**COMMUNICARE**

(Wansford & Kings Cliffe Practice Patient Participation Group – PPG)

**Minutes of Meeting held at Wansford Surgery – Tuesday 14th November 2023**

**PRESENT**

Dr Rhiannon Nally, Annette Johnson, Pip Fairhall, 22 patients

Chair: David Parkes

**APOLOGIES:** Wendy Spencer,Jacqueline Tapper, Sheila Bates, Peter Collyer

The meeting was held in the Practice’s upstairs meeting room rather than the surgery reception area, and this worked well for both sight and hearing and facilitating the presentation.

Some of the attendees were only recently registered with the Practice; they were welcomed especially together with the 5 members of the PPG organising committee and all other attendees.

Dr Nally gave a most enlightening presentation on ‘Healthy Aging’ – something we all need to do whatever our age.

Beginning with local demographic data – the older population in both Peterborough and Cambridgeshire is predicted to increase by about 45% over the next 20 years – Dr Nally listed the characteristics of aging, and (frighteningly) the effect of an illness or accident upon some older people so they are no longer able to ‘spring back’ to their former level of independence and activity, and some of whom then become dependent on others.

She spoke of 9 levels of activity (the Rockwood Frailty Scale) from those who are very active (running, swimming, etc) to those who are terminally ill. Particular attention is being paid to those in levels 4 and 5 where people are becoming vulnerable and mildly frail.

The medical causes of increasing frailty and infirmity were outlined.

Examples of measures we can all take to ensure that our homes are risk-free, eg, banisters on stairs, no rugs to trip up on, plain carpets to aid visibility, etc, were given.

In particular Dr Nally encouraged us to explore the vast array of activities available through an on-line programme to ‘Stay Healthy’; it is: [www.goldster.co.uk](http://www.goldster.co.uk) and costs £9.99 per month with the first 2 months free.

Dr Nally outlined new Team being formed which she is heading starting in January – ‘Multidisciplinary Falls & Frailty Assessment Team’ comprising doctor, advanced nurse practitioner, physiotherapist, occupational therapist, dietician, podiatrist and pharmacist. Their purpose is to prevent hospitalisation (within 1 week in hospital, patients can lose 1 year’s worth of muscle mass) to enable people to continue living in the community. The aim is to get patients to think differently – the key lies in the perspective and attitude of the patients themselves.

Pip Fairhall, the Practice’s Health & Wellbeing Coach, spoke of her role and that of Lynn Brice

as the Social Prescriber and of 5 ways of Wellbeing. She distributed a leaflet ‘Stay Stronger for Longer’ and a list of Activities for Wellbeing (and contacts) as we get older. [Copies are available on request from the Practice].

Dr Nally was delighted to announce new members of staff within the Practice, some of whom are involved in patient care and others in the Practice’s research activities. There are four ongoing research studies and a further two will be starting shortly. Research is vital to continuing advancement in the identification and treatment of many conditions, illnesses and diseases. The Practice is to be applauded on its research activities; they welcome patients who wish to take part in these studies and who should contact the Practice to seek further information.

As a volunteer researcher for Healthwatch, Simon Fairhall spoke of the county-wide survey on ‘Digital Inclusion in Health and Care Services’ in which he is involved. Further details and the opportunity to participate online can be found at: <https://www.healthwatchpeterborough.co.uk/form/digital-inclusion-survey>

Simon also spoke of the ongoing progress with the Garden at Kings Cliffe Activity Centre (KCA) [for which the PPG has provided funds kindly given on behalf of a patient who received excellent care from the Practice] and of the other opportunities for wellbeing at KCA.

The Chair followed up three items from the last open PPG meeting on 29 March.

1. Practice Lists

Since that meeting, the Practice had been able to accept registration of new patients.

Dr Nally announced that of the date of this meeting, very regretfully, the Practice has sought permission to and was not accepting new patients once again.

Disquiet was expressed by the patients present on the implications of this action.

The reasons for this are two-fold – requirements of NHS Estates upon the Practice if the facilities at Kings Cliffe were to be expanded, and current unavailability of space for the staff at Wansford necessary for the number of patients currently registered.

The Practice continues to put pressure on NHS Estates. The Chair assured Dr Nally that the PPG will do all it can to support the Practice in this.

1. Covid and flu vaccinations.

Due to the storage requirements for the vaccine, the Practice is not able to carry out covid vaccinations. It is being carried out in specific locations and eligible patients are being invited to attend.

Many of those present congratulated the Practice on its methodology and practice for flu vaccinations at KCA; speedy and efficient.

1. Waits for appointments

Ms Johnson explained that 2 week appointment ‘slots’ are being held open to prevent excessive waiting time for appointments.

Dr Nally suggested that patients contact the Practice online for a non-urgent medical query or administrative matters: <https://florey.accurx.com/p/K83017>

With the recruitment of 2 additional advanced nurse practitioners, these are read and actioned and, if needed, the same or next day examinations are offered.

Dr Nally commented that every member of the Practice Team, which includes the Pharmacy, is fully engaged and working to the top of their skills

Mrs Lindsey Freeman outlined the finances of Communicare. The current balance in the account is £5,605, though a significant proportion has already been agreed as earmarked for KCA and other sums have been ring-fenced as requested by donors.

In addition, Communicare has 200 Charifund Units with a current value of £2,810

Dr Nally and Ms Thompson together gave a full response to a question by an attendee about the role of Receptionists and access to triage care (or clinicians).

One of the attendees asked about cholesterol with a follow-up question about the use of statins. Dr Nally gave a detailed response including determinant factors, research-validated results, and proven efficacy. Following the current NICE guidelines, she strongly encourages patients with a 10% or greater 10 year risk of cardiovascular disease to take statins.

The next open meeting for Communicare will be the AGM in March or April 2024.

There being no further questions from the floor, following thanks to Dr Nally, Ms Johnson, Mrs Fairhall and Mr Fairhall, the meeting closed at 7.15pm.