

Haughton Thornley Medical Centres

Patient Participation Group

Minutes of Meeting held on 22nd January, 2019

In the Health Promotion room at Thornley House Medical Centre

Present: Dominic Sexton (Acting Chair), Ingrid Brindle (Chair), Cathy Dobson (Secretary), Jen Mellor, Don Hunter, Deborah Smith, Harry Newman, Dr Hannan, Dr Gutteridge

Apologies: Phil Barker, Roger Paul, Kath Mills, Yvonne Bennett, Glenys Mottram, Olive Harper, Mary Goodliffe

1. Dominic welcomed attendees to the meeting. Ingrid was temporarily taking a back seat.
2. The minutes of the last meeting were approved.
3. Matters arising.
 - a. Last minutes point 3a, referring to whether blood results have been reviewed by a doctor when they appear in a patient's online record. The results appear on the patient's record when they have been checked by a doctor. Where follow-up is required this will be actioned on the same day.
 - b. Last minutes point 3c, co-codamol prescribing. A letter has been sent to all patients on co-codamol to tell them that their medication will be changed for other medication. This applies to patients in the whole area, not just this practice. There is a wider programme to reduce prescriptions of opioids, which are addictive and can cause death. The practice is trying to raise awareness of alternatives to medication, such as exercise. Those who need pain medication will be offered alternatives and those with complex needs will be offered psychological interventions.
No changes are being made immediately and patients on opioids will not have them removed without warning.
 - c. Last minutes point 5a, vitamin D. Dr Hannan has added information about [vitamin D](#) to the practice website. This includes guidance about causes of deficiency and treatment, including supplements and exposure to sunlight. In response to a question about whether updates to the website can be communicated to all patients, Dr Hannan said that they could, but this might make patients opt out of receiving information if they get too many notifications.
For those concerned that they might be deficient they should contact the practice. If looking up information online make sure that reputable (NHS) websites are used (use links from the practice website).
4. Practice Matters
Dr Hannan talked about the introduction of volunteers into the practice to help people sign up for access to medical records.

He also pointed out the improvements that have been made to the waiting room, such as scents, cushions and fish. This is to provide a better atmosphere along the lines of the concept of [hygge](#).

Soon the 'Altogether Better' project will be moving in to this area. There will be invitations for volunteers to work directly with the practice to improve wellbeing through, for example, groups that patients can join to follow interests, take part in hobbies, learn new skills. There will be signposting to community groups. This should benefit the volunteers as well as those receiving the service. The aim is to get patients more involved in the services that affect them.

On these lines, Harry was very complimentary about the help he has had at [Active Hyde](#).

5. Questions for doctors

- a. CBD oil. Once patient has tried this oil taken orally for pain, and has found a beneficial effect. Questions: is it a good thing to take and can it be prescribed? CBD oil is a supplement source from cannabis. Although cannabis can be prescribed now this can only happen in very limited circumstances. CBD oil cannot be prescribed and, as with many supplements, there is not enough information available to medical professionals re e.g. interactions with other medication, for them to be able to advise.

6. Lasting Powers of Attorney.

The group started to talk about Lasting Power of Attorney and advance directives.

It is important to make your wishes known while you are able, and to appoint people to represent you for if you cannot do this yourself.

The group talked about how to publicise workshops, and make people aware of what plans they can make and why.

Some members of the group found this discussion depressing.

For information, you can get more information here <https://www.gov.uk/power-of-attorney>

To make your LPA online, or to download the forms, go here <https://www.gov.uk/power-of-attorney/make-lasting-power>

7. Any other business

- a. None raised.

8. Items for next meeting.

The next meeting will include the AGM.

We intend to continue with looking into Lasting Powers of Attorney.

9. The next meeting will be held on **Tuesday 5th March 2019** in the Health Promotion Room at Thornley House Medical Centre at 1.30.

Please send comments, suggestions or apologies to htmcppg@gmail.com and thank you for being involved in the Haughton Thornley PPG.