

Haughton Thornley Medical Centres

Patient Participation Group

Minutes of Meeting held on 11th September, 2018

In the Health Promotion room at Thornley House Medical Centre

Present: Ingrid Brindle (Chair), Cathy Dobson (Secretary), Dominic Sexton (Vice Chair), Cath Collingwood, Jen Mellor, Olive Harper, Phil Barker, Yvonne Bennett, Don Hunter, Harry Newman, Dr Gutteridge

Apologies: Roger Paul, Glenys Motram, Kath Mills, Cath Shaw, Eric Bynon, Dr Hannan, Deb Smith

1. Introduction – Ingrid introduced the new format agenda and assured everyone that there would be plenty of time for questions, but that we also want to ensure that every meeting has a focus.
2. The minutes of the last meeting were approved.
3. Matters arising.
 - a. (2c) Wi-Fi - there is no notice in the waiting room to tell people that Wi-Fi is available. We need to ensure that one is put up. We should also note that you have to register every time you want to use Wi-Fi as the session is time-limited to five days.
 - b. (3a) Repeat meds – we have an agreement with the practice that any changes to repeat medication on a person's prescription will be notified to the person before the change takes place.

4. Practice Matters - Flu Clinics

When these start there will be 'Flu Plus' clinics to include additional services as well as flu jabs. These will include pulse and blood pressure checks as well as the chance to get pneumonia and shingles vaccinations.

It is important to the practice that people use the clinics here rather than getting the flu jab from pharmacists, as the vaccines have been ordered and all need to be used. Also, payments are made on the basis of flu jabs given.

The flu vaccination lasts approximately 3 months – after this the virus might have mutated and so the vaccine will no longer be as effective.

It's important to be vaccinated if you fall into a high risk group.

The shingles vaccination is also being offered. This is only required once by people who have previously had chickenpox as this is a virus that lies dormant in the nerves and can cause intense pain. The vaccination is available to people aged 70 to 79.

Volunteers from the PPG will be welcome to help with the flu clinics. Email Ingrid if you're interested.

Flu clinic dates in October:

Thornley House – 1st PM, 8th PM, 16th AM, 26th AM

Haughton Vale – 2nd PM, 9th PM, 19th AM, 24th AM

5. No questions for Dr Gutteridge!
6. Health and Wellbeing College were invited but were unable to attend – they do courses on being able to look after oneself. They accept self referrals. They are currently engaging people with mental health issues and targeting those with ADHD, Asperger's, autism, drug misuse, bi-polar disorder, etc. Their aim is to provide support to reduce the need for A&E attendance. We hope that they will be able to attend a future PPG meeting.

Alternative main item - Know Your Pulse.

Ingrid talked about the need for all of us to know our own pulse, both the rate and the rhythm. If you check your blood pressure this will give the rate, but not the rhythm. The rate is beats per minute and the rhythm is the regularity of the beats.

Ingrid explained that atrial fibrillation is the biggest cause of stroke and is a disorder of the heart's rhythm. If the nerves controlling the heart muscles are out of synch the atria (chambers in the heart) do not move the blood efficiently, which can lead to the formation of a blood clot. If this travels to the brain it results in a stroke.

Persistent atrial fibrillation can be symptomless and is easy to check for as it is always present. It can be controlled using medication.

Paroxysmal atrial fibrillation occurs occasionally and can cause severe symptoms, which subside, often before they can be observed by anyone else.

Dr Gutteridge helped the group to find and check their own pulses.

Ingrid had some monitors that link up to mobile phones so that we could check our pulses that way. These will hopefully be available through the practice for short term loan so that patients showing symptoms of paroxysmal atrial fibrillation can take a reading if they have an attack and send it to the GP.

Ingrid handed out leaflets about knowing your pulse, atrial fibrillation and cardiac arrest.

Dr Gutteridge held an impromptu flu clinic.

7. Any other business
 - a. There is a link on the website about awareness of suicide risk for first time students. However, it is important to note that the risk of suicide and self harm is lower amongst students than other people the same age.
 - b. Phil talked about his 18 years' experience with the armed forces and the facilities available to them if their service history is known. He is working on methods of learning which patients are ex-services so that medical staff are better able to help them. Some do not want their history to be known, which makes accessing support difficult. There are concerns that they might not recognise that they might have certain mental health issues, such as PTSD, and that GPs and other staff might take longer to diagnose these problems if they don't have access to information about their previous roles.
 - c. Don asked how people should get rid of sharps. They should be placed in a sharps bin but he has then had problems taking them to Lloyds pharmacy for disposal. They have suggested he takes them to the practice or to the hospital. We need to find out who is responsible for monitoring the contract for disposal of sharps.
 - d. Harry was concerned about the information available to him on Evergreen Life when he checked a blood test result but could not tell whether it had also been checked

by a GP. Along the same lines, the group felt that Patient Access is not as easy to use as previously.

- e. Medication reviews are required regularly and issuing of prescriptions should be dependant upon a review having been done. Some patients reported that prescriptions are still being issued even though a medication review is overdue.
 - f. Ingrid reported that, at a recent meeting of the Royal College of GPs, she had learned that 50% of prescribed medications are taken incorrectly. This has obvious effects on the health of those who are not taking meds as prescribed, and is also very costly. She is working on a variation of her 'eye meds' chart that will work for all medication.
 - g. Ingrid also reported that she has been instrumental in setting up a 'consent in perpetuity' for people in care homes who have to have consent recorded every year when they need their flu vaccinations. This should save a great deal of time in future.
8. No items were put forward for the next agenda.
9. The meeting broke up before the next date could be set. Dates were set after the meeting. They are Tuesday 9th October and Tuesday 13th November, both 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.