## Minutes

**PATIENT PARTICIPATION GROUP - AGM**

**Wednesday 7th November 2018 – 7.00pm**

**Western Elms Surgery Chair AP Minutes SB**

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|  | Attendees:  Chair: AP  Treasurer: SP  MB, JS, IC, SH, SP, ME, RS, HA, AP, SA, DS, CM, HM  Surgery: Dr Newsham, Dr Batista, Dr Akhter, Lisa, Sophie, Parminder, Richard, Sally  Apologies: MW, AG |  |  |
|  | **Talk from Practice Pharmacists**  Pharmacists Parminder, Sally and Richard presented a talk on new NHS guidelines that have been brought in nationally to stop the prescribing of medicines which can be brought over the counter which is currently costing the NHS £136million.  In 2017 Western Elms alone prescribed £436,000 worth of medicines which could have been brought over the counter. This equates to 77 hip operations or 1657 chemotherapy sessions. Nationally this figure was £136 million. The new guidelines have been brought in to encourage patients to self-manage many minor illnesses which can be treated with medication that can be brought from a pharmacy. Examples of this include conjunctivitis, nappy rash and head lice to name a few, which can all be treated by speaking to a community pharmacist who will recommend the best treatment.  There are some exceptions to the new guidelines. Patients with long term chronic diseases e.g. some painkillers for people with back pain can only be prescribed a maximum of 3 days of tablets over the counter due to licence indications. Other exceptions include pregnant women and children under 2 years old who have conjunctivitis as this cannot be prescribed for by the pharmacies.  The first port of call for all minor illnesses should be the community pharmacist. They are able to safety net and refer to GP if necessary. Community pharmacists can prescribe a maximum of 96 paracetamol if necessary, whereas supermarkets are restricted. The cost to the NHS of prescribing 32 paracetamol is £34 however you can buy paracetamol for as little as 20p over the counter.  *Any Questions?*  It was asked how much clinical training pharmacists undergo. The pharmacists do 4 years postgrad and 1 year practical and then an exam. You only have 3 chances to pass your exam so altogether 5 years of training. Pharmacists mainly go by symptoms and not examination, however, they are trained in red flags and any traumas would be referred to the GP. All of our Practice Pharmacists undertook additional intensive training in specialist areas.  It was asked how the public will find out about the new guidelines that have been brought in. The government have made this a national guideline and it has been a topic on public news. Our practice pharmacists have been attaching information to prescriptions and it was also in our newsletter.  We can still prescribe under certain exceptions, but the guidelines are to try to stop people coming to the surgery when the community pharmacies can help just as well. The cost to the NHS for 1 prescription is huge and this will also free up time for more appointments and telephone consultations.  The question was asked whether the community pharmacists may try to prescribe the most expensive type of medication to make more money. There will always be a suitable generic alternative which does the same; some people think if it is cheaper then it will not be as effective which is untrue.  If a clinician thinks a patient may suffer from not being prescribed medicine due to mental health or social deprivity and thought the patient is at risk if they cannot afford it, they can still prescribe.  Were Boots going to have more staff working in there? They are a private business and it would be in their interest to do so otherwise people will change their pharmacy.  If you have to take a generic tablet which gets prescribed as a different brand each time you get a repeat, the things in it may not necessarily be the same but it will still work the same. If you find you are not tolerating a particular brand speak to a Pharmacist and they can help to find an alternative.  2 years ago there was a major review in A&E of 160 district hospitals as lots of people were attending just to try and get over the counter medicine. Some A&E’s now have pharmacists who can refer back to the community pharmacists. Last year the RBH spent £44million on medication. This is a national campaign now and not local so A&E are able to push back on this.  If your prescriptions are out of sync contact the surgery to speak to a pharmacist and they will resolve the problem. Some medicines such as controlled drugs or antidepressants have to be prescribed each month.  It was asked why chemists ask to do a medication review when going to collect a prescription. It is because they get paid for it and are contracted to provide 400 per year for compliance. This is also important as some patients may take their medication incorrectly.  What can patients do to help the surgery?   * Order on time – not late or early without good reason * Don’t order a prescription if you don’t need it as it is waste. * Use electronic ordering of prescriptions to pharmacies to reduce the loss of paper prescriptions. |  |  |
| 1. | Minutes of last AGM meeting and matters arising  The minutes of the last AGM were voted as accurate and accepted. |  |  |
| 2. | Financial – Susan (Treasurer)  The report was voted as accurate and accepted   * End of year report - £2234.20   To Bank   * Book money = £8.25   Fundraising ideas to be suggested at the next meeting. Please bring books in to sell. |  |  |
| 3. | Annual Report of the PPG  The report was voted as accurate and accepted. |  |  |
| 4. | Committee Members  The proposal was made that the committee should be reappointed en block. It was seconded and carried. It was asked whether there were any volunteers for the secretarial role.   * Chairperson – Alan * Vice Chair – Alice * Secretary – to be confirmed? Sophie? * Treasurer – Susan * Commissioning Group representative – Hazel   LT asked if everyone could please read the constitution and feedback with any comments at the next meeting. |  |  |
| 5. | **Dates for your Diary:**  **Date of next meeting: Wednesday 23rd January 2018 1.30pm Oddfellows Hall** |  |  |