**Wealden Ridge Medical Partnership**

***Incorporating Heathfield Surgery, Newick Health Centre, The Firs Surgery & Chailey Surgery***

Dr R. Rajan, Dr S. Narasimhan, Dr E. Sheppard, Dr C. Wiseman, Dr S. Crowley,

Dr L. Gillespie, Dr J. Andrews, Dr J. Wills

**PPG Meeting**

**17th October 2024**

**Newick Health Centre**

In attendance:

David Cumberland, Jackie Wood, Jan Groom, Heather Ward, Colin Webb, Lawrence Mudford, Becky Dilley (notes), Julie Acey, Karen Williams, Jane Leney, Dr Rajap, plus guests of PPG members, and additional speakers (see below)

Apologies:

Cllr Gadd

**Notes & Actions**

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| **Agenda Item** | **Notes** |
| Welcome and apologies | Julie welcomed everyone (plus guests) to the meeting, Apologies were noted (as above)Julie explained that the agenda is in response to previous discussions on the Action Plan for Better Health, with the aim of focussing on preventative medicine.  |
| Minutes of last meeting and actions reviewed | No review due to the different format of this meeting, however previous minutes were agreed by DC, JW and JA  |
| Practice Update | No update this time. |
| Practice Pharmacist and Community Pharmacy Services | Trudy Ong outlined the role of the Practice Pharmacist, which encompasses a wide range of medication-related activities, including:* Medication reviews
* Review of patients on high risk drugs, including ensuring appropriate tests are booked
* Safety issues – MHRA alerts and drug recalls
* Review and action clinic letters and discharge summaries that include medication changes to ensure these are adhered to
* Chronic condition reviews – eg hypertension
* Polypharmacy and frailty reviews
* The pharmacy team can take queries and telephone calls.
* Pharmacists have clinics, with bookable appointments, and patients can request an appointment with a Pharmacist. Reception will also prompt and offer this were appropriate.
* Liaise with community pharmacy regarding prescriptions and supply issues including blister pack review and other compliance aids

Trudy also outlined the services provided by Community Pharmacies. Community Pharmacists can help with minor ailments, prescribe the OCP, and undertake BP checks. They also offer the Pharmacy First service. This is funded by NHSE and enables Pharmacists to treat 7 common conditions:acute otitis media, impetigo, infected insect bites, shingles, sinusitis, sore throat, uncomplicated UTI.To support this, Pharmacists can view patients’ Summary Care Record, and send a summary of the consultation to the surgery. |
| Quality Outcomes Framework | Julie explained about the Quality and Outcomes Framework, which is a voluntary reward and incentive scheme for all GP practices in England. QOF contains five main components, known as domains. The five domains are: Clinical, Public Health, Public Health – Additional Services, Public Health – Vaccination and Immunisation and Quality Improvement. Each domain consists of a set of achievement measures, known as indicators, against which practices score points according to their level of achievement.Under the clinical domain, there are a set of indicators in different chronic disease areas, and aim to ensure high quality clinical care for patients. This is often via annual reviews and tests, and also concerns chronic disease management and control (e.g. maintaining ‘ideal’ BPs for people with hypertension). Julie explained that these annual reviews are sent out by birth month. Everyone eligible will receive 2 invitations to have their review. There is help to book appointments for people that need several reviews because they have multiple conditions.  |
| National Screening Programmes | Dr Rajan outlined the 4 main screening programmes for adults:Bowel, Breast, Abdominal Aortic Aneurysm (AAA) and Cervical.The bowel screening programme is for 54-74 year olds (soon to be expanded down to people aged 50). A home test kit is sent, that looks for faecal haemoglobin. The test is good at identifying a negative result, but does have a higher level of false positives. If the test is positive, the patient is referred for a colonoscopy.The breast screening programme: women receive their first invite between the ages of 50 and 53. They are then invited every 3 years until the age of 71. After this age, they can self refer for screening. Trans individuals may not automatically be invited – so should see their GP for a referral. People who have been on feminising hormones for more than 2 years can also be screened, but again they will likely not be invited automatically. AAA screening is for men aged 65 years. It is performed by an ultrasound. Cervical screening – women aged 25-64 are invited every 3 years. Other ages have different criteria for screening.  |
| Healthy Living | Lorraine Turvey from One You East Sussex talked about their service, which is funded by Public Health England and commissioned locally by ESCC.One You East Sussex offers several courses to help people live more healthily**Eating healthily** – a 12 week group-based course. Includes support from Health Coaches. Held in various venues – at Leisure Centres a pass to attend the centre is also included for the duration of the course. **Moving more** – held at local leisure centres – free pass while in the programme**Smoking less** – 1:1 meetings with a health coach. An app is also available if unable to attend the sessions. Stop smoking aids are provided for the duration of the course **Drinking less** – 1:1 with a health coachMan V Fat Football – this is a really popular, men-only, weekly session. There are 3 leagues across the county. Nutritional advice is also included. There is access to the app for those that would like to do so. **NHS Health Checks** – every 5 years, for those over 4 and not on an anti-hypertensive, cholesterol-lowering medication, or diabetic. Check includes BMI measurement, BP, cholesterol and glucose levels checked and referred on if needed.The team do lots of outreach at events including with their campervan ‘Colin’ which is kitted out to enable health checks to be undertaken inside. The team are always looking for more events to attend – and several suggestions were made by the group. |
| South Downs Health and Care GP Federation | Kirstie Ingram explained the purpose and work of South Downs Health and Care GP Federation. 22 general practices are part of the membership, which is a social enterprise (so profits go back to the membership/community). The Federation aims to support practices to deliver their services. The Federation also has an innovative Out of Hours Care Home Service. This is a proactive outreach at the weekends to care home, to offer GP advice and remote consultation for any residents they are concerned about. The aim is to decrease weekend admissions to A&E and contact with NHS 111, and to support end of life care requests to be complied with. There is the potential for this service to be extended to West Sussex.Kirstie also outlined the Health and Wellbeing Hub that the Federation hosts – an online platform with lots of information to help people with their health and wellbeing. The hub hosts several podcasts on different aspects of wellbeing, health, and managing conditions |
| AOB | None |
|  | The meeting closed at 7.45pm |