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From: Barnabas PPG <barnabas.ppg@gmail.com>
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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 April bulletin for Barnabas PPG members. My apologies for this being rather later than intended.

Coronavirus

There is actually not a lot of useful news on Covid-19 this month. Delivery of second vaccinations is now well under way; and as the number of infections continues to fall, some restrictions are being lifted.

Blood Clots

There is ongoing concern in some countries about the incidence of blood clots following the AstraZeneca vaccine. However the incidence is low and it is not clear that the rate of any side-effect is above the background level. The majority of cases seem to be in women under 50, however it is complicated; and (in very rough round numbers) a 10 in a million chance of a blood clot seems to be a better bet than a 1 in 1000 chance of dying from Covid-19.

Delaying the Second Dose of Covid-19 Vaccines

For those who want something a bit heavier to read, there was a useful editorial perspective in a recent issue of *BMJ (British Medical Journal)* which is online at <https://www.bmj.com/content/372/bmj.n710>.

PPG News

PPG Meeting Minutes

The minutes of the formal PPG meeting on 17 March are attached.

Next Formal PPG Meeting: Wednesday 19 May at 1330, via Zoom. This is our AGM.

Link: <https://us02web.zoom.us/j/84739929635?pwd=R1loMkZ3OVdyTUJJZkZvcFVPNmFJUT09>

The agenda will include the election of officers, annual report and discussion of the plans for 2021-23. Full details with my next monthly bulletin in early May.

Next Two Informal Contact Calls: Monday 12 April, 1600-1630; and Tuesday 27 April 1800-1830; also via Zoom..

Link: <https://us02web.zoom.us/j/7279594414?pwd=VmYwODdoWGg2eTFvTlVjVlZyRmhSQT09>

2021-23 PPG Activity

I have also attached the document of ideas for activity over the next couple of years. As you'll see from the meeting minutes, this is all very uncertain but we should have a plan in place and adjust it in flight as necessary. There is still time for you to comment on the proposed activities – drop me a note. I plan to bring a more formal plan to our next formal PPG meeting (or AGM) in May – see above.

Practice News

Nurse Anna

You will see from the attached meeting minutes that Practice Nurse Anna Wan has now retired after many years looking after us. We wish her a long, and very happy retirement.

Local Healthcare News

Modernising the Cardiology Service at Ealing Hospital

The London North West University Healthcare NHS Trust has secured £1.2m of funding to modernise Ealing Hospital's catheterisation laboratory. Work is expected to start this summer. This is a major investment to make the latest diagnostic imaging available to Ealing patients with heart conditions. More at <https://healthwatchealing.org.uk/news/modernising-the-cardiology-service-at-ealing-hospital/>.

Best A&E Waiting Times

According to a report in *Ealing Today*, the London North West University Health Care Trust (LNWH) which runs Ealing Hospital (and Northwick Park) has recently been rated the best performing A&E in the country for its four hour performance target. Report at <http://www.ealingtoday.co.uk/info/eanhs010.htm>.

General NHS News

Signal for Help

Many people are trapped in an abusive situation which is difficult for outsiders to spot. Abusers, kidnappers, traffickers, and the like often monitor and control a person so tightly that asking for help seems impossible. However there is now a one-handed, discrete international signal for help:

1. Hold your hand up, palm facing away from you.
2. Fold in your thumb.
3. Close the fingers over your thumb (thus trapping it).



Anyone seeing the sign used can then alert the authorities (social services, police, etc.) to get help for the victim.

More at <https://www.upworthy.com/international-signal-for-help> and https://en.wikipedia.org/wiki/Signal_for_Help.

Taking Clinical Photographs

With the advent of telephone triage and consultations, we often need to send photographs to the clinicians. So it is important that the images are as clear and useful as possible. The attached JPG gives some simple guidance on how to take good images using your mobile phone.

Hard Winter for Flu

A top medic is warning that the UK should be prepared for a difficult autumn and a hard winter of illness because people have lived for an unusually long period in lockdown without exposure to respiratory viruses (and, I suspect, Norovirus). Continued face covering and hand-washing will obviously help to reduce any problems – as has been evident in the lack of flu circulating in the last two winters. Report online at <https://www.theguardian.com/society/2021/mar/07/uk-hard-winter-flu-respiratory-viruses-top-medic-population-immunity-covid>.

FAST Action for Stroke

Public Health England have relaunched the national “Act F.A.S.T.” stroke campaign.



Integrated Care Systems

From 1 April all CCGs are absorbed into Integrated Care Systems (ICS). It isn't yet clear to me how this affects the expected merger of the eight NW London CCGs into one. More at <https://www.england.nhs.uk/publication/implementation-guidance/>

Newsletters

The usual round up of recently received newsletters which may be of interest

- NHS In Touch, issue 114 – attached
- NAPP Bulletin #164 – attached

More next month, by when it will hopefully be warmer and sunnier.

Keith

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