at Reception.

Telephone Befriending

We now have 16 Volunteer Befrienders who have a Befriender to call on a regular basis. We have had good feedback from all concerned. Eligible people have been identified by GP's, or LAC's (Local Area Coordinators – Bev Haslam - Hinckley and Kerry Smith –Barwell and Earl Shilton). Pick up a leaflet in the surgery for more details or visit the Facebook page by searching for Barwell and Hollycroft Befriending Service.

NHS APP

There is now an NHS APP which allows you to book appointments and check appointments past and present. Abbreviated medical records are also there. Visit your App Store and follow the instructions with the app to prove your identity. The APP also connects with the NHS database of illnesses for you to check symptoms

Social Prescribers

The Practice is now part of what is called a Primary Care Network (PCN). This links us with three other surgeries

- Burbage
- Orchard Medical Centre – Broughton Astley
- The Old School Surgery – Stoney Stanton

As well as enabling surgeries to work together with funding from the NHS this will also enable extra roles to be taken up by staff such as Social Prescribers. These people will work between the 4 surgeries providing support for patients of a non-medical nature. Health professionals will identify patients who have non-medical issues and the social prescribers, along with the long established LAC's (Local Area Coordinators), will work with the patient to help them overcome the issues they have.

A Clinical Pharmacist has also been appointed to work between the surgeries enabling patients to have a medicine review undertaken. This enables patients who are on large numbers of drugs and treatments to review these to ensure they are on the best combinations.

A request was made for suggestions for guest speakers and topics. Please contact Alan Plumpton on alanplumpton@aol.com or leave a message at reception for Alan's attention

Next Meeting 11th May 6.30 until 8pm at Barwell Surgery