



Church End Medical Centre's Patient Group

Member of the National Association

CHURCH END MEDICAL CENTRE'S PATIENT GROUP (PPG) MEETING

Minutes of Meeting of 28.9.21

Platform: Zoom

Time: 6.30 PM

Present:

Patients: 26 patients logged into the meeting on Zoom

Practice: Dr Cyril E (CE), Nurse Juan V-D (JVD), Cynthia J- APM, Anna D-Administrator

Chair: Dr Cyril E.

1. Welcome by Dr CE

Dr CE welcomed all.

2. Weight management Programme – presentation by Juan



NHS Digital Weight
management Service

Patients eligible for the programme:

- over 18, has a BMI over 30, nhas a diagnosis of diabetes (Type 1 or Type 2) or Hypertension, or both.

Alternatives:

- Healthy 40 - 70 patients are eligible for NHS checks every 5 years.
- Patients with Diabetes, Pre-Diabetes (NDH) or High blood pressure are eligible for annual health check including blood test
- Patients with Pre-Diabetes (NDH) are eligible to participate on the NHS Diabetes Prevention Programme
- Patients with Diabetes (Must meet certain criteria) are eligible to participate on the REWIND programme (Reducing Weight with Intensive Dietary Support)
- Brent Health Matters- are the health coaches in the community, they have patients with their lifestyles.
- Diabetes website has an online programme
- In Brent there are walk groups and exercise equipment in the parks

3. Flu 2021 /22 and Covid vaccines

Flu vaccine eligibility:

Pregnant women, 6-50 year olds at risk, over 50 year olds, health care workers, nursing home residents, carers

We are getting flu vaccines next week (w/c 4.10.21); we will have clinics in the morning and the afternoon, and also some weekends. We will be sending text messages to patients.

Covid vaccination- this is an ongoing programme

1 dose given to 16-17 year olds and 12-16 with underlying conditions

Patients who are immunosuppressed will receive 3rd dose of the vaccine

We have started booking Booster vaccinations for those patients who have already had 2 doses of the vaccine in the last 6 months

Vaccine used for a booster is Pfizer.

Flu and Covid vaccines can be given together.

Covid and shingles vaccines should be given 7 days apart.

Patients over 40 can get either Astra Zeneca or Pfizer vaccines

Patients under 40 are getting Pfizer.

Q & A:

1. Patient has reflux, when goes to bed the food comes up to the throat
CE- patient needs a check up to see if there are other conditions present. There are standard test to exclude other conditions
Different types of food may trigger reflux, e.g. fruit (acidic)
2. Can patients be seen Face to Face?
CE- initially patients will receive a phone call, those who need to be seen are invited to come in

CE – for sleep apnea patients need to be referred to a chest clinic, so the consultant can recommend a best treatment

CE thanked everyone taking part for taking their time to join the meeting. We maintain safe environment by keeping door closed and triaging

No topic for the future meeting has been chosen

4. Date and time of the next meeting: tbc
Topic: tbc