

Palace Road Surgery

Patient Participation Group (PPG) Meeting

Friday 29.05.20

2pm-3pm

Those Present:-

Alan (Patient PPG Lead)

Anushia (PPG Practice Lead)

Patient Attendees:-

VH

JL

WK

AR

NF

SE

DA

IS

NW

PM

PD

Anushia welcomed everyone to the meeting with light refreshments.

- **What is a PPG?**

The Purpose of a Patient Participation Group

The NHS constitution states:-

“NHS will actively encourage feedback from the public, patients and staff, welcome it and use it to improve services”.

“Patients have a key role to play as partners in both supporting the development of general practice and in ensuring the sustainability of the NHS as a whole. An enabler to achieve this includes strengthening patients input to the organisation and delivery of their general practice services through the development of practice based participation groups”.

Participation actively should always take into account barriers such as language, age, disability, access to information; great participation reaches people who find it difficult to get their views heard, it doesn't just speak to those who are already engaged and informed. Patients input must be sought and valued regardless of age, disability, gender reassignment,

marriage or civil partnership, pregnancy and maternity, race, religion or belief, gender and sexual orientation.

The purpose of the Patient Participation Group (PPG) is to:-

Discuss local incentives and patient group schemes

Discuss patient care

Discuss the GP patient survey

Discuss suggestions for improvement

Discuss local voluntary or community groups like Lambeth Healthwatch & Age UK

Encourage peer support

Discuss the CQC (Care Quality Commissioning) report

Discuss local surveys

Discuss fund raising events

Yoga at Palace Road Surgery

Massimo is having yoga classes for the patients.

If you would like to join the classes please inform the reception team at the surgery.

1. Yoga improves strength, balance and flexibility.

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

Try it: **Tree Pose**

Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. Try to focus on one spot in front of you, while you balance for one minute.

2. Yoga helps with back pain relief.

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

Try it: **Cat-Cow Pose**

Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, as you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.

3. Yoga can ease arthritis symptoms.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis.

4. Yoga benefits heart health.

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to [healthier hearts](#). Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.





- **Medicines Management**

Medicines Optimisation, Self Care and Medicines Waste.



PPG Presentation
Medicines Optimisatio

- **Patient Access**



Patient Access.docx

- **Self-Care**

What is Self Care?

Self-Care is about looking after yourself in a healthy way. It can be anything from brushing your teeth, doing some exercise, managing common conditions (also called minor

ailments) like headaches, colds and flu or living with a long-term health problem, such as asthma or diabetes.

In the video below, GP and Self Care advocate Dr Gill Jenkins discusses the important role patients play in managing minor ailments and their own health, and how Self Care can result in a better, healthier, more independent life.

- **Your Medicines Cabinet**



Your Medicine
Cabinet.docx

- **Surgery Developments**

Primary Care Networks (PCNs) Primary Care Networks (PCNs) are a key part of the NHS Long Term Plan, with all general practices being required to be in part of a Network by June 2019, and Clinical Commissioning Groups (CCGs) being required to commit recurrent funding to develop and maintain them.

Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease, or suffer with mental health issues and may need to access their local health services more often.

To meet these needs, practices have begun working together and with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in primary care networks.

Primary care networks build on the core of current primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care. Clinicians describe this as a change from reactively providing appointments to proactively care for the people and communities they serve. Where emerging primary care networks are in place in parts of the country, there are clear benefits for patients and clinicians.

We are part of the Streatham Network of practices working and we have started working together as a Group to share resources and shared expertise. The practices are: The Vale Surgery, Dr Masterton & Partners, Exchange Surgery, Streatham Hill Group Practice, Streatham Common Group Practice.

Anushia then closed the meeting and thanked everyone to attending.