

Barnabas Patient Voices

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent: 03 June 2022 15:27
To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, June
Attachments: BPV_Minutes_20220518.pdf; Annual_Report_2022.pdf; CQC_May2022.pdf

To All [Barnabas Patient Voices](#) Members ...

[Printed copies to those members without email]

[A copy will also be posted on our Facebook Group]

[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 June update for [Barnabas Patient Voices](#) members.

And a special welcome aboard to all our new members!

=====

Quick Personal Introduction (Especially for New Members)

I'm Keith Marshall, Chairman of [Barnabas Patient Voices](#). I'm in my early 70s and retired. I've lived in North Greenford for over 40 years, and been a patient at Barnabas since around 2000. Originally a chemist (with a doctorate in spectroscopy), I spent most of my working life in IT, finally as a senior Project Manager majoring on building infrastructure projects. I retain a wide-ranging interest in science and medicine, and many other topics. I was one of the founders of the [Anthony Powell Society](#), and I'm a member of [Ealing Community Review Panel](#). You can find my personal blog at <https://zenmischief.com>.

=====

Coronavirus

02/06 Vaccination Status (% of total 12+ population)

These numbers are effectively static

	1 Dose	2 Doses	Booster
Ealing	69%	65%	44%
London	70%	65%	47%
England	93%	87%	68%
UK	93%	87%	69%

Data from UK Government: <https://coronavirus.data.gov.uk/details/>

02/06. Estimated Total UK Cases (millions) cf. 7 Days Earlier

01/06	1.597m	↓
25/05	1.654m	↓
18/05	1.716m	↓

Data from Zoe Covid Study: <https://covid.joinzoe.com/data>

02/06. Estimated 1.4% of people (1 in 70) in England are currently infected with Covid.

02/06. Estimated that 70% of people in England have had Covid at some point.

Data from ONS:

<https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19latestinsights/infections>

These numbers are getting increasingly hard to track so I may stop reporting them. However much of the latest data is currently being summarised by the *Guardian* at <https://www.theguardian.com/world/2022/jun/01/covid-19-uk-cases-deaths-vaccinations-latest-numbers-coronavirus-national-data>.

Despite the dramatic fall in infections there are new variants of the SARS-CoV-2 virus out there. The current specific worry are three sub-variants of Omicron: BA.2.12.1, BA.4 and BA.5. It seems likely that BA.4 and/or BA.5 will become dominant (replacing the current BA.2). And there is no guarantee that new variants will not revert to producing more severe disease. If interested there is more on the sub-variants of Omicron at <https://www.the-scientist.com/news-opinion/what-you-should-know-about-new-omicron-subvariants-70012>.

Effect of Covid on GPs

There was an interesting *Independent SAGE* weekly briefing on 27 May which looked at the effect of Covid on GP practices. A few take-home headlines:

- Call volumes to GP practices have doubled
- GP practices are designed for 2-3 contacts/patient/year, but many are currently running at nearer 20 contacts/patient/year!
- The baseline recommendation is for GPs to have 25 appointments/day. Most are now doing 36 (or even 50!) appointments a day; this is not considered safe.
- There are now 1600 fewer GPs than in 2015, despite a government promise to increase numbers by 6000.

More generally, it was pointed out that to date Long Covid has caused over 1 million lost working days.

The full briefing can be watched at <https://www.youtube.com/watch?v=0hWSEqawJPQ>. These briefings are streamed on YouTube (and recorded) and are interesting if you want greater perspectives on Covid and beyond.

Another point which has been made is that Covid is a public health issue. However there's been a (deliberate) shift of care & protection from the population level to the individual – not something we do with other public health issues (eg. drive safely; environmental contamination).

=====

Monkeypox

OK, so let's have a quick look at the other current hot topic: Monkeypox. I'm not going to write at length here as there is much other information available, and I have written some summaries on my personal blog (and there'll likely be another in the next coming days).

Suffice it to say that we really should not need to worry about Monkeypox. However be alert to any new rash, especially if you think you're likely to have been in contact with someone infected. Monkeypox is not another Covid; they are very different viruses, which work in very different ways. Despite what it sounds like in the media Monkeypox is actually quite hard to catch, and should be fairly easy to control with standard public health protocols (eg. contact tracing and isolation).

There's a good piece on the general background to Monkeypox at <https://theconversation.com/european-outbreak-of-monkeypox-what-you-need-to-know-183298>.

The BBC have a useful item on the different rashes you might get and how they differ from Monkeypox:

<https://www.bbc.co.uk/news/health-61551164>.

And you can find the latest government updates at <https://www.gov.uk/government/news/monkeypox-cases-confirmed-in-england-latest-updates>.

As with all such things, if in doubt call your GP (but please don't just turn up; call first!).

=====

Barnabas Patient Voices News

New Members

We're grateful to the Practice for sending out an invitation text message. As a result we have around a dozen new members, to whom I extend a warm welcome. Hopefully some of you will become active in the group: attending our meetings; providing feedback; and helping with projects. But if you just want to be quiet and soak up the information,

that's fine too. You can email me at any time; just be aware that while I know a reasonable amount about the Practice and the NHS, and regularly talk to our Practice Manager, I control nothing!

May Meeting – AGM Minutes & Annual Report

The minutes of our AGM on 18 May are attached along with my Annual Report of our activities.

Next Full Meeting

Our next full meeting is on Wednesday 20 July, 13:30 on Zoom.

We hope to have Dr Carey to talk to us at this meeting about *End of Life Care* and the *Coordinate My Care* programme.

Full agenda to follow in my July update.

The Zoom information for the call is:

Link: <https://us02web.zoom.us/j/89829933618?pwd=S3dhNXlWQkQ4VGc1cUlxRGxHYnVRQT09>

Meeting ID: 898 2993 3618

Passcode: 567437

Remember that even if you don't do online, you can join by phone by calling one of: 020 3481 5240, 020 3901 7895, or 020 3481 5237 and using the ID and passcode above. (Do be aware though that if joining by phone you will pay for the call at your normal rate.)

Next Informal Calls

Our next two informal calls are on Tuesday 5 July, 12:00 and Monday 1 August, 14:00.

The Zoom information for these calls is:

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

Meeting ID: 727 959 4414 Passcode: 149417

Do drop in for some chat, and any recent stories and updates. Again you should be able to join by phone by dialling the numbers above with these codes.

=====

Practice News

Opening Up Again

I know the Practice want to be able to open up the medical centre; as do most of us. However this will be done in easy steps as the prevailing Covid situation changes and it becomes safe; it will not happen all at once. Remember that doctors are employers and thus have a legal responsibility for the safety of their staff and themselves as well as us patients. Indeed the Practice has been struggling recently with staff absences, so please respect the Practice's view of what is safe for our medical centre (and appreciate that other practices may make different judgements).

Room 7

I've not (yet) seen it for myself, but I'm assured that the rebuild of Room 7 is now complete. For all sorts of reasons this has been a nightmare journey for the Practice!

=====

General NHS & Healthcare News

Areas with the Fewest GPs

A recent review by the Nuffield Trust has shown which areas of the country have the fewest GPs (as measured by greatest number of patients per GP). Portsmouth, Brighton, parts of Essex and Hull had the fewest GPs, with fewer than 50 GPs per 100,000 patients (ie. over 2000 patients per GP). Interpreting their map North West London is not too far behind. And as mentioned above there are now around 1600 fewer GPs than in 2015 despite the government's target to increase numbers by 6000.

There's a BBC report at <https://www.bbc.co.uk/news/health-61598158>, and an article from the Nuffield Trust themselves at <https://www.nuffieldtrust.org.uk/nhs-staffing-tracker/general-practice>

GP Data Sharing

The *GP Data for Planning and Research* (GPDPR) Programme, which makes patients' anonymised GP records available for research has the potential to benefit people and communities by improving NHS services and contributing to medical research. However following previous failures to implement similar schemes it is clear that the data sharing and benefits will not be achieved without actively engaging the public and earning their trust. That trust cannot be taken for granted and building it needs sustained and meaningful public engagement. Reading an NHS article at <https://digital.nhs.uk/blog/data-points-blog/2022/we-must-listen-to-the-public-on-gp-data> it sounds as if this message from patients might finally have been taken on board.

=====

Newsletters

Finally the usual round-up of newsletters I've received which may be of interest to others.

- NHS Vaccine Update. Although this is really aimed at clinicians, the recent issues have contained some useful background information on various vaccination programmes.
[Issue #327](#) has information on the BCG and rotavirus vaccinations
[Issue #328](#) has information on the shingles vaccination
[Issue #329](#) has information on a wide range of current vaccination programmes
- [NHS In Touch #128](#)
- CQC May newsletter (attached)

=====

That's all for this month. Stay safe and enjoy the June sunshine!

Keith

Keith Marshall, Chairman, [Barnabas Patient Voices](#)
76 Ennismore Avenue, Greenford, UB6 0JW
Phone: 020 8864 7993 – Mobile: 07847 149 417
Email: keith@barnabasvoices.org.uk or kcm@cix.co.uk
Web: <http://barnabasvoices.org.uk/>

You have received this email as a member or friend of [Barnabas Patient Voices](#).
If you no longer wish to receive these emails, or remain a member of this group,
please reply to this email with UNSUBSCRIBE in the Subject line.
[Please do NOT use "Reply All".]
