

Hadwen Medical Practice

Patient Participation Group Meeting Minutes

1 November 2018 @ 7pm

Members present: Pat McCann (**Chair**), Deborah.N.Ssenabulya (**Minutes**), , Diane Howitt, Millie Barnes, Cheryl Charsley, Keith Charsley, Sam Dunn, Chris Rogers, and Andrew Gravells. **Apologies:** Susan Donnelly. Judith Coney Jones
Absent: Trevor Light has due to personal reasons Trevor has decided to leave the P.P.G.

In attendance: Ian Robertson, **Management Partner** and Robert Estelrich **GP**

1.Alzheimers Society Dementia Friends Presentation- Sarah Davies introduced the 5 key dementia messages below by involving us in a game of bingo.

- Dementia is not a natural part of aging
- Dementia is caused by diseases of the brain
- Dementia is not just about losing your memory- it can affect thinking, communicating and doing everyday tasks
- Its possible to live well with dementia
- There is more to a person than the dementia

Sarah said that *Dementia friends* is about turning understanding into action. She explained that dementia presents differently in different people, for instance, falling backwards can be a symptom of Lewis dementia and hallucinations in people living with dementia can be comforting as they find them real. Sarah explained that dementia can affect people's perception and that sometimes they have tunnel vision. They may not express themselves clearly all the time but can still communicate in other ways. It is important to remember things they used to do because at times they may prefer to turn back to those activities.

She used the bookcase analogy to describe how memories may go but emotions attached to recent memories may stay. She said facts and memories right from childhood are stored in one part of the brain- the hippocampus while feelings and emotions are stored in a different area of the brain called the amygdala. For a person with dementia the factual memory bookshelf is the first to be affected- recent memories found at the top are affected before early life memories which are at the bottom of the bookshelf. Overtime the bookshelf begins to crumble starting from the top however emotions attached may not be lost as these are stored in a different area of the brain. Therefore, they may still remember how people, situations, or activities make them feel.

Herbert Protocol - a form to record key information about a person with dementia. This allows police to access vital information as quickly as possible when they go

missing. It is completed by people with dementia, their carers or family members.
<https://www.gloucestershire.police.uk/media/6085/herbert-protocol-form-2018.pdf>

She concluded by asking us to advocate for a dementia friendly community such as dementia friendly pubs, surgeries, care homes etc. She suggested thinking about how a few adjustments could make lives of people with dementia easier such as placing signs for them to find their way back from the toilet.

NEW MEMBERS.

Andrew Gravells and Millie Barnes were welcomed to the group as new members.

2. Chairman's Update -Pat. This took place after the departure of non-PPG members who had also come in for the dementia talk. Pat said that he represents us on two groups which meet three times a year. The first, a PPG network, discusses local problems and general health care. He said the second ,Gloucester City Locality reference Group is more formal. It gathers views from PPGs, medical personnel and other stakeholders. During these meetings local plans for the NHS are reviewed.

Smoke detector checking/replacing in homes – the fire service carries out a range of checks to ensure vulnerable people are as safe as possible in their own homes. In addition, they install smoke detectors free of charge. Ring **08001804140**

PPG newsletter-we now have our own newsletter.

Defibrillators- There was a discussion about local defibrillators. The general view was that their exact locations should be known by the public. A suggestion was made to create a register with locations for all public defibrillators. Millie agreed to carry out further research and update us at the next meeting.

Review of DNAs-(Did Not Attend) Ian informed the meeting that DNA numbers have markedly gone down since September last year. Presently, a gentle reminder is sent out after 2 missed appointments.

3. Practice and Cluster Update- Ian. Doctors who were off for maternity leave are now back and a new clinical pharmacist will start in January to replace the one leaving. Clinical pharmacists review prescriptions and are particularly useful in reviewing medication for people on long term treatment. Phase 2 of the building has now started, the wing connecting to the pharmacy opened which means we now have 3 waiting areas , designated areas for emergency care, Health Care Assistants' rooms, more consultation rooms, and ultrasound scan rooms. The meeting was informed that last month's flu jab turnout was the largest ever at the Surgery. Some PPG members helped. Next flu jab date is Saturday 3rd November.

4. AOB- The Surgery was asked to consider placing weighing scales in waiting areas to encourage patients to keep an eye on their weight and for doctors to start a conversation regarding body weight and health. This suggestion will be explored.

We were given an opportunity to create a video which will be on screen in the waiting areas to create more awareness for PPG activities. Wheatway Surgery closed in August.

Minutes of the meeting – need to be uploaded onto the practice website.

5. Date of next meeting –7 February 2019 (this was proposed after the meeting)