

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

On Wednesday 7th February 2018 6.30pm Liz Socket talked about her latest research into tiny bacteria that naturally invade and eat the pathogenic bacteria that cause skin ulcer, burn & pressure sore infections in people. This is very up-to-the-minute research.

Present: Shelagh Clarke, John Hackett, Irfan Malik, Ingrid Reid, Amanda Roberts, Helen and Edward Skadorwa, Rose Thompson, Charlie Wilson

Apologies: Mary Spencer, Pat Constable, Stella Nickolay, Suzanna van Schaick, Sue Wilson, Magrit Mitchell

Bdellovibrio are the bacteria which Liz works with at Nottingham University. They occur naturally in the soil. Bdellovibrio are good bacteria which attack other (bad) bacteria and even stimulate the body's natural defences too. So they are an answer to the super-bug antibiotic resistance that is threatening our society. The trouble is that Bdellovibrio are not effective against all types of bad bacteria. Bdellovibrio can also treat bacterial diseases on mushrooms, in chickens and citrus trees. Wellcome Foundation has given Liz money to find out which proteins enable Bdellovibrio latch onto bad bacteria.

We also talked about phage treatment of certain bacteria: spirochaetes bacteria that are responsible for such conditions as Lyme Disease and Syphilis; gut microbiota and how it might vary with ethnicity and food eaten; whether good health is associated with more Bdellovibrio in the gut.

Liz offered to come back with an expert on the regions' infectious diseases and encouraged us to send her a list of questions. So let Amanda know your questions about bacterial or other infections, etc.

Our next meetings:

- Friday 9th March 2018 2pm Sue Hall Antimicrobial Resistance
<http://www.telegraph.co.uk/health-fitness/body/truth-antibiotics-do-really-need-take-full-course/>
- Wednesday 11th April 2018 6.30pm Healthwatch Nottingham and Nottinghamshire
- Friday 11th May 2018 2pm Valentina Lazarevic (CRN) and Jane Coleman about our Research activity
- Wednesday 13th June 6.30pm

Hope to see you at our next meeting which will take place in the meeting room upstairs at Elmswood Surgery. Please expect the meeting to be an hour and a half. For the 6.30pm meetings please note that the surgery **closes at 6.30pm**, so you need to arrive a few minutes before.

Our surgery's news

Following on from our discussions about Diabetes last time, the NDPP (National Diabetes Prevention Programme), <https://www.england.nhs.uk/diabetes/diabetes-prevention/> tries to stop people developing full blown diabetes, (having been indentified as "pre-diabetic") through education programmes etc. Our surgery was a pilot site locally for this, and quite a few patients have already taken part or expressed a willingness to do so.

HEAT, a study aiming to reduce the risk of **stomach bleeding** in aspirin users is believed to be the UK's largest interventional academic drug trial, after 30,024 patients volunteered to take part is one

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

of the research trials our practice has been involved in has made the news
<https://www.nihr.ac.uk/news/more-than-30000-aspirin-users-take-part-in-uks-largest-interventional-academic-drug-trial/7526>

Annual flu jabs

We still have a significant number of eligible patients who have not yet had their annual flu vaccination. The government are warning that this could be a bad year for flu so if you are eligible for a flu injection and have NOT had one we would encourage you to do so. The receptionists will be happy to take your booking on the phone or in person for these, if you are aged 65 or over, or your medical condition means that you are in an "at risk" group. If you are at all uncertain about whether you should have a flu jab, please do not book with a pharmacy but check with the surgery and book an appointment with us. This is for the avoidance of clinical risk...

At the end of January John Hackett and Amanda Roberts, on behalf of our patient group, met up with **patients from St Lukes and Sherrington Park** to share and learn from each other.

We are looking to find out your ideas about what the group's aims should be. **Please click on this link to let us know your thoughts** – it should only take a minute or so for you to complete the poll
<https://www.surveymonkey.co.uk/r/RSP7Y2V>

Recently the receptionists have suggested we should have the **radio on in the reception area** of the surgery. We would like to know your thoughts on this. Please follow the link to complete the survey: <https://www.surveymonkey.co.uk/r/27G5Y9D>

In the news

NHS England consults on £136m saving in prescription costs

<https://www.england.nhs.uk/2017/12/nhs-england-consults-on-freeing-up-136-million-to-boost-frontline-nhs-care-by-curbing-prescription-costs/>

NHS England has launched a public consultation on proposals to rein in prescriptions for some over the counter products such as dandruff shampoo and drops for tired eyes, freeing-up up to £136 million to expand other treatments for major conditions such as cancer and mental health problems. Ending routine prescribing for minor, short-term conditions, many of which will cure themselves or cause no long term effect on health, would free up NHS funds for frontline care.

The consultation does not affect prescribing of items for longer term or more complex conditions or where minor illnesses are symptomatic or a side effect of something more serious. Closes 14 March.

Nottingham hospitals: Impact of emergency pressures on your operation and appointment

Our hospitals are extremely busy following a sustained increase in respiratory and frail elderly attendances and admissions post-Christmas.

Staff across NUH and the wider health system remain absolutely focussed on providing timely and safe care for emergency patients and supporting staff, many of whom are working above and beyond in very pressured circumstances.

They urge patients not to come to our Emergency Department unless it is a real emergency so that they can prioritise those who most need care and treatment. More information

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

here: <https://www.nuh.nhs.uk/communications-and-media/news/2018/january/impact-of-emergency-pressures-on-your-operation-and-appointment/>

Dr Malik has a **#VisitMyMosque** Open Day Sun 18th Feb 12-5pm. 308 Sneinton Dale. PPG members are most welcome to attend. Details below:

<https://www.eventbrite.co.uk/e/nottingham-ahmadiyya-mosque-open-day-tickets-42376874372>

QMC's Emergency Department is looking Public and Patient Involvement volunteers

Are you interested in helping to further improve QMC's Emergency Department? They are asking for volunteers to help by advising on research project designs and service improvements. You may have used their ED services in the past but this is not essential. They are seeking both "service user" and "general public" views on and help with, their work. They would like to hear from people who can commit to attending up to 3 meetings of 2 hours duration in 2018 at QMC's Emergency Department. Reasonable travel expenses will be paid.

The two proposed projects we would like help with are:

- **Understanding how to use video cameras to help paramedics to access expert advice from hospital specialists when assessing frail elderly patients in their homes**
- **How best to organise multi-disciplinary teams within ED to deliver high quality and timely care to patients as efficiently as possible.**

If you would like to volunteer to help with either of these projects or would just like more information please contact Phil Miller at Philip.miller@nuh.nhs.uk or call on 0115 9249924 x 67898.

Other groups of interest

PASAD – Schizo-Affective, Hearing voices or Paranoia support group, morning meetings in Broxtowe Day Service. For more details phone Lydia 07914791074. Meetings are always the second Thursday in the month

CityCare Patient Experience Group

This group is open to any residents in the City and by attending you will get updates on the over 60 health services provided by the CityCare: and be able to voice your experiences too.

Friday 27 October 2017 – 1pm to 3.30pm

Monday 22 January 2018 – 1pm to 3.30pm

These meetings will all be held at: The Exchange Building , Alfreton Road, Nottingham NG7 3NW

The Nottingham Keep our NHS Public group meets on the last Thursday of each month at the Visitor Centre, Castle Rock Brewery (Vat & Fiddle), 12 - 14 Queensbridge Rd, NG2 1NB from 7.30pm More information about the group: <https://keepournhspublic.com/support-konp/find-a-local-group/nottingham/>