

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Friday 12th October 2018 2pm Dr Sally Bell talked to us about lifestyle medicine

Present: Pat Constable, Gillian Dobson, Josephine Fulton, John Hackett, Irfan Malik, Cynthia Mee, Magrit Mitchell, Anne Pidgeon, Amanda Roberts, Suzanna van Schaick, Mary Spencer

Apologies: Derek Huett, Shelagh Clarke, Sue Wilson, Glennis Middleton

Important information regarding your personal data

As a member of the Elmswood Surgery Patient Group we keep a record of your name and contact details. This information is held on a password protected database on Mailchimp, accessed only by the secretary of Elmswood Surgery Patient Group (currently Amanda Roberts). Your data is not shared with any other organisations/ institutions. The Elmswood Surgery Patient Group will use your email address to communicate with you generally twice monthly (to notify you of the forthcoming meeting arrangements and subsequently what happened in that meeting). With those mailings will be details of other health and social news we hope might be of interest. We may very occasionally contact you at other times when we are seeking your assistance. If you wish to unsubscribe from these emails, and therefore cancel your membership with us, then you can do so at any time: *click "unsubscribe" at the bottom of this email.*

You are welcome to contact us if you have any questions about this.

Dr Sally Bell told us that whilst practicing as a Nottingham GP she became dissatisfied with the traditional way of treating long term conditions with medications which may cause side effects which in their turn need more medication.

Our bodies are wired to heal but our decisions can help or hinder this. Generally lots of things combine together to maybe push us to a significant imbalance threshold. There are five main factors which need to be addressed: nutrition, movement, sleep, rest (not being stressed) and connection. There was not time to go into all of these factors.

Connection: we need purpose, roles, connectivity to those around us and to our own selves. Loneliness can be very debilitating. Seeing beauty in the environment can be an escort to connectivity. Journaling might help.

Sleep: Some of the things we eat can keep us awake. You need exposure to sunlight, without sunglasses, outside in the mornings to sleep better at night. Avoid blue light (tvs and computers) a couple of hours before bedtime. Do not drink coffee after lunch time. Relax (no horror movies), meditate and use yoga.

Nutrition: This is a minefield and emotive. No one size fits all and needs to be personalised. Western diet is hugely inflammatory. Sugar is toxic. 2 slices of bread are the equivalent of a Mars bar. Fats are essential for brain health. Since consuming too many omega-6 fatty acids (in relation to omega-3s) can increase the risk of inflammation, swap out omega-6-laden soy, sunflower, corn, cottonseed, safflower, and mixed vegetable oils for extra virgin olive oil, which is rich in omega-3 fatty acids. Ghee is good. Eat nutrient dense food, eat a rainbow coloured meal, with a heavy plant slant. Eat well sourced grass fed meats. Avoid processed foods. And pay attention to how we eat, including family meals.

Sally recommended Dr Ranjan Chatterjee's book "The 4 Pillar Plan".

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We also discussed: poverty, chaotic lifestyles, food banks and convenience stores not having fresh foods, group therapy, the placebo effect and the benefits of GPs consulting with empathy, “normal” test results may still mean “sub-optimal”.

Our next meetings:

- Wednesday 14th November 2018 6.30pm Dementia Friends with Mark Towlson
- Friday 14th December 2018 2pm Heather Simpson, Ockbrook practice manager
- Wednesday 13th February 2019 6.30pm
- Friday 8th March 2019 2pm
- Wednesday 10th April 2019 6.30pm Suzanna van Schaick on Self Help UK with Sarah Collis from Self Help UK
- Friday 10th May 2019 2pm
- Wednesday 12th June 2019 6.30pm
- Friday 12th July 2019 2pm
- Wednesday 11th September 2019 6.30pm
- Friday 11th October 2019 2pm
- Wednesday 13th November 2019 6.30pm
- Friday 13th December 2019 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

Flu clinics: This year, following guidance from the Department of Health we have two types of adult flu vaccine. One which has proved to be more effective for those aged 65 and over, and one for the under 65s.

We now have clinics available to book, and would ask patients to book in as soon as possible.

Food bank: Irfan and the practice are collecting food items for the Salvation Army foodbank in Sneinton on an on-going basis. There will be a box to accept donated items and this will be delivered every Thursday.

Please could the PPG support this initiative? Items required are:

Tinned tomatoes, tinned meat, tinned fruit, rice pudding/custard, fruit juices

In the news

Help improve the quality of information provided with medications

The information packs that accompany medications are extremely important. They allow patients to understand their drugs, the correct dosage, and any possible side effects.

AbbVie, one of the companies who manufacture biological medications, have recently updated the information pack they send to patients when they first start taking this medication for conditions such as arthritis, Crohn's disease and ulcerative colitis.

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If you are taking this medication, the Patients Association would like to invite you to comment on the quality of information provided within the packs, including content, design, appropriateness and whether it provides the information that patients need.

Focus groups have been arranged to take place in London and Birmingham:

- London: the event will take place on **Tuesday 23 October** in Central London (venue TBC), between 1.30 and 4.30pm. Email Diane.davies@patients-association.com to register your interest
- Birmingham: the event will take place at Studio 7, Cannon Street on **Wednesday 24 October**, between 1:30 and 4:30pm. Email Teresa.wilson@patients-association.com to register your interest.
- **Pharmacy information flows project: new medicine service, medication reviews and appliance use reviews**

As part of the [Pharmacy Information Flows project](#), the Professional Record Standards Body (PRSB) is inviting health and care professionals, patients and clinical system suppliers to complete a survey on new medicine services, medication reviews and appliance use reviews <https://www.surveymonkey.co.uk/r/JK7NTLR>

Professional guidance for the recording of medical diagnoses and problem lists in a structured form in patient records

Feedback on [draft professional guidance](#) for the recording of medical diagnoses and problem lists in a structured form in patient records.

<https://www.surveymonkey.co.uk/r/KT3FRZD>

Digital Health rewired conference

[Digital Health rewired](#) conference on 25–26 March 2019 at Olympia. The conference will focus on connecting and integrating health and care through the transformational use of technology and new ways of working. 'Digital Health rewired' is free for everyone from the NHS, public sector, independent providers, charities and education sectors.

<https://digitalhealthrewired.com/register>