

Barnabas PPG

From: Barnabas PPG <barnabas.ppg@gmail.com>
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To: Barnabas PPG
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Attachments: PPG_Minutes_20200211.pdf; PPG_Governing_Document_2020.pdf

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 February bulletin for Barnabas PPG members.

Coronavirus

Unfortunately we feel duty-bound to start with words about Coronavirus. To try to simplify the advice ...

1. If you have travelled to the UK from any of the following areas in the last 14 days, you must self-isolate at home and call NHS 111 for advice – even if you have no symptoms.
 - Iran
 - Specific designated lockdown areas in Northern Italy
 - Special designated care zones in South Korea
 - Hubei province of China
2. If you have travelled to the UK from any of the following in the last 14 days, and have symptoms, you must also self-isolate at home and call NHS 111.
 - China, including Hong Kong and Macau
 - Thailand
 - Japan
 - South Korea
 - Taiwan
 - Singapore
 - Malaysia
 - Northern Italy (defined by a line above, and not including, Pisa, Florence and Rimini)
 - Vietnam
 - Cambodia
 - Laos
 - Myanmar

Symptoms to look out for are cough or fever or shortness of breath.

The latest advice can be found online at <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public> and <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

In short: if you believe you are affected **DO NOT** go to the Medical Centre (or any other healthcare facility) but stay at home and call NHS 111 for advice.

PPG News

PPG Meeting – Tuesday 11 February -- Minutes

The minutes of our meeting on 11 February are attached.

The meeting approved the revised Governance Document, which is also attached.

Next PPG Meeting

Our next PPG meeting is on Tuesday 7 April, 1300 hrs in St Barnabas Church Hall. Everyone is welcome.

Meet the Patients

We will be in the waiting area again on the morning of Thursday 19 March for our monthly-ish "Meet the Patients" session. We still need volunteers to come along and help with this, and we're happy to see anyone who wants to drop by just for a chat.

Local Healthcare News

Waiting Times at Hanwell Health Centre Discussed in Parliament

The issue of lengthy waiting times at Hanwell Health Centre was raised in the House of Commons by new Ealing North MP James Murray. During a debate on Health and Social Care Mr Murray addressed a question about the problems of getting a timely appointment and of recruiting to fill GP vacancies to Health Secretary, Matt Hancock. While this was a specific reference to Hanwell Health Centre, I think we are all acutely aware that the issue affects almost every GP practice. Full report at <http://www.ealingtoday.co.uk/info/conhanwellhealth001.htm>.

Moorfields Eye Hospital Move Approved

The proposal to move Moorfields Eye Hospital and University College London's Institute of Ophthalmology to a new site has been approved. Moorfields and UCL will sell the current City Road site, and all proceeds of the sale will be reinvested in a multi-million pound development on land available at the site of St Pancras Hospital, just north of King's Cross and St Pancras stations.

General NHS News

Do Drugs Go Off?

In short: Yes. Most drugs do break down chemically over time and this often accelerates and becomes significant after the "Use by" date. Consequently out of date drugs may not contain as much active ingredient, and hence not be as effective, as fresh medicines. If in doubt check with your GP or the Practice's Clinical Pharmacist. Read more at <https://theconversation.com/do-drugs-go-off-what-happens-to-medicines-after-their-use-by-dates-126878>.

New Mothers Health Check

Many GP practices already do this, however NHS England has included in the revised GP contract (effective from this coming April) a requirement for all new mothers to have a physical and mental health check-up with their GP or nurse six weeks after the birth of their child. This is in addition to the baby's six week check-up. *Guardian* news report at <https://www.theguardian.com/society/2020/feb/07/new-mothers--receive-health-check-six-weeks-after-giving-birth-nhs-england>.

Moved to the UK? Get Up-to-Date with Your Vaccinations

Public Health England have published a new leaflet encouraging those who have moved to the UK to ensure their vaccinations are up-to-date. There's a copy of the leaflet online at https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/853008/Coming_to_the_UK_migrant_vaccinations_leaflet.pdf.

End-of-Life Care

I think we would all agree that it should be a basic human right to die with dignity and comfort. But the majority of our palliative care services depend for funding on charity. As a consequence this vital element of healthcare is grossly under-funded and vulnerable. There's a *Guardian* report at <https://www.theguardian.com/commentisfree/2020/jan/31/end-of-life-care-britain-palliative-charity-public>.

Medical Decision-Making

Doctors often have to make difficult clinical decisions, using their professional expertise to gather information (including the patient's wishes) and apply critical thinking to determine the best plan of action. And some treatment choices are based on simple compassion. There's a *Guardian* article on this at <https://www.theguardian.com/commentisfree/2020/feb/10/doctor-know-best-nhs-treatment-compassion>.

Newsletters

The usual newsletters I've received which may be of interest.

- **Healthwatch Ealing** February Newsletter is online at <https://healthwatchealing.org.uk/wp-content/uploads/2020/02/Healthwatch-Ealing-Newsletter-February-2020.pdf>
 - **Ealing CCG Newsletter for PPGs** is online at <https://www.ealingccg.nhs.uk/media/173445/PPG-Newsletter-February-2020-FINAL.pdf>
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More next month ...

Keith

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