

# Empingham Patient Participation Group

## Steering Group Notes

Notes from the meeting held at the Methodist Church, Main Street, Empingham.

Wednesday May 10th 2023

Start: 16.30 Finish: 18.20

### **Attendees**

Dr Dave Steadman

Vikki Hughes, Practice Manager

Andrew Nebel, Chair

Members of the Steering Group

Approx. 20 patients

The meeting was introduced by Andrew Nebel, the chair of the PPG. He welcomed all to the meeting, including 2 new members of the Steering Group, Dr Jonathan Roland and Nigel Campion. He paid tribute to our retiring members Jane Willis and Evelyn Norton, and thanked them for their contribution over the past two years.

### **Dr Steadman's presentation:**

The key points raised were:

- The lack of space at the current premises to adequately serve the patient numbers
- The on-going negotiations to purchase a site for new premises in Empingham and obtain appropriate funding
- Meetings have been held with our local MP and with the leader of Rutland County Council.
- The plan to optimise and upgrade the current site in the meantime
- The day to day pressures of general practice
- The problems of satisfying patients' demands/needs while making the most of available funds
- Exploring emerging technology and a creative spread of options to enhance what the surgery can provide for patients
- Coping with the national issue of rising patient numbers and falling numbers of GPs.

### **Vikki Hughes, Practice Manager's presentation:**

Key points:

- The Enhanced Access (evening and weekend clinics) introduced by the PCN is still a work in progress.
- More education is needed to help people understand what the various medical practitioners can provide.
- The PPG now has a dedicated notice board in the waiting room.
- The practice has pulled in its boundaries and no longer takes new patients from the towns of Oakham and Stamford. There are currently 9500 patients on the books.
- The practice needs to hold off from more rapid growth until it has the facilities to cope.

### **Talk by Dr Jonathan Roland, Consultant Diabetologist:**

Dr Roland gave the meeting a fascinating insight into the world of diabetes. Key points included:

- The difference between Type 1 and Type 2 diabetes.

- Some very interesting statistics. For example 6.7 % of the people in Rutland have diabetes and 10% of the NHS budget is spent on diabetes. 60 million items for diabetics are prescribed every year.
- The exponential growth of Type 2 diabetes - fuelled by poor diet, large portions and inactivity.
- The genetic dice is loaded in favour of thin people!
- Diet and supported self-care can make a big difference.

**Matters arising from patient questions:**

- The practice is still catching up with Medication Reviews after Covid. Reviews are now being carried out in line with patients' birth month.
- Prescribing Pharmacists can make alterations to patient medication.
- There have been issues with some patients not being asked to have their bloods done prior to their review.
- A discussion took place over whether 'no news is good news' in relation to test results. Some patients would prefer confirmation that all is well.
- Tests carried out in Peterborough are not always uploaded to patient records as the systems 'do not talk to each other'.
- Arrangements made by Rutland PCN led to the surgery being swamped the day after the bank holiday.

The meeting ended at 6.30pm. The Chair thanked all for attending.

The next meeting will be held in the 2nd/3rd week of September. Exact Date to be agreed.