

Patients' Forum Meeting
18:15 – 19:00 pm on Wednesday 2nd September 2015

AGENDA

1. Those present / Apologies for absence

MH (Chair), JT (Practice Manager), PS (Reception Supervisor), SA (GP), DS, BT, JN, SO, RG, AG, LG, MD, MD.

APOLOGIES: MR

2. Minutes of the last meeting and matters arising
All agreed accurate and correct.

3. Dr Shoaib Amaan presentation

We were delighted to welcome Dr Amaan to the meeting and the Practice.

Dr Amaan told us that he is a newly qualified GP who has been accepted onto the training programme for Sport and Exercise in Medicine, and is one of only 10 in the country. He will be at the practice for 6 months and will see patients but will be creating a project to benefit patients which utilises his knowledge of exercise and sport in preventing/alleviating disease and long term conditions.

From reviewing Stockport's Public Health Report he discovered that in Marple there is a higher than average rate of smoking, drinking, with a lower than average use of health services. We were all surprised at the report's findings.

Dr Amaan is planning to create some group sessions for patients to exercise in a controlled environment and with professionals providing plans for patients. With the social and encouragement aspects of this, he hopes to treat specific conditions but encourage weight loss, healthy living, relief of depression etc. It is planned that these group sessions would be on Friday mornings.

There was discussion of the numbers involved and the supervision necessary for the chronically ill.

Walking and swimming are excellent but weight training of a mild nature can be beneficial for heart patients; exercise helps diabetics with the absorption of insulin. etc.

Dr Amaan asked the Patient Forum to give any details of exercise groups we know of, to add to Dr Amaan's database.

Also he would be grateful for any promotion of the new service eg speaking to patients in the waiting rooms.

Dr Amaan will publicize the project more fully on the main flu vaccination day - Oct 7 - when between vaccination sessions there will be presentations by the doctors about health issues and particularly this initiative which Dr Khan, with his expertise in muscular/ skeletal issues will support.

Friday morning sessions will start on Friday Oct 16 and Patient Forum members are welcome for support and promotion.

There was discussion of how to publicize this and the difficulties involved in approaching patients.

All ideas can be emailed to Dr Amaan or members of the Forum who can pass things on. Dr Amaan's email address will be sent to Forum members to send ideas.

4. Flu campaign planning (see below)
JT shared practice plan of having flu "Launch day" on Wed 7th October 2015. This will be an afternoon/evening event where we will aim to vaccinate nearly 800 patients Clinic times on the day yet to be confirmed and there will be subsequent clinics and opportunistic vaccinations, but we will be encouraging patients to be vaccinated asap to avoid spread of flu
5. Forum event / planning
Discussed benefits of reinitiating a forum survey re what topics of interest for patient education sessions. We have done this previously and forum members had spoken to patients in waiting room and completed the forms on their behalf.
6. Discussion re texting, emails , local press releases and social media eg Facebook and twitter.
JT confirmed that this is something the practice has recently been discussing.

Will follow up with Dr Khan re arranging a pain management/back pain seminar for patient in November 2015

Possibly could ask Dr Amaan to take a follow up seminar in Jan 16 re the benefits of exercise on prescription

7. Any other business / Next meeting

Meeting closed at about 7 45 with us aware that we need to keep in touch about the many matters raised in the meeting.

We will need another meeting before the proposed presentation by Dr Khan in November but it is to be decided when this will be.