**Meeting 1.00 PM Monday 26 March 2019**

**Apologies:** Martin Mallin (MM), Martin Tweed (MT), Margaret Treadaway (MT), Anne Tweed (AT)

Present (10 in total)

**Guest speaker** Gill Hopkins NHS Diabetes Prevention Programme DPP Project Lead, Mid & South Essex, CVD Primary Prevention Team

Practice Manager Christine Lloyd (CL), Chair Chris Gasper (CG), Julie Chambers (JC), John Vousden (JV), Vivien Mangan (VM), Sylvia Emsden (SE), Clyde Saunders (CS), Barbara Riebold (BR), Rattan Rattan (RR). Dr Irlam (AI).

Gill gave a presentation to the Group about the new service inviting patients with pre diabetes blood reading (HBA1c between 42-47) to attend an healthy lifestyle and exercise programme. NHS England is committed to reduce the number of people suffering from diabetes by catching them before becoming diabetic and offering a service when they are in a pre-diabetes state. Diabetes apparently costs

Extract from Diabetes UK website <https://www.diabetes.co.uk/cost-of-diabetes.html>

“The cost of diabetes to the NHS is over £1.5m an hour or 10% of the NHS budget for England and Wales. This equates to over £25,000 being spent on diabetes every minute.

In total, an estimated £14 billion pounds is spent a year on treating diabetes and its complications, with the cost of treating complications representing the much higher cost.

The [prevalence of diabetes](https://www.diabetes.co.uk/diabetes-prevalence.html) is estimated to rise to 4 million by 2025.”

Diabetes creates a high demand on GP practices and doctors are able to refer or patients can sel-refer to ACE DPP if they are at risk of diabetes. To be eligible for this programme your HbA1c must be between 42-47.9 mmol/mol or Fasting Plasma Glucose between 5.5-6.9 mmols/l and dated within the last 12 months.

**Promotional Abdominal Aortic Aneurysm Screening (AAA)** – Southend Hospital carries out screening for at risk patients but Christine will contact Southend CCG to see if this a public health programme where patients over 65 are automatically invited for screening.

**Surgery Personnel update**: 2 registrars started February and April.

Next Health Event – Diabetes Prevention. The Church Hall will be booked for a Thursday in September. Date to be confirmed. Christine would like to invite other local surgeries to invite their patients too. Christine will contact the secondary and community diabetic Department if they are able to send a speaker.

There is a toolkit to score own risk, surgery will post it on the facebook page and surgery website. [**https://riskscore.diabetes.org.uk/start**](https://riskscore.diabetes.org.uk/start)

**Dementia Friendly Surgery:** The surgery is working on becoming a Dementia Friendly Surgery. Joining the Dementia Action Alliance to bring awareness across the community. We make small changes to make the surgery safe for the patients for example ensure good lighting, adequate colour flooring, clear signage. Two members of staff Chelsea and Tamla have volunteered to become the surgery Dementia Champions to ensure that surgery staff know who to turn to for information and liaison with the Local Dementia Navigation Team. All surgery staff have received training about dementia awareness.

The Local Dementia Navigator attends the surgery every other week to raise awareness and talk to patients and carers.

**Success Regime Update:**

Chris reported that the STP User Group had met on 25 March at which a presentation on the future of Vascular Treatment featured. At present treatment is offered at all 3 hospitals in the STP and Harlow during the day but out of hours each hospital takes cases. Southend covers Tuesday evening and night but cases on other days will be taken to another hospital.

The proposal, subject to the Secretary of State Referral, is to concentrate expert treatment at Basildon where 7/24 operating theatre facilities will be available. Patients will receive initial diagnosis and treatment at their local hospital during week days and, if necessary transferred to Basildon for advanced treatment. Outpatients will also be available locally. The expectation is that by creating a centre of excellence, senior consultants will be attracted to the Centre and surgeons trained in Essex will stay rather than seek posts in London.

**Leadership Course Cambridge:**

Chris had spent 3 days on a Kings Fund Leadership course designed to help patients act as representatives with the NHS. It mainly covered influencing skills and some of the structure of the NHS. Chris intends using the course skills to talk to the CCG, Hospital and STP.

**Hospital Transport:**

The SUAG group on Hospital Transport is creating new transport information pages for the Hospital web sites. Chris is trying to push for more information on bus running. An inter hospital bus service is being commissioned.

**PPG Forum 28/02/2019:** Proposal to meet with Rochford & Castle Point CCG PPGs, only once every 6 months. A robust meeting of patient representatives pointed out a number of issues that would dissuade representatives from participating.

**Any other Business:** Invite MIND at our next meeting.Clinical waste for patients who need to dispose of needles such as diabetic insulin needles now need to contact SBC and pay for collection of sharps. CHAPS charity to raise awareness and support the development of new health services directly targeted at Men’s needs organising awareness and screening at various venues like football grounds, sport centres etc to raise awareness about prostate cancer, Aortic Aneurysm Screening etc…

<https://chaps.uk.com/>

**Date of next meeting:** Tuesday 21 May 2019 1pm at the surgery.