

## Open Meeting – 17 January 2024 – Minutes

Text in underscored italic is post meeting information

Present: Jean Alden, Sennen Chiu, Karen Collett (Practice Nurse), Lyn Duffus, Matt Edwards (Practice Manager), Keith Marshall (Chairman), Noreen Marshall, Harsha Mortemore (Vice-Chair), Bharti Sadhu

Apologies: Joe Hamilton, Rhian Ingram, Phiroze Munshi

### 1. Welcome

1. Keith welcomed everyone.

### 2. Minutes of the Previous Meeting

1. The minutes of the Open Meeting on 18 November 2023 were agreed and signed.

### 3. Asthma Introduction

1. Karen gave an introductory presentation about asthma. [Karen's slides are attached at the end of these minutes and include a short video which can be viewed online at [https://www.youtube.com/watch?v=aFmL7QLy758&t=8s&ab\\_channel=Asthma%2BLungUK](https://www.youtube.com/watch?v=aFmL7QLy758&t=8s&ab_channel=Asthma%2BLungUK).]
2. Asthma is surprisingly common; it is estimated that 1 in 11 children and 1 in 12 adults are sufferers. It can also be quite dangerous and local healthcare workers were dismayed by an avoidable Ealing child's death due to asthma a few years ago.
3. In asthma the airways in the lungs are smaller than normal, meaning that it is more difficult to breathe adequately and patients display a shortness of breath and difficulty breathing.
4. Breathing ability can be measured in a number of ways. Simplest (and the only method for children) is a peak flow meter where the speed of an out-breath is measured and compared to an expected value (which depends on age, sex, height etc.). The other common measurement is by spirometry, which measures lung capacity and breath speed. Prior to Covid this was done by GP practices, but is now done at two centres in the borough.
5. Treatment is two-fold. (1) An emergency inhaler (blue) which works quickly to open the airways but lasts no more than around 30 minutes. (2) A preventive inhaler (often red/brown/purple) which must be used daily to provide a low dose of steroids.
6. Biomedicines are becoming available, but have the drawback of causing immunosuppression. Vitamin D can also be of help.
7. There is a support charity Asthma & Lung UK, <https://www.asthmaandlung.org.uk/>.

#### 4. Members Feedback & Issues

1. Keith provided a quick update on the Covid situation etc. as he continues to follow the scientific reporting.
  - The ONS prevalence survey has restarted in modified form.
  - Prior to Christmas cases were rising steeply due to the new variant JN.1 (Juno), and the experts were predicting a massive peak.
  - However cases may now have peaked as they reduced from 4.5% to 3.2% of the population in the last couple of weeks.
  - But it is still possible cases will rise again when back to school/work works through the population.
  - Flu is following its usual winter pattern and may also now have peaked.
  - Ambulance response times have improved greatly compared with a year ago, but are still way higher than the targets.
  - However A&E has not improved, despite fewer attendances, with high numbers of patients waiting over four hours to be seen, and over 12 hours to be admitted to hospital.
  - If anyone wants links to follow any of the regular science reporting, please contact Keith.
2. Harsha and Sennen reported significant improvements in reception and the phone system.

They also sent thanks to the GPs for the ongoing care.
3. Noreen reported ongoing issues with hospital consultants not being able to see all a patient's records. While most can see the GP records, they can't always get blood tests results etc., nor see records from other hospitals.

Matt commented that all the GP record information, test results etc. should now be sent to consultants on new referrals, but of course this doesn't apply in already ongoing situations.

#### 5. Practice Updates

1. *Staff Updates*
  - A new receptionist, Nicole, started in late November.
  - Interviewing is taking place for a further, hopefully 9-5, receptionist.
  - It is hoped that from mid-February we will have another locum GP (female).
2. *Phone System*
  - Reported as improved – see above.
  - Rerecording the messages is still on Matt's to do list. Action: Matt
3. *Waiting Area*
  - As noted at the November meeting, the Practice has submitted a bid for money for various improvements. As yet there is no response to this.
  - Keith still has to plan the reinstatement of the noticeboards. Action: Keith
4. *Patient Surveys*
  - Matt hopes to start surveys in April. Keith offered to assist. Action: Matt
5. *QR Codes*
  - Keith has to provide QR codes for links to the group's website for *Barnabas Bulletin* and *What's Where near Barnabas*.

These will be printed for reception to show to patients, and also put on the noticeboards. Action: Keith

## 6. Other Group Updates

### 1. Meeting Venues

- We've still been unable to make contact with the church.

### 2. Barnabas Bulletin

- Matt is restricted to 500 text messages to patients.
- Please let Keith know of any ideas or suggestions for articles. Action: All
- The permanent link to latest *Barnabas Bulletin* issue is [https://barnabasvoices.org.uk/docs/Barnabas\\_Bulletin.pdf](https://barnabasvoices.org.uk/docs/Barnabas_Bulletin.pdf). This will always access the most recent issue.

### 3. What's Where near Barnabas

- This is due for an update, which Keith will do over the coming weeks. Action: Keith
- Please let Keith know of any changes, additions, deletions. Action: All
- The permanent link to *What's Where near Barnabas* is [https://barnabasvoices.org.uk/docs/Whats\\_Where\\_near\\_Barnabas.pdf](https://barnabasvoices.org.uk/docs/Whats_Where_near_Barnabas.pdf). This will always access the current version.

### 4. Unlocking Funding, engagement, etc.

- As agreed at the last meeting, Keith has organised a meeting for Matt, Purminder and himself to discuss possibilities. Scheduled for 2 February.

## 7. Matters Arising, AOB

1. Matt reported that the Practice will get a telephone inspection by CQC on afternoon of 2 February.
2. Next Open Meeting: Wednesday 20 March; 13:00; probably on Zoom.

Keith C Marshall, Chairman  
21 January 2024

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## Proposed 2024 Meeting Dates

- Wednesday 20 March; 13:00; Zoom (or Church Hall)
- AGM: Saturday 18 May; 11:00; Medical Centre
- Wednesday 17 July; 13:00; Zoom (or Church Hall)
- Saturday 14 September; 11:00; Medical Centre
- Wednesday 20 November; 13:00; Zoom (or Church Hall)

Dates/times may change depending on the availability of venues (especially the Church facilities). Watch the Members' Monthly Update for confirmation of dates and venues.

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## Link for all Zoom Meetings

Link: <https://us02web.zoom.us/j/7279594414?pwd=VmYwODdoWGg2eTFvTlVjVlZyRmhSQT09>  
Meeting ID: 727 959 4414  
Passcode: 149417

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# *Asthma*

By Karen Collett



## What is Asthma?



## COMMON ASTHMA TRIGGERS:

**1 in 11 children    1 in 12 Adults**



- POLLUTION
- SMOKING
- BACTERIA AND VIRUSES
- GENETIC
- PETS
- HOUSEHOLD CHEMICALS
- DUST



**Affects 5.4 million people**

## Symptoms of Asthma



# ASTHMA DIAGNOSIS

## Peak flow diary



Speed of blowing  
air out of lungs

## Spirometry



Lung capacity &  
speed of exhale

## FeNO breath test



To measure Nitrous  
Oxide

# Treatments for asthma

## Emergency / reliever inhaler



Quick relieve for  
short time

## Preventer inhaler



Everyday uses

## Montelukast



One a day - helps stop  
airways from narrowing



# INHALERS



**MDI & SPACER**



**DPI - FOSTAIR  
NEXTHALER**



**SYMBICORT**

ANY  
QUESTIONS?