

KNEBWORTH AND MARYMEAD PPG MEETING

Tuesday, 25th April at 7.00 pm at Marymead Surgery

Leader: Graham Fothergill

Minutes

1. Welcome, Introductions and Apologies for Absence

Present: Tony Dollimore (TD), Angela Dormer (AD), Pat Fidoe (PF), Graham Fothergill (GF), Joy Hall (JH), Sharon Kay (SK), Mike Pye (MP), Ken Spooner (KS), Tony Stowe (TS), David Wilkinson (DW),

Apologies: David Bartlett (DB), Gillian Bartlett (GB), Jan Burt (JB), Chrissy Cobbold (CC), Brian Jones (BJ), John Townend (JT), Amanda Preedy (AP).

2. Declarations of Interest - none

3. Minutes of Last Meeting – 28th March 2017 - agreed

4. Matters Arising from Previous Minutes – none

5. “My Care Record” – presentation by Ken Spooner. David Hodson of the CCG will present this topic at HYTH.

Ken handed out comprehensive notes about this planned linking of GP, hospital and Social Services records. As yet the latter do not have access. He explained how data is managed under the scheme **within the Practice**, with all employees having a smart card, vetted by KS. Levels of security on the card allow limited access as appropriate and a confidentiality agreement must be signed annually. Every access is tracked.

The main problem is obtaining patient consent. Posters and other forms of notice could be issued, giving patients 12 weeks to object. If they don't, this would mean **implied consent**. For **explicit consent**, every patient would need to be contacted to send in a yes/no return. KS suggested the implied consent route would be simpler to administer. People could still object at any time and Consultants must still ask patients if they can look at the relevant data. An emergency could override this, but would be logged on the record so that, as data controller, KS could query it later. At a future date, a discharge summary would be entered by the hospital.

Risk profiling through this integrated system would help identify potential problems, allowing preventative measures to be put in place by the surgery.

KS expressed confidence in these proposals and reassured the meeting that data is encrypted or ‘pseudonomised’ so that it cannot be sold on to insurance companies and the like.

6. Surgery News/Happenings, including update on new Knebworth Surgery

KS will meet the Surveyors about room layout and specifications next week and formal tenders are being prepared by Developers. Building should start in the summer and take about 18 months.

The Pathfinder scheme is working better and people seem satisfied with the arrangements for them to see their usual doctor.

The PPG section of the website will have a change of position. TS and JB are happy with the way the liaison with Holly (from Silicon Practice) is working.

7. “Help Yourself to Health”, Wednesday, 19th July - update, planning and publicity

6.30 set up hall

7.00 doors open

7.30 start

- Posters: DW (ready by June 1st)
- Refreshments: Mandy, Angela, Sharon and Joy
- Sound: Graham Dormer
- **Chairman TS**
- **Speakers: David Hodson - My Care Record**
Kim Hastings - Aortic Aneurysm Screening
Pauline Watson - Antibiotics and Sepsis
Victoria Lyons - Admiral Nurses
Ken Spooner - Surgery matters.

There will be tables for displays including the Dementia Support Group and Health Walks.

Speakers using PowerPoint are to be asked to send their material on a memory stick to KS at least a week in advance so that he can check that they work on his laptop and projector.

8. **“Spot the Signs” – Tony Stowe** spoke about spotting the distress signs of potential suicide victims and what can be done. * His notes are attached at the end of these minutes.

9. Dementia Carers’ Support Group – update, Graham Fothergill for Jan Burt

80 letters were sent out to inform patient carers and of the two responses, no one is yet able to join the group formally. GF, AP and SK have said they will help.

10. May Newsletter – items for inclusion to be sent to DW by May 9th.

Suggestions: HYTH, JB’s letter about Carers, Spot the Signs, Sustainable Transformation Programme, My Care Record and Future events.

11.AOB

Pharmacy meeting – Wednesday May 17th.

Events: Woolmer Green Village Day June 4th (AP and AD)

Oaklands College St Albans on June 11th (on CPR with Jane Fairclough)

Codicote Fete confirmed but Bragbury End same date – decision needed! July 15th

AP would welcome any **unwanted gifts** as prizes and a **gazebo** to use at outdoor events.

JH asked for the topic of the **CCG handing over to Virgin Care in Wiltshire** and its implications for Hertfordshire to be discussed at the Officers' meeting on May 9th.

The next PPG Meeting will be held at Knebworth on Tuesday, 23rd May 2017

***Attachment under Item 8.**

Spot The Signs & Save A Life

Some Facts:

- 1: It is estimated that in the UK there is a suicide every 40 minutes
- 2: Suicide is the main cause of premature death in people with mental illness.
- 3: For the UK as a whole male suicide rate is approximately 3 times higher than the female rate.
- 4: 9 out of 10 people who die by suicide had a diagnosable mental disorder, yet only 3 out of 10 of the people who die by suicide received mental health service in the year before they died.

PHYSICAL CHANGES – to watch for

- 1: Major changes to sleeping patterns – too much or too little.
- 2: Loss of energy
- 3: Loss of interest in personal hygiene or appearance.
- 4: Loss of interest in sex.
- 5: Sudden and extreme changes in eating habits, either loss of appetite or increase in appetite.
- 6: Weight gain or loss.
- 7: Increase in minor illness.

BEHAVIOURS – what to look for

- 1: Alcohol or drug misuse.

2: Looking for ways to die (internet searches for ‘how to commit suicide, looking for guns, pills, etc.)

3: Fighting and / or breaking the law out of character

4: Withdrawal from family and friends.

5: Quitting activities that were previously important.

6: Self- harming.

7: Putting affairs in order.

8: Writing a suicide note or goodbye letters to people.

9: Uncharacteristic risk-taking or recklessness driving

10: Unexplained Crying

11: Emotional outbursts.

CONVERSATIONAL SIGNS

No future – ‘what’s the point? Things are never going to get any better.

Guilt – ‘it’s all my fault.

I can’t take this anymore

I am all alone, no-one cares about me.

Nothing I do makes a bit of difference, it’s beyond my control AND

General talking about suicide or death.

WHAT CAN WE DO

Ask – Listen – Refer

Talking to a person about their suicidal thoughts and feelings can be extremely difficult. But if you are unsure whether someone is suicidal, the best way to find out is to have a conversation about it.

You might be worried that you might ‘put the idea of suicide into the person’s head if you talk about it’ You can’t make a person suicidal by showing your concern, in fact giving a suicidal person the opportunity to express his or her feelings can be a relief from those negative thoughts and may reduce the risk of a suicide attempt.

REFER

If Urgent help is needed

1: Make an Urgent appointment with the GP

2: Call NHS 111

3: Contact Samaritans on 116 123

4: HPFT, Single Point of Access on 0300 777 0707 between 08.00 & 19.00

For life threatening situations.

1: Call 999

2: Go to your nearest Accident and Emergency Department

FINALLY

Remember take any suicidal talk or behaviour seriously, it is a warning sign and a plea for help.

Helpful addresses:

To learn more about suicide prevention – www.hpft.nhs/spot-the-signs

Papyrus – Helpline to prevent suicide in young people.

Tel: 0800 068 4141

SMS: 07786 20 9697

Web: www.papyrus-uk.org Email: pat@papyrus-uk.org

For anyone having suicidal thoughts and feeling

How do I tell someone how I feel – Helpful tips on how to tell someone.

Web: www.time-to-change.org.uk