

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent: 05 December 2022 15:29
To: Barnabas Patient Voices
Subject: Barnabas Patient Voices Monthly Update, December
Attachments: BPV_Minutes_20221116.pdf; PERC_202211.pdf; CQC_202211.pdf; InTouch_134.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 the December update for [Barnabas Patient Voices](#) members.

First of all a reminder to

*** Please complete the short survey on our 2023-2025 Plan at

<https://forms.gle/PF9NMezeLSSh5N5U9> ***

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Coronavirus

Covid continues to be with us, although it seems most people are ignoring it. According to the latest data from the Zoe Health Study, <https://health-study.joinzoe.com>, there continue to be just over 2 million people in the country who are infected – that's between 1 in 30 and 1 in 35 people – with around 154,000 new infections a day. This is higher than the official ONS data, which we know lags by around 2 weeks, but which is showing an increase from the recent lower levels. There are also thought to be around 2 million who have Long Covid.

Many of us continue to be at significant risk if we catch Covid. Even if you don't feel at risk, taking precautions like wearing a mask makes us all safer, both physically and mentally. For me, I continue to stay home a great deal especially as it seems I'm not only at risk if I catch Covid, but also a good candidate for Long Covid. This is not a happy situation to be in, and I wish it were not so.

There was a recent item in *Knowable Magazine* on what the next generation of Covid vaccines might look like – which will also contribute to the development of vaccines for other diseases. Read the article at <https://bit.ly/3upNtdT>. [LONG READ]

Scarlet Fever and Strep A

The latest data from the UK Health Security Agency (UKHSA) shows that scarlet fever cases remain significantly higher than is typical at this time of year. Although it is usually a mild illness mostly affecting children, scarlet fever can be dangerous and is highly infectious. Symptoms to look out for include a sore throat, headache, and fever, along with a fine, pinkish or red body rash with a sandpapery feel (the feel is a key indicator in those with darker skin). The disease is caused by the Group A Streptococcus bacteria (Strep A) – which seems to be on the rise – and is easily treated with antibiotics. If you suspect scarlet fever talk to your GP. There's more information at <https://bit.ly/3HafYnk>.

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Meeting Minutes

The minutes of our 2-monthly meeting on 16 November are attached.

Based on the results of the recent short survey, the meeting included a discussion of dates etc. for 2023 meetings. It was decided to continue with meeting 2-monthly over Zoom (but keeping the option of in person meetings under review) and to continue the monthly informal calls. The dates are outlined below, and the minutes contain some slides showing the survey results and the logic for meeting dates.

2023 2-Monthly Meetings

The dates agreed for our 2023 full meetings are:

- Tuesday 17 January, 10:00
- Wednesday 15 March, 13:00
- Saturday 20 May, 11:00 [AGM] – This is planned to be an in-person meeting at the Practice to coincide with a Practice coffee morning. This meeting will be the AGM.
- Tuesday 18 July, 10:00
- Wednesday 20 September, 13:00
- Thursday 16 November, 17:00

All meetings, except May, are on Zoom – but this could change during the year.

2023 Informal Calls

- | | |
|------------------------------|------------------------------|
| • Thursday 26 January; 10:00 | • Thursday 27 July; 10:00 |
| • Tuesday 21 February; 12:00 | • Tuesday 29 August; 12:00 |
| • Monday 27 March; 17:00 | • Monday 25 September; 17:00 |
| • Thursday 27 April; 10:00 | • Thursday 26 October; 10:00 |
| • Tuesday 30 May; 12:00 | • Tuesday 28 November; 12:00 |
| • Monday 26 June; 17:00 | • Monday 18 December; 17:00 |

Please note the variation in days and times of meetings. And please put the meetings in your new diary.

The Zoom link for all these meetings is

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

Next 2-Monthly Meeting

The above means that our next 2-Monthly Meeting is on Tuesday 17 January, 10:00 on Zoom.

Agenda etc. in my January update.

Plan for Activity in 2023-2025

We need to be planning our activity over the next two years (beginning 1 April 2023). To do this we need to understand what you would like us, and the Practice, to do and include in the plan. If you've not already, please would you take around 5 minutes to complete the short survey at

<https://forms.gle/PF9NMzeLSSh5N5U9>. The survey will remain open until Sunday 8 January 2023. I hope to bring the results of this to the meeting on 17 January, and then a draft plan to the March meeting.

Please complete the survey!

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Practice News

Barnabas Bulletin

The December issue of the Practice's newsletter, *Barnabas Bulletin*, should be available in the next couple of weeks, and we'll email you a copy.

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Local Healthcare News

Ealing Local Plan

Not specifically healthcare related, but Ealing council are creating a new Local Plan (as legally required). The draft plan is out for consultation until 25 January 2023 – this is your opportunity to influence the way the borough changes over the next 15 years. There's a lot more detail at https://www.ealing.gov.uk/info/201164/local_plan/3125/new_local_plan, but be warned, there's a lot of it!

NHS "What matters to you" Survey

NHS North West London wants to hear from patients and residents about "what matters to you" when you use health services. Your feedback will help shape services to provide the support and care you think is most important. The survey is at <https://bit.ly/3gvc4C>. It should take no more than 10 minutes and is open until 16 December. All responses will be anonymous.

Planned Elective Orthopaedic Surgery

Still on surveys ... North West London NHS are consulting on their plan to move all adult elective bone and joint surgery to Central Middlesex Hospital. The aim is to provide better, fairer and more timely care for patients across North West London. The consultation is open until 20 January 2023. Find more at:

- Online Public Meeting: Thursday 12 January 2023, 19:00–20:30. Register at <https://bit.ly/3VqZUUP>
- Public Consultation Document: <https://bit.ly/3Vms5Bw>
- Consultation Survey: <https://bit.ly/3tQ7kT4>.

Survey Shows Dissatisfaction with GPs in Ealing

An survey by North West London NHS has revealed a relatively high level of dissatisfaction with GP surgeries in the borough. Over the past two years, people using GPs in the borough had the highest percentage of negative reviews for customer service and booking appointments compared to neighbouring boroughs. Local news report at <https://bit.ly/3ubf6Yb>.

Ealing Hospital to Offer More Support to Veterans

Ex-Armed Forces personnel will become a more familiar sight in UK hospitals, as legislation coming into force next year requires public sector organisations to offer more opportunities to military veterans. Local news report at <http://www.ealingtoday.co.uk/info/eanhs040.htm>.

A&E Testing at Local Hospitals

Patients attending A&E at most London hospitals have been being routinely tested for HIV, Hepatitis B, and Hepatitis C. Of those tested at Ealing and Northwick Park A&E, 12 people were unaware they had HIV, while 230 had unknown Hepatitis C, and another 223 had Hepatitis B. All have now been offered treatment. Another local news report at <http://www.ealingtoday.co.uk/info/eanhs041.htm>.

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General NHS & Healthcare News

How to Stay Well in Winter

The NHS has issued its usual advice about staying well in winter. Read the full guidance at <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>.

All GPs can Now Book Cancer Tests Direct

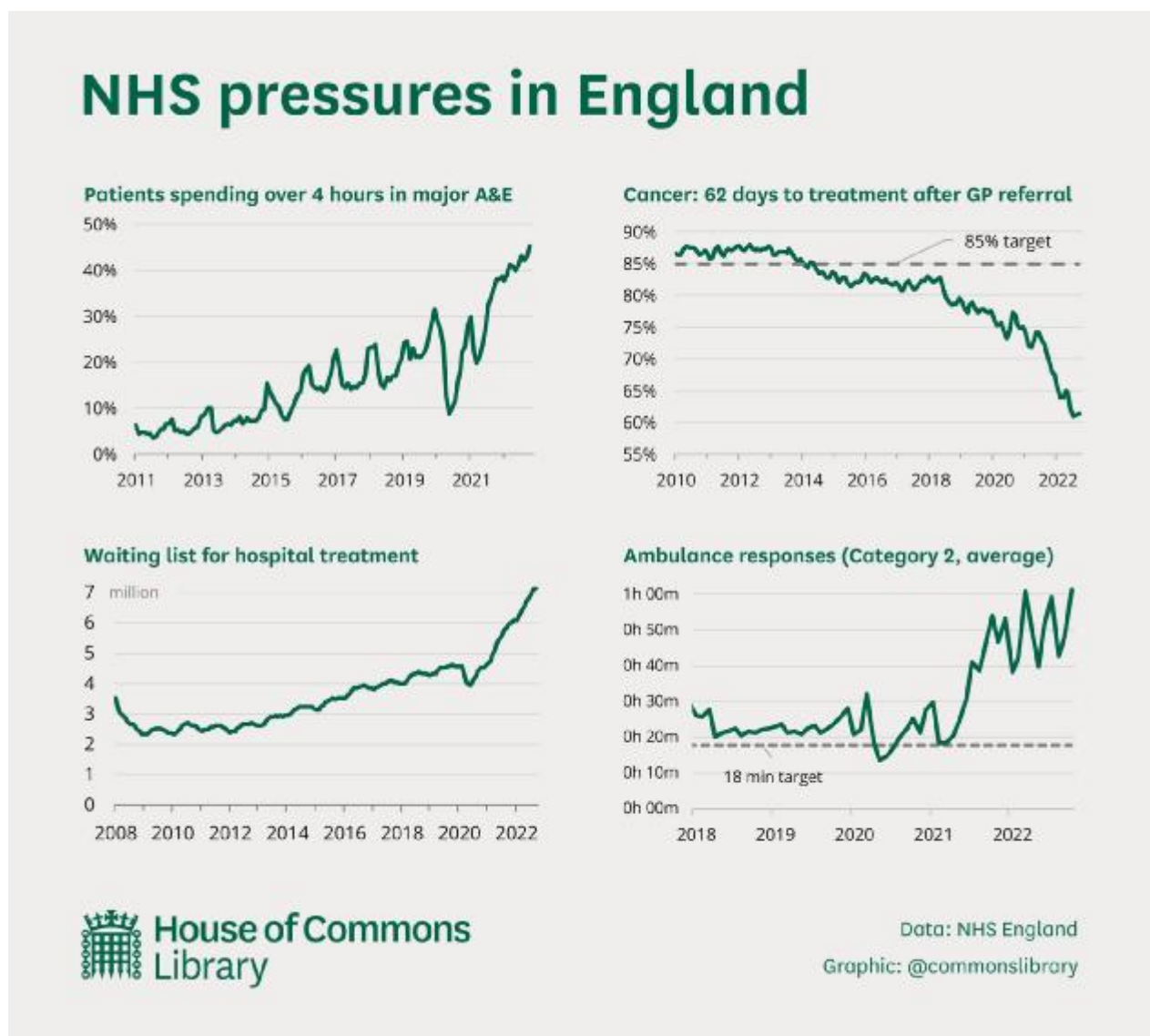
All GPs in England will soon be able to book cancer tests directly for their patients as the rollout of the option to book CT, MRI and ultrasound scans is completed. Previously this could be done only by hospital consultants. *BBC News* report at <https://www.bbc.co.uk/news/health-63642448>.

GPs in England Treating Unsafe Numbers of Patients

GPs in England are reporting that they're struggling with up to 90 appointments and consultations a day. This is three times the British Medical Association (BMA) guideline of "not more than 25 contacts per day" to deliver safe care. GP practices in England are offering more appointments than before the pandemic but face severe workforce shortages. *Guardian* report at <https://www.theguardian.com/society/2022/nov/20/gps-in-england-treat-up-to-three-times-more-patients-than-safety-limit-demands>.

NHS Pressures

This chart, from the House of Commons Library, shows just how much pressure the NHS is under.



However recent data from NHS England highlights the tremendous work done by GP practices across England, against the odds.

In October 2022 there were:

- 6441 GP practices
- With 62.1 million registered patients.

These practices employed:

- 46,113 GPs, or 36,854 FTE (full-time equivalent; which allows for part-time working), excluding locum GPs
- 16,770 FTE Nurses
- 15,810 FTE other direct patient care staff (eg. clinical pharmacists)
- 73,630 FTE admin and non-clinical staff.

And they provided:

- An estimated 36.1 million appointments; of these approximately 4 million were Covid vaccinations
- 38.9% of appointments were on the same day they were booked
- 43.5% were with a GP
- 23.7% were with a Nurse
- 71.3% of appointments were face-to-face
- But only 89.4% of appointments were attended – ie. the patient didn't turn up for over 1 appointment in 10!

Access to GP Data

NHS England recently provided an update on the plan to enable patients to view their GP health record through the NHS App and other online services. Read the full update at

<https://digital.nhs.uk/services/nhs-app/nhs-app-guidance-for-gp-practices/guidance-on-nhs-app-features/accelerating-patient-access-to-their-record/update-from-nhs-england>.

The Future of General Practice Report

The Parliamentary Health and Social Care Select Committee recently reported on the future of general practice. The NHS Confederation has produced a summary of this report, which is online at

<https://www.nhsconfed.org/publications/report-future-general-practice>.

Universal Flu Vaccine

After all that background ... According to one leading scientist a universal flu vaccine that protects against all strains of the virus could be available in the next two years – if clinical trials are successful. The

(currently still experimental) vaccine is based on the same mRNA technology used in the Covid vaccine. *Guardian* report at <https://www.theguardian.com/society/2022/nov/25/universal-flu-vaccine-may-be-available-within-two-years-says-scientist>.

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Newsletters

Finally the usual round-up of useful newsletters ...

- Mike Lally, Chair of a PPG in Cheshire, has stated a quarterly newsletter specifically for PPGs. The first issue is online at <https://bit.ly/3Fsqaq7>.
- Imperial Patient Experience Research Centre Newsletter, November 2022 – attached
- CQC Newsletter – attached
- NHS In Touch #134 – attached

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That's all for this month.

May you all have a peaceful and healthy Christmas and New Year.

The Fates permitting, I'll see you all again in January.

Keith

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