

North Tyneside CCG Patient Forum
Self-Care Working Group
Thursday 16 January 2020
1.00pm
Room B3
Linskill Centre
Linskill Terrace
North Shields

Notes

Attendees

Susan Dawson	Priory Medical Group
Viki Mayes	Beaumont Park Medical Group
Gillian Bennett	Wellspring Practice
David Mercer	NHCFT
Tom Dunkerton	NHS North Tyneside CCG
Marc Rice	NHS North Tyneside CCG
Michele Spencer	CHCF

Apologies

Val Telfer	Wellspring Practice
Patrick Mayne	Collingwood Surgery
David Hall	Northumberland Park
Anne Carlile	Priory Medical Group
Judy Scott	Whitley Bay Health Centre

Notes of last (21 Nov 2019)

Agreed as a true record with the following corrections; Gillian Bennett was an apology and David's second name corrected to Mercer.

Matters arising

The Self-Care video is in draft form and needs adjustment to the amount of text and there was agreement for more images in an easy read style. The headings are correct, and the spring campaigns can be incorporated. Medicine cabinet content was felt to be a good however no approval from the Trust has been received.

Members came up with a list of potential topics at the last meeting and these were all considered viable as seasonal campaigns or spotlight campaigns. Landmarks in the borough were also discussed and members were asked to take photographs as they travel around the borough, these would be useful inserts to identify North Tyneside.

Rockwood Frailty Scale

Tom Dunkerton

Tom explained the work in relation to the Integrated Frailty Service and highlighted the even some members will be attending at the Grand Hotel in Gosforth, this will be the first of a few events to look at existing services and challenges and solutions to create a more integrated service for the benefit of patients. It was confirmed this is not leading to a procurement process and there is no threat to the current workforce. Frailty and how this is defined was explained to members as well as indicators used by GPs, the frailty index, to identify patients to ensure they receive the most appropriate levels of care. Medication use and a falls assessment as well as a delirium consideration lead to patients having a frailty score and this determines their level of need. Northumbria Healthcare Foundation Trust also use a geriatric score in the assessment although it was recognised that not all frail patients are older in the case of younger people with long term conditions specialist teams look after their care. GPs use the NHS England good practice guide.

Primary Care Networks will have five specific areas in their contract to address next year and these are;

Medication review and optimisation

Enhanced health in care homes

Anticipatory care

Personalised care

Supporting early cancer diagnosis

Back Pain Workshops update

No new dates will be arranged in the near future and this will be reviewed in six months' time. David was thanked for his time and effort throughout the workshops.

Members considered if there was merit in holding one session each year.

Care Navigators update

It was confirmed training has been arranged by the CCG and practice staff have been invited to attend, two Patient Forum members will also take part.

Any other business

The focus of this working group may mean task and finish groups would be more appropriate depending on the topic highlighted. The North Tyneside Cancer Plan for example has six priorities and these would work well as time limited group work with specific aims. More discussion on this will take place at future meetings. For patients a holistic needs assessment leads to a recovery package this often results in the reduction of visits to hospital. Funding is available for posts aiming to work into primary care and also to inform patients and carers. Cancer isn't thought of in the same way as long-term conditions, so patients aren't normally encouraged to self-care. One of the cancer care nurses from Northumbria Healthcare Foundation Trust, Tracy Wilson will be invited to a future meeting.

Dates and times of future meetings 2020

All Thursdays 1pm

Linskill Centre

Linskill Terrace

North Shields

NE30 2AY

26 March

21 May

16 July

24 September

26 November