

Norbury Medical Practice - Patient Participation Group

Notes of Meeting held at 2.00pm on Monday 18th March 2019

Present

Dr Kalpesh Shah
Mr Ian Acaster
Mrs Sue Biggs
Mr Howard Hill
Mr Mike Phillips
Mr Rasiklal Shah (Practice Manager)
Mr Mohammed Sheikh
Mrs Eunice Shepherd
Mr John Taylor

Apologies for absence had been received from Dr Noreen Chaudery, Mrs Kay Coles, Mr Syed & Mrs Chris Farouk, Mr Rasiklal Shah (Pharm), Mr Andrew Smith and Mrs Seema Thapliyal (Practice Pharmacist).

1. Introduction.

MP welcomed everyone to the meeting.

MP indicated that the main agenda items at this meeting would be:-

- A brief introduction to the Health & Care Partnership
- Howard will speak to the NHS Diabetes Prevention Programme.
- MP to table a draft PPG Newsletter as agreed at the last meeting in January 2019. (setting out options for patients to get an appointment).

2. Health & Care Partnership

MP welcomed Ayesha from the Health & Care Partnership, who spoke about their initiative called "Connecting your Care" which is a way of sharing information securely between different health and care record systems within South West London. This means that health & care professionals will be able to immediately see important information about people that will help them make the best decisions about their care.

It is understood that all the information about patients that is currently on the Practice computer system may be shared, although should any patient not wish for their information to be shared, they may Opt Out of "Connecting your Care". However, this may mean that people looking after the patient may not have their full history available to them when they see them, and will have to ask other organisations to share information as they do now - - by 'phone, email, fax and letter. This means that it will take longer for the staff to get the information they need to assess and treat the patient, even in emergency situations.

Opting out of "Connecting your Care" is not linked to the National Data Opt Out, or any other national or local information sharing programmes. Even if a patient has already opted out of other information sharing programmes, they will still need to opt out of "Connecting your Care" if that is what they decide to do.

Further information is available on the website:- www.swlondon.nhs.uk/connectingyourcare

Whilst the Health & Care Partnership will be circulating flyers and posters etc about this initiative, it was agreed the PPG should include mention of this in a future Newsletter.

MP thanked Ayesha for her information.

3. NHS Diabetes Prevention Programme

HH gave a brief explanation of the NHS Diabetes Prevention Programme that he had gleaned from various websites (attached document).

RS (Practice Manager) was arranging a meeting with the NHS Facilitators to discuss the programme. The week from Monday 1 April to Sunday 7 April 2019 is National Diabetes Prevention Week – see following link:-

<https://www.diabetes.org.uk/preventing-type-2-diabetes/diabetes-prevention-week>

HH and RS(Pharm) will be setting up a stall at the Practice, on 5th April, from 10am till 4pm. They will keep the PPG informed of developments.

4. Discussion re next PPG Newsletter

Some patients say they are still not aware of the various options for them to seek an appointment with the GP or alternatives such as the Croydon GP Hubs or the Croydon GP Collaborative Service at Brigstock Family Practice.

It was agreed at the last PPG meeting in January 2019 that MP would draft a Newsletter covering these options and he tabled a draft copy dated April 2019 for attendees.

MP requested that members let him have any comments that they may have on the draft Newsletter by the end of March, after which he will ask KC if she can circulate to all those patients for whom the Practice has an email address.

5. Any Other Business

RS (PM) indicated that all the building work at the Practice has been completed apart from minor snagging. It was agreed that the Practice looks very nice and bright.

RS (PM) also advised the meeting that the normal text reminders to patients re their forthcoming appointments had been temporarily suspended due to the credit expiry.

6. Date of Next Meeting

We normally meet every two months, on the third Monday of the month, to avoid the Practice meetings and it was agreed that we should convene the next PPG meeting on the third Monday in May 2019 – **Monday 20th May 2019 starting at the usual time of 2.00 pm.**

Michael J Phillips
Chairman

NHS Diabetes Prevention Programme (NHS DPP)

Diabetes Prevention Program (DPP) ... The **DPP** showed that people who are at **high risk** for **type 2 diabetes** can prevent or delay the disease by losing a modest amount of weight through lifestyle changes (dietary changes and increased physical activity).

Most people would be shocked to know that around 22,000 people with diabetes die early every year. Type 2 diabetes is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke.

There are currently **3.4 million people with Type 2 diabetes in England** with around 200,000 new diagnoses every year. While Type 1 diabetes cannot be prevented and is not linked to lifestyle, **Type 2 diabetes is largely preventable through lifestyle changes.**

One in six of all people in hospital have diabetes – while diabetes is often not the reason for admission, they often need a longer stay in hospital, are more likely to be re admitted and their risk of dying is higher.

As well as the human cost, Type 2 diabetes treatment accounts for just under nine per cent of the annual NHS budget. This is around £8.8 billion a year.

There are currently five million people in England at high risk of developing Type 2 diabetes. If these trends persist, one in three people will be obese by 2034 and one in 10 will develop Type 2 diabetes.

There is strong international evidence which demonstrates how behavioural interventions, which support people to maintain a healthy weight and be more active, can significantly reduce the risk of developing the condition.

The Healthier You: NHS Diabetes Prevention Programme (NHS DPP) identifies those at high risk and refers them onto a behaviour change programme.

The NHS DPP is a joint commitment from NHS England, Public Health England and Diabetes UK.