

**Dr PAA Wood & Partners**

**Patient Participation Group Meeting**

**Minutes of meeting**

**Wednesday 10th April 2019**

**Held at Vernon St Surgery Derby**

**Present:** Dr Andrew Kitchen, Geraldine Comery, Val Haylett, Margot Keats, Vanda Vickers, Dorothy Fisher, David Bennet, Michael Cox, Satwant Panesar, Andy Ronaldson, Irene Sobek and Gerald Dorning

**Apologies:** Eddie van den Bron and William Keats

**Vanda Vickers agreed to be Minute Secretary for the Group**

**1. Talk from Sadiq Ahmed from Medicines Management and Arslan Rehman on Self Care.**

Many thanks to Sadiq and Arslan who gave a very well received talk on the role of pharmacists and how we can best Self Care. To become a pharmacist takes a 4 year course followed by a year of training, regulated by the General Pharmacy Council. Both pharmacists are very well trained and experienced. They are the first call for general health queries along with checks and advice on medication.

- **Community Pharmacist** is the most common role found in retail/high street, hospitals, industry, prisons, primary care, development and promotion, teaching in university. They ensure medication is safe, of quality, in date, from a reputable supplier and ensure all laws are adhered to. They complement General Practitioner work. They double check medication and care is correct and appropriate. They are able to answer questions on how and when to take medication and what possible side effects there may be, alongside existing and new medication reviews, managing medication for multiple conditions and blood pressure monitoring. The NHS are working to reduce the large number of pharmacies, redeploying existing pharmacists to give more integrated care.
- **Hospital Pharmacist** works as part of a multidisciplinary team with the patient being the most important member. They are key in medicine reconciliation and decision making – linking current and new. They ensure medication is legal and safe, provide monitoring / counselling and manage discharge letters. They may develop specialist therapies for patients.
- **Primary Care Pharmacist** is a developing role. The NHS are moving pharmacists to work within GP practices to manage newly discharged hospital patients care, running chronic disease clinics, contributing expertise to practice staff e.g. asthma, diabetes, COPD. The GP would refer a patient for possible further investigation and medication.
- **Clinical Commissioning Group Pharmacist (CCG)**. This is a Derby and Derbyshire Group ensuring practices work to a budget, provide safe and cost effective medication. They assist in project work to develop new services. If a drug is considered overly expensive a traffic light system is employed, starting with the consultant prescribing it to finding cheaper or modified alternatives for dispensing. Decisions to fulfil criteria come through committees of Health Care Professionals and the public.

- **Self Care** relieves the pressure on NHS. Data shows 57 million minor conditions at a cost of £2 billion were dealt with by GPs. 72% of patients agreed they could self manage minor conditions. Self Care is more cost effective. Self Care conditions may be self-limiting and will get better in time e.g. sore throat or cold sores. They may be self cared e.g. constipation or hay fever. People may wish to supplement diets with multivitamins.
  - What should I do if I feel unwell? Consider these stages:
    1. Speak to the pharmacist
    2. Have I tried self care?
    3. Do I need to see the GP?
    4. Call 111

If you are extremely unwell, in severe pain, have serious injury or prolonged high fever call 111 for 24 hour advice – they may arrange a 999 call, see your GP or go A&E. Call 999 for severe breathing difficulties, suspected stroke or cardiac problems.

More information available from:

<https://NWW.nhs.uk/>

Self Care app for parents HANDi Paediatrics

Self Care Guide [also available at both surgeries] and a handout on Hay Fever Self Care were distributed

## 2. Minutes of the last meeting 19/01/19 :

Minutes of the last meeting were accepted as correct.

## 3. Matters Arising :

A replacement high backed chair has been bought for Vernon Street Surgery

Geraldine has been unable to get a response from Eddie regarding his continuing to be Chair of the group. Eddie has been unable to attend meetings for the past year. The group decided to appoint a new Chair and Deputy Chair. Val Haylett was proposed and voted in as Chair, Margot Keats and William Keats proposed and voted in as sharing Deputy Chair. Geraldine will advise Eddie of the groups decision.

## 4. Practice Update :

New Practice Nurse, Linsey, has joined Park Farm Surgery. This has increased the overall nursing hours but Joan will be retiring at the end of May.

An extra hand rail for the stairs at Vernon Street was requested by a patient with mobility problems. This could not be implemented because the space would be reduced and contravene Health and Safety fire regulations.

## 5. Chairman's Update (Eddie van den Bron) – not available

## **6. AOB :**

The group asked if information leaflets etc. could be printed on yellow paper to make it easier to read, as used in hospitals. Geraldine explained this, alongside the increasing Practice's requirement to print out NHS posters etc. in colour all adds to Practice costs, but this request will be considered for the more widely used leaflets.

Margot advised us the Neurology Rehabilitation Service want patient views of the service. She will be attending a meeting and asks for any comments to feed back.

## **7. Meeting Dates for 2019**

- Wednesday, 10<sup>th</sup> July 2019 at Park Farm Surgery
- Wednesday, 9<sup>th</sup> October 2019 at Park Farm Surgery