

# OAKLANDS SURGERY PATIENT GROUP

## MINUTES OF MEETING

HELD ON 21<sup>st</sup> NOVEMBER 2019

**Present:** Dr Godwin Adegbite  
Sue Warren (Oaklands)  
Chris Clark (Chair)  
Joan Davis  
Teresa Springett  
Colin Turner  
Kim Bessent (CAVS)  
Denise Pepper

### 1. Apologies

Received from Molly Rust, June Reber, Jane Greenfield

### 2. Welcome

Sue thanked everyone for coming, especially to Kim who was representing Castle Point Voluntary Services.

### 3. Minutes of Last Meeting

Agreed.

#### **Action Points from Last Meeting:**

Disabled Parking. Chris had been in contact with the council regarding the disabled spaces in the Paddocks Car Park being abused. The council informed Chris that it is very difficult to supervise these areas and unlikely to be reinforced.

### 4. CAVS

Kim outlined the services which CAVS provide including information and advice services, lifestyle changes and family support (including bereavement), health support (emotional and physical) volunteering, the befriending service, community transport, social groups and clubs and carer services, computer sessions amongst other services.

Kim is involved in 4 surgeries on the Island and presents at the surgeries on a monthly basis giving advice and support to patients. The referral process is either through CAVS or self-referral. Kim handed out leaflets to the group for their perusal.

CAVS are in the process of being commissioned through Service Level Agreement to provide a Social Prescriber Link Worker to help with delivering the Primary Care Network Social Prescribing element. Once further information is known Sue will report back to the group.

Colin spoke about the Men's Shed initiative, which Kim confirmed is also one of the associations where she would refer people to.

## **5. Friends and Family Service**

Friends & Family Test again showed consistently good results over the last 3 months which was welcomed by the Group. The Friends and Family test will be changing from April 2020 across all of the NHS and the practice will be implementing these changes in due course.

## **6. NHS App**

Sue outlined the NHS App and the advantages of downloading it from the Apps/Google play Store. The App allows you to book and cancel appointments, order repeat prescriptions, view GP medical records, manage organ donation decisions amongst other things.

There are other surgery apps available which can be confusing for patients, however, the NHS app is very comprehensive and user friendly once initial set up has been completed.

## **7. Staffing**

Sue outlined the changes in staffing. Dr Godwin Adegbite has joined the surgery as a partner and all present welcomed this news. Dr Sheela Vootkur had also joined the surgery as a locum on Tuesday and Wednesdays. Dr Ramjan was leaving the surgery at the end of November. Dr Cyrus, Dr Yemisi (Bajulaiye) and Dr Tunde continued to be employed as locums.

## **8. Quality Awards**

The Castle Point and Rochford CCG Quality Awards were held earlier this month. Dr Adegbite, Nurses Sasna Shofiuzzaman and Julie Borton were all nominated for an award. Sue confirmed the winners of the awards and sadly there were no winners in the surgery this year. But patient group endorsed the feeling that there is always next year! Colin Turner was interested to know how the winners were picked.

## **9. Prescribing of over the counter medicines**

Sue handed out a leaflet on the prescribing of over the counter medicines and the changes being made. For example GPs, nurses or pharmacists will not generally give patients a prescription for certain medicines that are available to buy in a pharmacy or supermarket, even if you qualify for free prescriptions for certain conditions including Conjunctivitis, Cradle Cap, Ringwork/athletes foot, Sun protection, threadworms etc. They will also no longer prescribe probiotics and some vitamins and minerals. A discussion took place amongst the group as to whether some of these medications should or should not be prescribed.

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought over the counter eg paracetamol which is available to purchase for under £1.00 over the counter. By reducing the amount the NHS spends on over the counter medicines the NHS can give priority to treatments for people with more serious conditions such as cancer, diabetes and mental health problems.

## **10. Mid and South Essex Hospitals – Phase 1**

Mid and South Essex Hospital was starting to progress with changes being made over the winter to Vascular Hubs at Basildon Hospital and Braintree Community Hospital preparing to see patients for urgent hip or knee surgery. The PG thought this was a good idea to alleviate waiting times as long it was patient choice.

## **11. Canvey Primary Care Networks**

The Canvey Primary Care Network was continuing to grow. The Canvey Locality will see the addition of a Senior Mental Health Worker join in early/mid December on a one year pilot scheme. Sue will report back to the group once the MHW was up and running, but all agreed that this was a good addition to the PCN and for Canvey. The PCN were also looking to recruit an Advanced Nurse Practitioner again to work within the locality.

## **12. Antibiotic Awareness Week - 18<sup>th</sup> -24<sup>th</sup> November 2019**

Sue brought the Antibiotic Awareness Week to the attention of those present. The NHS were trying to increase the awareness of global antibiotic resistance and to encourage best practices among the general public and health workers to avoid the spread of antibiotic resistance.

Sue thanked everyone for coming

## **11. Date of Next Meeting**

Thursday 20<sup>th</sup> February 2019 at 3.00pm