



## **Red House Surgery PPG Minutes – 10<sup>th</sup> November, 2015**

- 1.** Present:- David Lloyd (Chair), Steve Bates, John Neale, Toni Rampello, Gordon Lovell, Christine Cartwright, Sheila Dale, John West, Clive Robinson, Mark Pitman, Nigel Vaughan, Fay Read, Maureen Gladwin, Dorothy Lloyd, Judith Westell, Vera Roper, Michael Whitehand, Jane Hanlon (Practice Manager), Dr. Nigel Fagan, Dr. Nigel Bunting.
  
- 2.** Apologies :- Monica Catelinet, Gillian Holloway, Jan Lloyd and Angela Lovell.
  
- 3.** Guest Speaker – Gill Robinson, Manager of MK Community Cardiac Group.  
Gill was working at MK Hospital in 1989 when she identified that people who received treatment at the hospital for cardiac problems were given some brief support when their hospital treatment ended, but that support, for many of them, was all too brief. She set out to supplement that support with a course of physical exercise geared specifically at people with heart problems. The aim was to prevent a recurrence. Initially she was given little encouragement but persevered, starting with one group of patients but now has over 430 members who suffer from a range of heart associated conditions and also COPD (chronic obstructive pulmonary disease) as well as other long term conditions. Due to the variety of patients' conditions Gill has had to devise an equally variable set of exercises suitable for patients of most age ranges (from 28 years upwards.) This has been with expert medical guidance.  
They meet at Hinton Hall in Whaddon Way, Bletchley – Gill is keen to keep away from medical premises as she wishes to quickly dispel any form of 'patient mentality' so that patients aim to return to normality a.s.a.p.  
They have a range of exercise machines suitable for the members and some basic medical test equipment they use to monitor them on a regular basis. They regularly test blood pressure and keep records so that if they notice a trend which causes concern they refer the member to their GP together with the data. All staff receive regular training every 6 months and have clear activity plans for staff should there be a problem. During the 26 years Gill has been running the Group there have been only 3 heart attacks, losing only 1 patient.  
Funding has been an issue and it is only in the last two years that she has received financial support from the MK CCG. Members pay £225 per year, equal to only £4.50 per session.  
Gill is rightly proud of her achievement, helping very many patients to get 'fit for functional living'.
  
- 4.** The Minutes of the October meeting were agreed and adopted.
  
- 5.** Matters Arising:-
  - a.** The Rovers met at Emerson Valley last week and 8 ramblers thoroughly enjoyed the walk.

Future Walking Dates:

Thursday, 26<sup>th</sup> November, The Barge PH, Woolstone

Wednesday 9<sup>th</sup> December, Bradwell Abbey

Thursday, 17<sup>th</sup> December, Dobies, Watling Street.

Thursday 7<sup>th</sup> January, Tuesday 26<sup>th</sup> January, Tuesday 9<sup>th</sup> February, Wednesday 24<sup>th</sup> February, Tuesday 8<sup>th</sup> March and Thursday 24<sup>th</sup> March.

All walks begin at 14.00 hours. Starting Locations to follow where not shown.

- b. Steve reported from the Patient Congress Meeting from 19<sup>th</sup> October and the System Resilience Group of 21<sup>st</sup> October. See attached notes.
  - c. Horticulture – Raised beds still looking good. Expecting frost to strike soon. Plans for spring planting being formed.
  - d. Future speakers - No speaker planned for December PPG.
- 6.** The visit to the Bletchley Fire Station was a great success. Nine members attended and were given a tour of the station and an enthusiastic explanation of their work by Green Watch. One highlight, illustrated by photographs, was the Fireman's Pole which apparently gave some members an insight into possible future careers. Green Watch were keen to remind members that the Fire and Rescue Service will provide free inspections of homes for fire safety and fit smoke detectors if required.
- 7.** The question of the PPG buying a laptop computer to assist the secretary was discussed. Further enquiries continuing.
- 8.** Treasurer's Update – With income from the Flu Injection raffles and the sale of books, plus approved outgoings, our balance currently is £2,152.09p.
- 9a** There was a discussion about whether the Online Services booklet requires a copyright endorsement to safeguard the input by the author. The feeling was that copyright is vested in the author even without an endorsement and that if someone sought to take advantage of the document ignoring copyright it may be necessary to go to court to seek redress. Therefore an endorsement may make little real difference. However, Nigel was keen to put a copyright note on the document and will discuss this with Jane.
- 9b** At the Core Group meeting it was suggested that the author Charlotte Hern should be sent a letter of appreciation and gift token from the PPG to say thank you for her excellent work creating the Online Services booklet. Nigel spoke strongly opposing this as it had been raised previously and rejected then. Sensing the strength of feeling of the meeting, David noted Nigel's objection but over-ruled it and said that he felt it was appropriate for the PPG to do so. The surgery will also be sending some thank gift tokens in recognition of the hard work undertaken by Charlotte.
- 10.** News from the Surgery
- i. The 'Roundabout' federation is likely to increase from 16 to 19 in the near future.
  - ii HIV prevalence is high in Milton Keynes. The surgeries have been asked by the council/CCG/public health to participate in increasing testing during the National HIV Testing Week 21-28<sup>th</sup> November 2015. They are asking that during this time any man or black African woman having a blood test through the practice be offered an HIV test. NICE guidance recommends that in

areas of high prevalence (more than 2/1000) testing should be offered to all men and all black Africans.

Dr Fagan, introducing this item, recognized the sensitivity of it. Concerns were expressed about the possibility of allegations of racial prejudice. Doubt was expressed about how this will raise awareness when the only people who will be aware are those invited to take the test, which is purely voluntary.

For the last couple of years, all practices in MK have been encouraged to offer the test to **all new patients** when they register. However, Jane pointed out that only one member of the family may come in to register the whole family and therefore, it is difficult to capture new registrations. Some practices undertake a new patient health check but this does not happen at Red House.

- iii. GPs from the surgery have recently attended a seminar about Female Genital Mutilation, FGM. This had been distressing for them. Milton Keynes is in the top 10 in the country for FGM. Any GP who is aware of a patient having sustained FGM have to report it and any patient who is worried that they or another female may be at risk of FGM are obliged to report it to the authorities.
- iv. The surgery is exploring ways to improve the premises/facilities, either through extending at the current site or nearby.
- v. The PPG previously offered to purchase a Spirometer for the surgery. This has been bought and is in use. The nurses have expressed their appreciation.
- vi. Following consultations reception staff will shortly have a new uniform, blue with white specks. Nurses will have red uniforms, phlebotomy staff lilac and the HCA's will remain in light blue.
- vii. Some raffle prizes have still not been collected.

**11.** Dates of PPG Meetings in 2016 not yet available.

**12.** AOB.

- a. The National Association of PPGs is promoting a survey which members are encouraged to complete. Jane has already circulated the message and link.
- b. David (Chair) thanked the surgery for the Red House Surgery 200 years celebratory party.
- c. John Neale, referring to an earlier discussion about funds raised by the raffles, asked what will happen in future about flu injections. This is one of a number of services which may be taken over by other organizations such as Tesco's and some Pharmacies. Any 'at risk' group person may get a free injection from any supplier. They could even have more than one if they tell the supplier, (who will have no way of checking) that they are in the 'at risk' group. The surgery will continue to deliver flu injections, providing the safeguard that there will be a GP on the premises should things go wrong.

**13.** Dates of next meetings

- |                     |   |  |
|---------------------|---|--|
| Core Group meetings | - | Wednesday, 2 <sup>nd</sup> December 2015 |
| PPG meeting         | - | Wednesday, 9 <sup>th</sup> December 2015 |

## **Patient Congress - Minutes of Meeting held on 19th Oct 2015**

**1.** Falls Prevention Service (Liz Adams, Falls Prevention Co-ordinator, gave a presentation at the beginning of the meeting). The service has two full time employees and two part time MK has a higher than national average number of falls per 100,000 people

75% of falls occur in the house or garden.

Most happen after spells of cold weather (lack of muscle use) and during hot weather (dehydration consequences)

A new programme for dealing with prevention and follow-on of falls will be in place in May 2016 (CNWL and MKC).

There is a hesitancy about self-reporting falls by the elderly because they fear that the response will be to put them in a home. In fact the emphasis is on making them more secure at their own home. This is done by home visits by experts and supplemented with extra fittings in the home and identification of risk points.

The Service has been doing 3 day training sessions at local care homes, with the participants being tested before and after.

Documents (to be circulated) include:-

1. MK Falls Prevention Service;
2. A practical Guide: how to reduce the risk of falling; and the
3. MKDons Sport and Education Trust poster Extra Time offering graded exercise courses for the over 60s. (Get fitter, improve your balance.)

**2.** Discussion centred on the Roundabout group of 16 surgeries and their ambitions for the next stage of development of health provision in MK. There were various suggestions of what will happen, with lots of unknowns and what-ifs. It was agreed that one member would write a summary of the various contenders for carrying out the numerous services, Mike Newton will do his best to get information out to as many PPGs as possible in MK.

**3.** Children, Young People and Maternity: a new plan has been submitted to the government asking for £0.5m.

**4.** The Healthcare Review was due to start public consultation early next year. Bedford Hospital has submitted a new proposal which has started a whole new area of investigation and research. This will delay the start of the public consultation. I was assured by the CCG that I would be sent a copy of the report submitted this week setting out the new proposals and thoughts to-date. This was due to arrive this afternoon in time for me to brief you on it at this meeting, but that report has failed to arrive!

Steve Bates

## **System Resilience Group Meeting – 21<sup>st</sup> October, 2015**

### Performance

Delayed Discharges are up.

Ambulance demand has increased but MK performance is fine.  
(Will be introducing the changes I outlined last meeting.)

Ambulance Handover delays increased in August.

111 Call answering down to 92% in 60 seconds. (Staffing issues. Clinical and admin.)

In Quarter 1 of 2015/6 74 Elective Ops. were cancelled for clinical or other reasons – like lack of beds.

Front Door Team meeting on 23<sup>rd</sup> October re. New Front Entrance of MK University Hospital – work progressing well.

Steve Bates