

Newsletter - 15 For Patients

By the Patient Participation Group

January - February 2017

A Personal Story :-

Well, it happened when we were just getting ready for a real treat with our grandsons (9) and (10). We were going to stay for 4 days in London. We were going to stay on the 'South Bank', near Shakespeare's Globe Theatre and walk to the Tower of London and Tower Bridge. Then we were going to climb up and down all the ladders & passages of HMS Belfast moored on the Thames, go to a theatre and have a great time. Then a sore spot on my waist really began to flare up and threatened to become painful. Well there was no time, really to get advice from anyone about what this sore spot was – with all the travelling and activity there wasn't even time to visit a pharmacist. There was 'no way' I was going to disappoint the boys – so off we went and had a wonderful time. At the end of the trip -this spot was very painful and it was time to get advice. The problem was that when we got off the train and said goodbyes it was Saturday evening ! How do you get medical advice then? I could have dialled 111 for nhs help or I could have looked to find a pharmacist open but Thank goodness for a NHS 'Walk-In Centre'! My nearest one was in the lower floor of Boots chemists on the High Street Birmingham. I decided to go fairly early on the Sunday morning. It turned out that I had an abscess. I was seen straight away, given the right medication and dressings –

**It only took a few
Minutes.**

I was warned to go to see a GP if it did not clear up in a few days
It did – what a relief !



Birmingham NHS Walk-in Centre

Opening Hours	Monday	8.00am - 6.00pm
	Tuesday	8.00am - 6.00pm
	Wednesday	8.00am - 6.00pm
	Thursday	8.00am - 6.00pm
	Friday	8.00am - 6.00pm
	Saturday	9.00am - 5.00pm
	Sunday	11.00am - 3.00pm

the practice+

Medical Care - Over the last Century

(Cont. from an article in our last PPG Newsletter Number 14 by PPG member Ros)

After the NHS Act in 1948 the government directed NHS continued to change and restructure -

Things did begin to change and there has been a more even distribution of services. There has also been a vast expansion in the number and range of professionals and there have been changes in their roles, and more professional training.

Science has developed rapidly in many spheres and technology and the management and treatment now available is vastly different and so there is a threadbare & stretched service shaped through the years by cuts and changes in funding.

The NHS Budget has always been problematic from the outset. It is set yearly and always overspent in certain areas. Money has flowed towards the more expensive areas and clinically 'eye catching' achievements have often been at the expense of the more mundane treatments, and services which are unattractive to the media. The idea that medical Treatment is free - hides the true cost of treatment from patients.

In 1963 'The Patients' Association' was founded - a lobby group to promote the voice and needs of the patient & looking to a more open relationship with professionals.

1974 - through GP initiatives Patient Reference Groups were set up by some practices to help patients take more responsibility for their health and to contribute to the improvement of services and communication.

1978 - saw the establishment of the N.A.P.P. As an umbrella support organization.

1989 - a business management structure with an internal market and in 1990 new GP Contract were the next major changes introduced by Government... ..a business model, subsequently changed and reshaped. Services were moved round and roles changed with 'Patient Involvement' (at least of their own health.)2016 - It is now a contractual requirement for General Practices to have a PPG. (Patient Participation Group).....

Continued in next column

Medical care over the last century

Continued from previous column :-

Meanwhile the view that the Service should be moving towards a patient centred situation is very slowly taking shape. It will be important in the future shaping of the NHS as there needs to be decisions made in which patients understand and take more responsibility more directly in matters of their health. They should also be involved at all levels in the planning and shaping of the services provided.

To date - health provision has been 'government led' with increasing tinkering politically. In recent years and health professionals and the general public have reacted to this as a spiraling budget and monies going to cover deficits reinforces 'unequal provision'.

This article is a simple outline of a system which has become very complex & is a summary of a project that I am working on.

(Ros says :-

....I qualified as a doctor in 1962 and after house jobs in my training hospital, trained in paediatrics and psychiatry and have worked across services in all kinds of conditions as well as liaison work with the acute services I found myself continually taking training courses while training others as well as ultimately taking a managerial role... I have lived and worked through a great deal of change so really would welcome your comments on this article as I am , at the moment working on a project about the history of Medical Care during the last century.)

(by PPG member - Ros)

Come and join the Patient Reference Group

(give your name to a receptionist)

Our next meetings are at 6.15pm

Here at the Surgery on these dates:- **Wed 18th January 2017**

Wed 15th February 2017

Editor's Note **Wed 15th March 2017**

You can see the Minutes of PRG meetings and all editions of The PRG Newsletter on the Practice website.

www.bathrowmedicalpractice.co.uk

Click on 'Have your say' Then

Click on 'Patient Representative Group'then

Click on 'Minutes, Reports and PRG Newsletter'then

Scroll down to the bottom of the page & click on the one you Would like to see - wait a few seconds & it will appear.

(Don't forget to scroll down the page to see - page 2)

CHILDRENS PAGE

COLOUR THE PICTURE

Ask at Reception for coloured pencils



I Like Ice Skating

Tick the activities that you have done

- Swimming
- Football
- Cycling
- Cricket
- Athletics
- Basket Ball
- Dancing
- Skating
- Running
- Climbing
- Sailing or Boating
- Rugby
- Rounders
- Gymnastics

What are your very favourite activities or sports ?

.....



News from our CCG And an invitation for you

Clinical Commissioning Groups are groups of General Practices that work together to plan and design local health services in England. They do this by 'commissioning' or buying health and care Services.

Our Bath Row Practice belongs to South Central Birmingham CCG and they work closely with nearby CCGs

They have a webpage :-

www.bhamsouthcentralccg.nhs.uk

And you can get lots of interesting **Health News, Information and ideas** if you follow them on Facebook and/or Twitter

(click on the Facebook icon on their webpage

Our CCG wants to hear from Patients and SO:-

You are Invited by the Primary Care Commissioning Committee to their Monthly meetings :-

Each of the monthly meetings has two sessions, a private one where commercially or otherwise sensitive discussions take place, and a public one where input from our patients and stakeholders is welcomed.

If you would like to be involved please let our meeting administrator, Pat Cook, know. You can email her on patriciacook@nhs.net

Thursday 26th January 2017: 1:00 – 2:00pm

Thursday 23rd February 2017: 1:00 – 2:00pm

Thursday 30th March 2017: 1:00 – 2:00pm

Address of Birmingham South Central CCG
Second floor, Bartholomew House 142 Hagley Road
Birmingham B16 9PA Tel. 0121 255 0700

Our Practice website ?
www.bathrowmedicalpractice.co.uk

General Practice Forward View

In Britain we have become used to cuts and dwindling resources, but are things about to change for the better, at least in the NHS?

The General Practice Forward View is a set of pledges and proposals by the NHS that would see more money come into General Practice.

The whole point of this is to improve our experience as patients.

Here are some of the ways this will be done:-

- * Increasing the number of GPs and other Health workers in the Practice
- * Looking at other ways in which GP services can treat us in places other than Bath Row
- * Better more efficient IT systems that serve patients
- * Taking some of the administrative burden from GPs so that they can concentrate more on medical matters.

Individual Practices, like Bath Row, have been asked to draw up a plan of how they propose this new money can benefit the patients they serve. In the PPG (Patient Participation Group) we are hopeful that representatives of the Practice will ask patients which of the ways of going about this will be best for us.

The PPG meets once a month and is very keen to represent ALL patients. If you have not the time to attend meetings why not sign up to our Virtual Group and give your views on-line?

The PPG is also looking at ways of getting opinions from those who do not use computers.

(Article by PPG member - Cyril)



Today - Dr Diet says

Try cooking a small quantity of porridge oats in a microwave -(No messy saucepans!) and so inexpensive!

And what about sprinkling the cooked porridge with sliced banana and/or mixed nuts & raisins **instead of sugar** ?

**The four extra doctors in every Health Centre are :-
Dr. Exercise & Dr. Diet,
Dr. Merryman & Dr. Quiet
- do you know them ?**