

Patient Participation Group Meeting Minutes

14th Meeting

Saturday 21st September 2019

Present:

Practice representatives: Dr Hussain (AH), Zoubia Hashmi (ZH), Taiba Farooq- Senior Admin & PPC Secretary, Shifa Habib – Administrator,

Patient representatives: FK, WA, SR, RU, MK, MI, NA, SW, ZA, RH

Apologises: 10 Patients

	Items	Actions
1	<p><u>Welcome and Introduction</u></p> <p>AH- Welcomed and thanked everyone for attending the PPG meeting.</p> <p>These meetings give practice staff and patients the opportunity to share decision making and keep each other informed of important updates.</p> <p>Many patients were unfortunately unable to attend today.</p> <p>We need to encourage more patients from all backgrounds and all ages to join the patient participation group PPG.</p>	<p>Continue to encourage patients to attend PPG meetings. Give out information slips regarding the date and time.</p>
2	<p>Practice Updates</p> <p>AH- Informed that the practice has received the delivery of over 65 flu vaccinations. Explained that we are trying our best to get all patients who are more at risk of being affected by flu to have their jab early. Help from PPG members is needed to explain the benefits of having the vaccination to our elderly patients.</p> <p>FK- Brought up the issue of patients refusing the vaccination as they believe it does more harm than good. Understands that there are some side effects after having the flu jab done.</p> <p>ZH- Explained why it is so important for the younger generation such as the children of the elderly to explain to their parents that the vaccination does not give you the</p>	

	<p>flu. There may be common side effects initially such as mild muscle aches, headache, fatigue, fever and a sore arm, but it will prevent the patient from getting worse</p> <p>AH- Flu can result in chills and sweats, dry, persistent cough, fatigue and weakness. These could lead to further complications; especially in the elderly and patients who already have existing health conditions. Flu in elderly and at risk patients often leads to a hospital stay, and sometimes it can be fatal. This condition can be easily prevented by having the vaccination.</p>	
3	<p>Health and Lifestyle</p> <p>WA- Winter is coming up and so are the school holidays. Both adults and children are eating unhealthily during these times and gaining weight.</p> <p>AH- Pointed out that even after school and on the weekends, the fast food shops are full of teenagers and adults. Continuously eating junk food will lead to serious health issues such as obesity and diabetes.</p> <p>NA- Explained that it is not only junk food that is the problem, but our whole diet in general. Even when people are cooking at home, they are using a lot of fat and oil and then on top of that they are eating bigger portions.</p> <p>SR- Informed of several ways of making meals healthier such as using wholegrain flour to make chapatti, using the low calorie spray instead of lots of oil and eating more fruit and vegetables with each meal.</p> <p>FK- Explained that the sugar intake in our day to day lives is also worrying. Patients, especially children can be seen drinking orange juice, apple juice and also fizzy drinks. This results in health problems and tooth decay. Water intake needs to be encouraged more.</p>	
4	<p>Diabetes</p> <p>AH- Following on from health and lifestyle, patients need to be more aware of the risk of getting diabetes.</p> <p>FK- We should sit together and set a date for an event. There should be an element of food sampling but only after a short presentation has been given. At the last</p>	<p>AH + FK to arrange date for diabetes event</p>

	<p>diabetes event, the patients went straight for the food and did not stay / were not interested in the information regarding the health condition.</p> <p>WA- Also, more leaflets and booklets need to be given to patients regarding the symptoms of diabetes and what the condition can lead to.</p>	<p>FK- To contact Diabetes UK for more material to give to patients.</p>
5	<p>Internal Patient Surveys</p> <p>ZH- Thanked PPG members for assisting patients filling out the surveys, FK, NA and MI in particular.</p> <p>AH- Informed that the surveys have been sent off for the data to be collated. All feedback is to ensure that we are offering the relevant services to our patients. Your valuable input will enable us to improve and provide you with the best healthcare possible.</p> <p>FK, WA- Explained that patients were willing to give their feedback although some struggled due to a language barrier. However, this was sorted as patients were directed to the appropriate member of staff to assist them.</p>	
	Next PPG meeting in 3 months	