

Barnabas PPG

From: Barnabas PPG <barnabas.ppg@gmail.com>
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To: Barnabas PPG
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Attachments: Ebulletin DECEMBER 2018.pdf; Priorities_Survey_1.docx

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To All Barnabas PPG Members ...
[Printed copies to those PPG members without email]

[If you can't read any of the attached documents, or want printed copies of anything mentioned, please contact me and I'll try to send you a copy.]

Welcome to the January bulletin for Barnabas PPG members. And a very happy New Year!

PPG AGM Minutes

Apologies, but I've not yet been able to get the minutes of the AGM out – Christmas and various other things have got in the way more than expected. Watch this space!

Next Meeting

As agreed, our next meeting is on Wednesday 13 February, 1300-1430, St Barnabas Church Hall. I will include the agenda in the February bulletin, but it will include a discussion of our priorities for 2019-21 (see below).

2019 Meeting Dates

Our meetings this year are scheduled for Wednesdays

- 13 February
- 24 April
- 12 June
- 14 August (social)
- 16 October
- 11 December (AGM)

All meetings are 1300-1430 in St Barnabas Church Hall, except the August which is 1800 hrs in the Greenwood pub.

Priorities for 2019-21

As you will have seen in previous bulletins, I am collecting your opinions on where we should be concentrating our efforts over the next two years. Those who have not already done so, I really would appreciate a few minutes of your time to complete the short survey. The survey form is attached, or you can do it online at <https://www.surveymonkey.co.uk/r/X6DRRHHC>. I have extended to survey end date to 20 January, so there is still time to take part. I will then consolidate the results so we can discuss them at the February meeting. And thank you to those who have already completed the survey.

Meet the Patients

We are restarting our regular "Meet the Patients" sessions. The first session this year will be on the morning of Thursday 31 January when some of us will be chatting to people in the waiting area. The idea is that we talk to other patients about the PPG, the work we do, and local healthcare. As wifi now seems to be working in the waiting area, hopefully from this next session we will be able to demonstrate the Practice's website, online services, NHS 111 online, and the Health Hep Now app – so if you have a smartphone, tablet or laptop and you want to see how the online facilities work (or if you can help demonstrate them to others) please come along.

We do need volunteers to help run the "Meet the Patients" sessions. Up until now the vast majority of the effort has fallen on a couple of us. This is not sustainable and last year resulted in us having to cancel a number of sessions at short notice. The scheduled dates for this year are:

- Thursday 31 January AM
- Wednesday 27 February PM
- Thursday 28 March AM
- Tuesday 30 April PM
- Wednesday 29 May AM
- Thursday 6 June AM (PPG Week)
- Wednesday 26 June PM
- Tuesday 30 July AM
- Wednesday 28 August PM

- Tuesday 24 September AM
- Tuesday 29 October PM
- Wednesday 27 November AM
- Thursday 19 December PM

If you are able, please help us by volunteering for some of these dates – or tell me if you can do an alternative date as we can be flexible. Many thanks!

Ealing Community Transport – PlusBus for Health

This is really just a reminder about the PlusBus for Health service provided by Ealing Community Transport (ECT). PlusBus for Health is designed to help patients travel between their homes and GP surgeries. The service aims to reduce the number of GP house calls and missed appointments, while improving the wellbeing of patients by offering them an opportunity to leave their homes and meet new people. The service may be booked for patients by their GP surgery where:

- The patient cannot safely get to the GP practice on their own, and has limited access to support from family or friends
- The patient needs transport for clinical reasons due to disability, lack of mobility, or other health problems

There is a new ECT booklet "ECT Special Focus: How PlusBus for Health improves care and tackles loneliness"; copies should be available in the Medical Centre waiting area. There is also more information online at <http://ectcharity.co.uk/services/areas/ealing/plusbushealth>.

Ealing Improving Access to Psychological Therapies (IAPT) Service

This is really just another reminder, this time about the Ealing IAPT service.

Ealing IAPT provide free workshops, talking therapies, and online courses for people aged 18 years and over who are registered with a GP in the borough and who have depression, anxiety conditions, and phobias. (Note they do not treat substance abuse and addiction.)

You can be referred to Ealing IAPT by your GP, or you can self-refer using a simple form. There is a lot more information about the services offered online at <http://www.ealingiapt.nhs.uk/>.

HWE December Newsletter

Healthwatch Ealing's latest newsletter is available online at <https://healthwatchealing.org.uk/wp-content/uploads/2018/12/Healthwatch-Ealing-Newsletter-December-2018.pdf>. (I've not attached a copy as it is 9 pages.)

GP Patient Survey 2019

The annual GP Patient Survey (aka. the MORI Survey) is being conducted during the first 3 months of this year. Surveys are sent out to a sample of about 2 million people across England. If you get a questionnaire, please take part as it provides vital information to help improve local services and inform national decisions; it also provides valuable information on how well the Practice is performing and helps highlight areas for possible improvement. If you wish to see last year's results they are available at <http://www.gp-patient.co.uk/>.

NHS Prescribing Restrictions

The NHS has announced plans to restrict the prescription of further "low priority" items – ie. items which are considered to be of low effectiveness or offer poor value. The new list is:

- Silk garments – for eczema and dermatitis (low clinical effectiveness)
- Aliskiren – used to treat blood pressure (cheaper options available)
- Amiodarone – to treat abnormal heart rhythms (low clinical effectiveness)
- Bath and shower emollient preparations – to treat eczema and dermatitis (low clinical effectiveness)
- Dronedarone – to treat the heart condition atrial fibrillation (low clinical effectiveness)
- Minocycline – to treat acne (low clinical effectiveness)
- Some blood glucose testing strips – for type-2 diabetes (cheaper options available)
- Some needles for pre-filled and reusable insulin pens – for type-1 and type-2 diabetes (cheaper options available)

There is a short BBC News report at <https://www.bbc.co.uk/news/health-46361639>.

Surprising Drug Interactions

I suspect we are all aware that some drugs react badly with other drugs or even foods. There's a short article at <https://theconversation.com/six-surprising-drug-interactions-you-should-know-about-106726> which highlights six of the most common interactions:

- Statins and grapefruit juice
- Warfarin and green leafy vegetables
- Antidepressants and ibuprofen
- Metronidazole and alcohol
- St John's Wort and the contraceptive pill
- Calcium supplements and other medications

The usual warning applies: **DON'T PANIC** and do **not** stop taking your drugs without first discussing with your doctor. As someone who takes an interest I was surprised that I already knew about only two of these six interactions.

Hip Replacement Surgery as Day Care

A consultant in Scotland is now doing hip replacement surgery as a day care operation (no overnight stay in hospital) for suitable patients. I don't know if this is actually a first in the UK, or whether NHS England is ahead of the Scots, or if it is already being

done privately; however I knew it was on the cards as my knee specialist told me two years ago it was imminent. Again there's a short BBC News report at <https://www.bbc.co.uk/news/uk-scotland-46597998>.

Child Health Read Book

The NHS has announced that the "red book", containing a child's medical records, is to be made available to parents online as part of government plans to improve NHS care for mothers and new babies. Again there's a short BBC News item at <https://www.bbc.co.uk/news/health-46701196>, although this one does contain the usual marketing motherhood.

And finally ...

NAPP eBulletin

The latest (December) eBulletin from NAPP is attached.

More in early February, but meanwhile I will circulate anything urgent which arrives.

Keith

Keith Marshall, Chairman, Barnabas PPG
76 Ennismore Avenue, Greenford, UB6 0JW
Phone: 020 8864 7993 Mobile: 07847 149 417
Email: barnabas.ppg@gmail.com or kcm@cix.co.uk
Facebook: www.facebook.com/groups/barnabas.ppg/
