

GREENWOOD SURGERY

Patients Participation Group meeting minutes Tuesday 26th June 2018 1pm-3pm

Those Present: Linda Denston, Bob Denston John Cormack (part), Bill Lewis, John Phelps, Bob Spence, Gill Hubbert, Ray Arthur, Karen Bache, Peter Wyatt, Janet Wade (part) Ian Gillard.

Guest: Barbara Warner Blesma

1. Reviewed last minutes (17th April 2018) no issues outstanding that were not carried forward on this meeting's agenda or discussions.
2. **DNA's:** It was agreed that we would now review on a need to basis, BS to continue to circulate. (to the group please Bob) John P to raise at the next PRG and give example of how we track DNA's in the hope that other surgeries adopt the approach and therefore giving us a bench mark. PW raised the point that putting a £ value against the number of DNA's may even further focus the mind. Ian G pointed out at the last calculation the surgeries productivity is reduced by c£9,500 per annum.
3. **Donation monies:** Also please see point 8. Currently the pot stands at £6,700. The group voiced their concern at the amount of time it's taken to spend the money. It was agreed that as a matter of urgency the 3 following items are sorted. Lighting in the nurses consulting room, new air conditioning unit, outside light repaired.
4. **Patients Representative Group:** John P will circulate the last meeting minutes as soon as available. He will also take up the various point's minutes at the next PRG meeting.
5. **Patient Task Force:** Concern raised at the lack of progress this group is making particularly regarding info on the new build surgery and funding in SWF. Following circulation of the notes from the meeting with the MECCG on the 17th April Linda D and Ian G, that were in attendance, questioned the accuracy of recording what seemed like a positive meeting at the time. John P will chase Dan Doherty MECCG for a further meeting, although there are still a number of outstanding issues to be actioned by DD.
6. **Linda D** spoke about the benefits of a Well Being clinic being put in place at the new build. (Linda if your notes are typed up please circulate to the group) Ian G has supplied Dan Doherty with a list of medical services currently offered by the town's three surgeries and The Clinic, which clearly should be the starting point of services at the new build surgery. Karyn B pointed out that she felt space was going to be at a premium at the new facility. Peter W also pointed out the proposed new estate, north of the Burnhm road, will create an additional c 5000 additional patients which will have to be accommodated at the new facilely in due course. Please see page three for further details regarding Linda's initiative.

7. **Gill H** explained to the group her excellent initiative of offering virtual support to cancer sufferers. (Gill please circulate to the group the flyer you've prepared) Bob S and Peter W advised that they would place it on the surgeries Webb site and town councils respectively, also Peter W will have the flyer placed in the 7 town notice boards. Ian G will write to the SWF H&SCG and ask if they can include on their Webb site and hold a public meeting. It was agreed that the donation pot monies could be used to help publicise this initiative. Gill please discuss with Sian. Please see attached windows version of Gills flyer that was handed out at the meeting.
8. **Barbara Warner from Blesma** gave us the background to her organisation. Barbara has a wealth of knowledge regarding fund raising and shared a number of very valid points with the group. Always keep a reserve fund for the unexpected, Dr John and Sian T to draw up a wish list of items and their costs, split into two groups, Patient comfort, Clinicians equipment. Once the level of the donation pot is reduced to circular £2000 Barbara kindly offered to help with our next fund raising activities.
9. **PPG future activities**, due to time restraints a brief discussion regarding future activities and the vision for the PPG took place. Certainly Linda's point 6 and Gill's point 7 are great initiatives. If anyone has any ideas other than fund raising please let me have them in time for the next meeting.
10. **Patients' instructions on prescriptions** are still a matter of concern as they are quite confusing to the patient, Dr John to discuss with new Prescription Clerk Steph to see how they can be more user/patient friendly.
11. **Test results:** Bob S advised that the new system is working very well, well done to all concerned.
12. **RCGP Report:** Dr John is working his way through this document and will reply to it in due course.
13. **AOB:**
 - a. Ray A pointed out the the CCG's Engage Magazine never makes mention of SWF and doesn't even include us on the map! John P to raise at the next PRG.
 - b. The internet PUSH Doctor was discussed, Karen voiced concern the prescriptions were being issued with no medical background or follow up.
 - c. Bill L mentioned the police mediation service was looking for volunteers.
 - d. The PPG welcome Karen Simpson prescribing Sister to the practice
 - e. Dr John circulated a spread sheet regarding funding within the MECCG and SWF which clearly demonstrates both levels of payment are well below the national average for the MECCG and SWF payment being well below the MECCG average payment ☺

Next Meeting Tuesday 25th September 2018 1-3pm

Ian Gillard Chair 26th June 2018

Wellbeing Clinic for New Health Centre by Linda Denston

Following on from the meeting with Dan Dogherty and the 'Live Well hub', we have been asked by Mid Essex CCG for our suggestions on how we would like to see the hub operate.

I would like to suggest a Wellbeing Clinic.

NHS England promoted Wellbeing as being the first stage of their presentation so having a clinic at the new surgery would surely fit in with this view.

We all know that obesity and diabetes are both a great strain on the NHS as well as excess alcohol abuse and nicotine. There have been quite a number of programmes recently on the TV relating to diet and healthy eating. There is obviously a push to get the general public to take steps themselves – before it is too late!

Also, in the first instance, do certain pills need to be prescribed, ie sleeping pills, for someone who is having trouble sleeping? I have recently read 'Why we Sleep' by Prof Matthew Walker which was extremely interesting. It's really shocking the amount of physical and mental problems the lack of sleep can cause!

You may also have seen Dr Chris Van Tulleken recently on BBC1 discussing the rise in children with ADHD and also teenagers with depression and the possible side effects of certain pills that are prescribed. In both examples there may be other courses of action to go down before prescribing pills. GPs are under pressure to see patients as quickly as possible and perhaps don't have the time or resources to look at alternatives. Perhaps referring suitable patients to a relevant clinician may be the first step?

How can a Wellbeing Clinic help?

A Wellbeing Clinic based at the new building would support all three Surgeries. Obviously it would be down to the GPs to decide the type of support they would need but perhaps a nutritionist would be a good start. If results from a blood test for example shows high cholesterol or pre diabetes levels the patient could be referred to the nutritionist in the first instance to help with a healthier life style and hopefully stopping the slide into diabetes.

We know that children and young adults are constantly using screens of all types and sometimes late into the night resulting in sleep deprivation. Apparently, the signs of ADHD are very similar to those which young people develop who are continually online gaming and not getting enough sleep. Perhaps a clinician with an insight into sleep deprivation would be the first call before prescribing pills for ADHD? Having a room where a number of professionals could use on a part time basis may well save a considerable amount of money for the Mid Essex NHS Trust in the long run.

I could go on but this just gives a couple of examples where a Wellbeing Clinic could be a great addition to South Woodham Ferrers.