

Barnabas Patient Voices

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
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To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, July
Attachments: BPV_Minutes_20220518.pdf; BB31.pdf; In-Touch-129.pdf; CQC-newsletter.pdf; NAPP-bulletin.pdf

To All [Barnabas Patient Voices](#) Members ...
[Printed copies to those members without email]
[A copy will also be posted on our Facebook group and website]

[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 a rather busy July update for [Barnabas Patient Voices](#) members.

Coronavirus

With government reporting scaled back due to the lack of testing and no requirement to log test results, it is almost impossible to present the detailed breakdown of the numbers as in previous months. The only reliable data now comes from the [Zoe Health Study](#) and from the [ONS survey](#) – although even the ONS survey is now being scaled back. So here's a quick summary of the current highlights.

1. Infection rates are rising dramatically again; see this item from *Around Ealing*:
<https://www.aroundealing.com/news/warning-covid-19-rates-on-the-rise/>
Just two weeks ago we were being warned not to become complacent; see
<https://www.theguardian.com/commentisfree/2022/jun/13/rise-covid-cases-what-we-know-so-far>
2. [Zoe Health Study](#) report on 30/06 showed:
 - approx. 300K daily new cases, up 30% in a week
 - case rates could become highest ever in the next week or so
 - around 1 in 20 are currently infected
 - R_0 approx. 1.1
 - hospitalisations are up around 26% week on week
 - the BA.5 sub-variant of Omicron is now dominant
 - BA.5 evades immunity provided by vaccination and previous infection
 - immunity from vaccination is declining fast; those boosted last autumn may now have little immunity
 - BA.5 creates almost no immunity against future infection
 - hence reinfection is rising fast
 - estimated 11K+ active cases in Ealing
3. [Independent Sage](#) update on 01/07 looked at the ONS data:
 - ONS data agrees with Zoe data, but is known to lag by about a week
 - according to ONS about 1 in 30 are currently infected (but remember that lag time)
 - about 20% of people are still unvaccinated, and vaccinations have effectively stalled
 - ONS survey is being scaled back which will reduce their data quantity and quality
 - government official numbers do not reflect either ONS or Zoe data due to no testing, reporting, etc.

However in possible good news, the *Guardian* was reporting early last month on the possibility of a once-a-year Covid booster jab, much as we do with 'flu. But it will be a challenge! Report at
<https://www.theguardian.com/world/2022/jun/08/trials-of-new-covid-vaccine-raise-hopes-of-once-a-year-booster>

Monkeypox

You haven't been hearing so much about monkeypox in recent weeks, but it hasn't gone away. Case numbers are still rising across the world. Just a couple of days ago the WHO was saying there are now over 4500 cases worldwide with the UK having over 25% of these. See <https://www.theguardian.com/world/2022/jul/01/no-room-for-complacency-over-monkeypox-says-who>.

The WHO are also proposing to rename monkeypox to make it non-discriminatory and non-stigmatising. One suggested name is hMPXV, standing for "human monkeypox virus", which doesn't seem to be a whole lot better or useable. See <https://www.bbc.co.uk/news/health-61804132>.

Barnabas Patient Voices News

July Meeting

Our next full meeting is on Wednesday 20 July, 13:30 on Zoom and we expect to have Dr Carey to talk about *End of Life Care* and the *Coordinate My Care* programme.

The agenda will be:

1. Introductions & Apologies
2. Approve Minutes of May AGM [attached]
3. End of Life Care / CMC; Dr Carey
4. Covid-19 Update and Roundtable
5. Members Feedback
6. Practice Updates
7. Other PPG Updates
8. Matters Arising, AOB

The Zoom information for the call is:

Meeting 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.)

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.

NAPP Videos

Here are two short (2-3 minute) videos from the National Association for Patient Participation (NAPP) of which we are a member. They look at some of the things patient groups can do.

- Video 1. <https://www.youtube.com/watch?v=aoJUJVFbHS8>
- Video 2. <https://www.youtube.com/watch?v=KOVuXQIAi4E>

With enough active members we too can do some of these things. If you'd like to see us doing more, please get actively involved – start by attending some of our meetings; it will grow from there.

Practice News

Barnabas Bulletin

Issue 31 of the Practice's quarterly newsletter, *Barnabas Bulletin*, was published in mid-June; a copy is attached. Unfortunately the Practice had a technical problem with distributing the a link to *Barnabas Bulletin* via text message; hopefully this can be fixed for the next issue in September. There are however copies on our website at <https://barnabasvoices.org.uk/latest/> or <https://barnabasvoices.org.uk/wp-content/uploads/2022/06/BB31.pdf> and Facebook group. A copy is also attached.

We produce *Barnabas Bulletin* for the Practice, based on what they want included. However your contributions and ideas for articles are always welcome – contributions don't have to be in polished English; some quick notes are fine; we can transform them for you! Just drop your thoughts in a note to me. And if anyone is prepared to take on the job of editing *Barnabas Bulletin*, again please get in touch.

Extended Access Survey

The Practice is planning to offer appointments outside the normal core hours of Monday-Friday, 0800-1830. In order to make this as useful as possible they wish to understand when patients would prefer these "extended hours" appointments. There's a one question survey at <https://forms.gle/pjygc5TVEE6aC7AN8>. (This survey is being provided by [Barnabas Patient Voices](#).)

Staff Updates

1. Receptionist Tracey Peart has now qualified as a phlebotomist and from this week will be running our blood sessions on Monday and Tuesday mornings.
2. Our Pharmacy Technician, Sandip Sodha, is now with us full time. Sandip is trained to take blood pressure readings and give vaccinations, so he'll be able to take a bit more of the load off the clinicians.
3. The Practice is still advertising for 2 additional receptionists, and another salaried GP. However there have been no suitable applicants – apparently all GP practices are having the same problem!

Local Healthcare News

Ealing Hospital Services Survey

Local residents are being encouraged to have their say about the future of hospital services across North-West London, including Ealing Hospital. Views will form part of a new five-year plan to shape the future of Central Middlesex, Ealing and Northwick Park hospitals and community services. You can complete the survey at <https://www.lnwh.nhs.uk/wayforwardsurvey>. There is also a short *Ealing Today* article at <http://www.ealingtoday.co.uk/info/eanhs025.htm>.

Urgent Care Plan for London

The Urgent Care Plan will enable every Londoner to have their care and support wishes digitally shared with healthcare professionals across the capital. It isn't (yet) clear exactly how this will work but it seems to be some enhanced combination of Coordinate My Care and the Summary Care Record. The development is being coordinated by the London Ambulance Service, so it seems likely that this is intended to be accessible to emergency responders. However I am left wondering where there's been any patient input to this. You can find out more at <https://ucp.onelondon.online/> and <https://ucp.onelondon.online/may-newsletter/>.

General NHS & Healthcare News

Polio

For the first time in almost 40 years the government has declared a "national incident" because traces of polio virus have been found in waste water in north and east London over a period of months. Scientists believe the virus originated from someone who was immunised abroad with the live oral polio vaccine. (This live oral vaccine hasn't been used in the UK since 2004.) That person then shed traces of the virus from their gut which were detected by the sewage sampling. It is thought that this person then transmitted the virus to close family members. In such rare cases the virus can then mutate into what is known as "vaccine-derived" polio, which is generally much weaker than the original "wild" form. No actual cases of polio have been detected. Work to identify those affected is continuing, while the risk to the public is low as most will be protected by childhood immunisation. BBC report at

<https://www.bbc.co.uk/news/health-61896411>; UKHSA press release at <https://www.gov.uk/government/news/poliovirus-detected-in-sewage-from-north-and-east-london>.

Lyme Disease

New Scientist is reporting on a study which estimates that worldwide at least 1 in 7 people have had Lyme disease, which is transmitted by ticks. Central and Western Europe accounted for one-third of the incidence, while North America contributed only about 10%. It is thought that Lyme is likely to become more prevalent with rising global temperatures. Report at <https://www.newscientist.com/article/2324075-more-than-1-in-7-people-worldwide-have-had-lyme-disease/> [paywalled].

NHS "One Stop Shops"

It is being reported that the new NHS "One Stop Shops" have delivered over one million checks and tests since their inception in October 2020. There's an NHS press release at <https://www.england.nhs.uk/2022/06/one-million-checks-delivered-by-nhs-one-stop-shops/>. There are supposed to be 160 of these "one stop shops" by 2025. But where are they? I can't find out!

£1.2 Billion Saved on Medicines in 3 Years

Another NHS press release is reporting that the NHS has saved £1.2billion on the cost drugs in 3 years. This results from two approaches: (a) the NHS's immense buying power enabling the negotiation of reduced prices, and (b) many drugs coming off patent and (cheaper) generic versions becoming available. The press report is at <https://www.england.nhs.uk/2022/07/nhs-saves-1-2-billion-on-medicines-over-three-years/>.

Mental Health Support

There also seems to be a plan in the NHS for GP practices to provide specialist mental health support. Thousands of new mental health experts will be available to support people in their local GP practice amid record demand for services. Up to 2,500 more mental health practitioners from local NHS trusts will offer people with severe mental health problems a consultation, treatment, peer support, or a referral to hospital teams without needing a GP appointment. (Given that mental health services are already overloaded, I don't see where you'll find another 2500 practitioners!). NHS press release at <https://www.england.nhs.uk/2022/06/gp-surgeries-to-provide-specialist-mental-health-support/>.

NHS App

The NHS App is being updated with features to provide people in England with more personalised care. By March 2023, more users will receive messages from their GP, be able to see their medical records, and manage hospital elective-care appointments. And by March 2024 the app should offer face-to-face video consultations. BBC report at <https://www.bbc.co.uk/news/health-61964047>.

Newsletters

As always we end with the selection of useful newsletters received.

- NHS In Touch, issue 129; copy attached
- CQC newsletter; copy attached
- Vaccine Update #330, which looks at Covid-19 vaccination, is online at <https://www.gov.uk/government/publications/vaccine-update-issue-330-june-2022-covid-19-spring-special-edition/vaccine-update-issue-330-june-2022-covid-19-spring-special-edition>.
- NAPP eBulletin; copy attached

That's all for this month. Enjoy the summer and stay safe.

Keith

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