

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Friday 9th March 2018 2pm Sue Hall talked to us about Antimicrobial Resistance.

Attendees: Shelagh Clarke, Jane Coleman, Gillian Dobson, Dave Groom, Derek Huett, Irfan Malik, Glennis Middleton, Anne Pidgeon, Abdul-Rahman F Bah, Ingrid Reid, Amanda Roberts, Pauline Sault, Suzanna van Schaik, Mary Spencer, Helen and Edward Skardorwa, Charles Wilson, Sue Wilson

Apologies: John Hackett, Janet Norris

Antibiotics are now widely used and relatively cheap. Bacteria “re-invent” themselves, becoming resistant to antibiotics. This tends to happen when under- or over-treatment occurs.

Antibiotics are used in veterinary, dental and NHS practices. They are used as a precaution to prevent infection developing in joint replacement operations, cancers and transplants. They can be bought on the internet, prescribed via non face to face consultations like Push Doctor, shared by friends and from chemists in some countries when abroad.

Some countries use antibiotics more readily than we do. This means their citizens may develop antibiotic resistance more often – and then may bring their resistant strains of bacteria with them when they come to this country.

Because of the low price, there is no profit for pharmaceutical companies to develop replacements. But there are things that might help (eg the “good” bacteria we heard about in our last meeting).

Sometimes people can have allergies to antibiotics. But there is only one immunologist in the whole of Nottingham who can do the necessary tests to confirm this. Antibiotics can make people feel unwell – which could be confused with allergy- and could lead people to stop taking their antibiotics too soon. A diagnosis of allergy to antibiotics needs to be revisited every so often to ensure that the allergy still exists. It matters because those with allergies need the more sophisticated antibiotics which could therefore get antimicrobial resistance quicker.

The World Health Organisation has an Antibiotic Awareness Week in November and our Patient Group might do a display in the waiting room to raise awareness.

Here is a link for background <https://www.nhs.uk/conditions/antibiotics/> and <http://www.telegraph.co.uk/health-fitness/body/truth-antibiotics-do-really-need-take-full-course/>

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>

Our next meetings:

- 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 2018 6.30pm
- Friday 13th July 2018 2pm

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- Wednesday 12th September 2018 6.30pm
- Friday 12th October 2018 2pm
- Wednesday 14th November 2018 6.30pm
- Friday 14th December 2018 2pm

Hope to see you at any of our meetings which all take place in the meeting room upstairs at Elmswood Surgery. Please expect the meeting to be an hour and a half. Please note that the surgery **closes at 6.30pm**, so you need to arrive a few minutes before the start time of the evening sessions.

Our surgery's news

Patients will be aware that, in common with a lot of surgeries, there is increasing pressure on our appointment system, particularly for appointments with GPs. The practice has drafted in a locum doctor to help the workload. We would ask that you bear with our receptionists, who will do their best to help you, but they may need to ask for a small amount of information regarding your health issue, so that they can best direct you.

Regretfully, the New Leaf smoking cessation service, funded by Nottingham City Council, is stopping at the end of April and will accept no new referrals. This is due to financial considerations. There are various other ways patients can access help, via an App, leaflets available at the surgery, and a smoking cessation website <https://www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx>

The results for the Surgery's **Friends and Family Test latest analysis are here (attach)**
<https://www.dropbox.com/s/qhjygb6n0ixqif5/P2193%20-%20Elmswood%20Surgery%20-%20January%202018.pdf?dl=0>

Evening & Weekend Appointments bookable through your GP practice

From March 2018, patients registered at this practice will be able to access additional routine appointments during evenings and weekends through the new GP+ Nottingham City service. Appointments will be available to see GPs, Practice Nurses, Clinical Pharmacists and Physiotherapists in a fully equipped accessible location on Upper Parliament Street in Nottingham City Centre.

Opening hours will be:

16:00 – 20:00 Monday – Friday 09:00 – 13:00 Saturday & Sunday

This will not be a walk-in service. Appointments are required and will be bookable through the reception team at your own GP practice from March onwards.

In the news

Mary Spencer has asked for some **knitted or crocheted 5 inch squares in pairs** for the London premature neo-natal unit where her daughter works. One is given to the baby and one to the parent and it really helps to bring comfort and to help bonding.

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.

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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.

NHS National Data Opt-out Programme available from 25 May 2018.

<https://www.digital.nhs.uk/national-data-opt-out>

Dr Malik invites you all to an interfaith meeting at West Bridgford on Saturday 7th April 1.45pm. <https://www.eventbrite.co.uk/e/world-crisis-and-the-pathway-to-peace-tickets-43827461116>

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. These meetings will all be held at: The Exchange Building , Alfreton Road, Nottingham NG7 3NW
For more details contact: jonathan.wright3@nhs.net

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/>

Dignity in Dying will meet on Thurs March 22 at 2.30 pm - for about an hour / hour and a half. The location is the New Mechanics ,3 New Sherwood St , NG1 4EZ.

(This is 3 minutes walk from The Theatre Royal tram stop, or from the Parliament St bus stops, or from the Victoria Centre car park.) It will be an open and informal meeting to:

- * Find out more about Assisted Dying (what it is ,and what it is not) - and what the national campaign is focussing on in 2018
- *Hear Mick Murray, a Dignity in Dying Member from Matlock speak about his experience of accompanying two good friends to the Dignitas Clinic in Switzerland.
- *Share ideas about how to get more local support for a new Assisted Dying law - find out if your MP is in favour of this ,and if not what you might do to persuade him/ her .
- *Discuss how you can make your views about the end of life (for yourself or your loved ones) known to your doctor. (Many doctors now favour an Assisted Dying law and there are signs that the long standing opposition of the BMA is starting to crumble)