

Keith Marshall

Subject: FW: Barnabas PPG Monthly Bulletin, October
Attachments: 2019_Survey_Quick_Summary_PPG.pdf; PPG_Minutes_20190612.pdf;
Be_a_Better_Patient_2.pdf; Ebulletin SEPTEMBER 2019.pdf

From: Barnabas PPG <barnabas.ppg@gmail.com>
Sent: Sunday, October 6, 2019 4:33 PM
To: Barnabas PPG <barnabas.ppg@gmail.com>
Subject: Barnabas PPG Monthly Bulletin, October

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 October bulletin for Barnabas PPG members.

PPG News

PPG Meeting – Wednesday 16 October

Our next meeting is on Wednesday 16 October, 1300 in St Barnabas Church Hall.
As far as I can see at the moment the agenda will be:

1. Introductions & Apologies
2. Approve Minutes of Previous Meeting [\[a\]](#)
3. The GP's Role [\[b\]](#)
4. Survey Results and Action Plans [\[c\]](#)
5. Being a Better Patient [\[d\]](#)
6. Practice Updates
7. Other PPG Updates, Matters Arising, AOB

[\[a\]](#) The minutes of the June meeting are attached.

[\[b\]](#) I hope we will have one of the GPs present to talk about their role, which as I'm sure we all appreciate is far more than just seeing a few patients for 10 minutes each.

[\[c\]](#) The summary of the survey results is attached with the relevant summary and conclusions from my full data analysis report. If anyone wishes to read the full 30-page data analysis, please let me know and I'll send you a copy.

I have also done some analysis of the data from this years MORI GP Patient Survey. Although all the data is in the public domain, some of the analysis might be considered sensitive, so I will share this at the meeting.

[\[d\]](#) I committed at the last meeting to prepare something to address the question of what people should be encouraged to do to be a better patient. I've attached quite a long list. This list is much, much too long for something to publish to patients, so (assuming we have the time) we can discuss what we consider to be the critical areas and how we might proceed. If you cannot be at the meeting, then please drop me a note with your thoughts.

Meet the Patients

We plan to be in the waiting area for our monthly-ish "meet the patients" session on the morning of Thursday 17 October. As always if you are willing to help talk to patients about the PPG, please come along. Or just drop by for a chat.

Local Healthcare etc.

Flu Vaccination

A reminder that if you are eligible, then please do get your flu vaccination.

Every year, flu kills thousands of people. The flu vaccine is the best protection we have against this infection which is why it is offered to those most at risk from the effects of flu, and to children to reduce transmission of the virus. England has some of the best flu vaccine uptake rates in Europe, although there is always more to be done. In England all primary school aged children will be offered flu vaccination for the first time this autumn. The annual flu vaccination programme saves thousands of lives every year, and reduces GP consultations, hospital admissions and pressure on A&E. Vaccination is recommended for, and available free to:

- all children aged two to ten on 31 August 2019
- those aged six months to under 65 years in clinical risk groups (eg. those with diabetes, long-term heart or lung conditions)
- pregnant women

- those in long-stay residential care homes
- carers
- those aged 65 years and over
- close contacts of immunocompromised individuals
- frontline health and social care workers

Vaccination can be given at the Practice or at a pharmacy.

Stay Well this Winter

As well as getting your flu jab (if you're eligible) it is important we take some simple steps to be ready for winter ailments. Self-care is about treating common illnesses, so it's useful to have a well-stocked medicine cabinet. Essentials include Paracetamol, rehydration mixtures (for sickness or diarrhea), indigestion remedies, tweezers, scissors, plasters and bandages. Also please make sure you've got enough supplies of your prescription medicines to last you through the holiday season. The advice is that at the first sign of a winter illness, even if it's just a cough or cold, you should get advice from your local pharmacist. Alternatively call 111 (available 24/7) and trained advisers will help you get the care you need.

Other tips include:

- Keep warm. Keep your house temperature at least 18°C if you (or anyone staying with you) is over 65.
- Wash your hands regularly to prevent the spread of flu and other illnesses.
- Look out for other people: talk to your neighbours, friends and family members and see if they are well.

Mount Vernon Hospital

This week there was a worrying report, highlighted in the media, saying that Mount Vernon Hospital so dilapidated and short-staffed that it cannot provide basic elements of treatment. There are major concerns over crumbling buildings, out-of-date equipment and staffing problems that put patients' safety and quality of care at risk. There's an article online at <https://www.theguardian.com/society/2019/oct/03/mount-vernion-nhs-cancer-hospital-neglected-should-be-closed-report>.

General NHS News

Organ Donation – The Law is Changing

The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant. From spring 2020, organ donation in England will move to an 'opt out' system. This means that all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are otherwise excluded. You still have a choice if you want to be an organ donor or not when you die. Everyone is being asked to record their organ donation decision on the NHS Organ Donor Register and tell their family and friends what they've decided. There is a lot more on this at <https://www.organdonation.nhs.uk/uk-laws/organ-donation-law-in-england/>.

Too Many Hooked on Prescription Drugs?

Hundreds of thousands of people in England are thought to be getting hooked on prescription drugs. A review by Public Health England looked at the use of strong painkillers, antidepressants and sleeping tablets, which are used by about a quarter of adults every year. It found that in March 2018 half of people using these drugs had been on them for at least 12 months (there is clearly an unstated assumption that this is a bad thing, which in some cases it may well be). There's a BBC report at <https://www.bbc.co.uk/news/health-49639914>.

Millions of NHS Patients' Histories to be Used to Seek Cures

Apparently Britain is about to start using information about millions of NHS patients' medical histories to boost the search for cures for ailments such as cancer, asthma and mental illness. The intention is to revolutionise medical research by giving doctors, scientists and academics access to unprecedented data about who gets ill and who responds best to treatment. However, the move is likely to raise anxiety about possible breaches of patients' privacy and the commercialisation of patient records because drug companies are among those with whom the data will be shared. As usual this has not been well communicated (this report was the first I knew!). However it is **not** a rerun of the abandoned care.data scheme of a few years ago as it covers only hospital data – and that has been being collected for many many years. There's more in this *Guardian* report <https://www.theguardian.com/society/2019/sep/12/britain-to-use-millions-of-nhs-patients-histories-to-look-for-cures>

Protecting the supply of medicines if there is a no-deal EU exit

This is from the NHS "In Touch" news email of 27 September:

"The government and NHS organisations are preparing for EU Exit and are working hard to ensure patients continue to receive the medication they need if the UK leaves the EU without a deal. The information for patients on the [NHS website](#) has been updated and explains the government's multi-layered approach to ensure that medicines continue to be available if there is a no-deal EU exit. The FAQs on the [NHS England website](#), which support discussions between healthcare professionals and patients about medicines and medical products, have also been updated."

There is a lot of advice hidden behind those two links, but from a patient point of view it boils down to "carry on as normal".

Newsletters

There's just the one useful newsletter this month:

- **NAPP.** The September NAPP eBulletin is attached.
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That's all for this month; more in early November. Meanwhile I hope to see you at the meeting on 16 October.

Keith

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