

Heartwood PPG Meeting 26.6.19

Arthritis Action

Arthritis Action is a charity that was formed in 1942, formerly the Arthritis Association. It is focused on self-management and a holistic approach, complementary to medical intervention. It is evidence based in areas such as nutrition, pain management and mental health. Their vision is to help people live active lives free from the impact of arthritis.

Self-management of arthritis is managing your condition yourself using a variety of methods to address both the physical and mental impacts of arthritis.

Physical aspects are things like exercise, weight management, healthy eating, pain management, clinical therapies such as acupuncture and osteopathy. There is usually a long waiting list for therapies such as these on the NHS but Arthritis Action can get subsidised treatment for members for a short period. Appropriate exercise is safe and can reduce pain. There are lots of resources on the website such as gentle exercises for hands, knees, ankles and back, which are moving images so you can see the way to correctly do the exercises. Arthritis Action has joined with OOMPH, Our Organisation Makes People Happy, who train people in care homes to become exercise leaders to help build up strength which should be rolled out across the country soon.

There is a lot of misinformation about healthy eating and what not to eat. There is a registered dietitian attached to Arthritis Action that is one of two arthritis dietitians in the country. In general it is best to have a healthy diet including fruit, vegetables, fibre, whole grains etc. There is no evidence to cut out certain things. The research base on supplements is poor, unless to supplement certain elements of your diet. The dietitian can give advice on these. The right elements of self-management help symptoms and management of arthritis.

Mental impacts include pacing yourself, not rushing around, slowing down, stop before you reach the tipping point, positive thinking, mindfulness, setting realistic goals that are achievable so you don't feel down if you don't reach them, dealing with emotions, frustration, anger, anxiety, depression, grief of the life you could be living. Mindfulness is about finding a distraction technique that works for you like talking to friends, knitting, watching tv etc. There are self-management technique videos on the website that are guided visualisations of breathing, relaxation, without having to go to a group, which some people may find intimidating.

Improving communication is important. The support groups set up by Arthritis Action can help improve communication and they teach skills such as i-messages, assertive not aggressive communication strategies, confidence to ask for things such as referrals etc.

There are over 200 forms of arthritis. It is not just an older person's condition and is not for just one type of person. Arthritis affects people differently so each individual can choose techniques that help them live a fuller, more active life whilst living with the condition. What works for some people may not work for others, it is about finding the individual approach, and Arthritis Action can help with this. There are a lot of things to try and it is important not to get disheartened if one thing doesn't work.

The website includes lots of helpful self-management resources such as videos, fact sheets on diet, emotions, goal setting, skills, recipes etc. The charity has a blogger that works with the dietitian to design recipes for people that struggle with heavy pans and they give tips about cooking with arthritis.

Membership for Arthritis Action is £15 a year which includes an extensive range of services and support.

- Two subsidised physical therapy sessions a year.
- Consultations with a dietitian.
- Two magazines annually and a monthly e-newsletter.
- A dedicated member's area on the website.
- Invitation to free self-management events they hold at least 4 times a year.

The self-management groups are free 2 day events that gives arthritis sufferers various tips and techniques to manage their condition with confidence. They cover how to stay active, information about health eating, how to engage with health professionals, a place to find out about the power of positive thinking and taking the time to relax. The next one is at St Luke's Church in the centre of Birmingham on 5th and 6th July 2019.

There are local action groups set up. Our nearest one is in Derby at St Peters Church, who meet roughly every 6 weeks, with breaks at Christmas and in the summer holidays. At these groups they

have speakers to talk about distraction techniques, the role of an osteopath, diet, gardening, occupational therapy etc. and they are free to attend. It is a chance to meet others in the local area with arthritis over a cup of coffee.

Ruth is the area co-ordinator for the Midlands. The charity has recently expanded this year into the Midlands, originally based in the South East. They are constantly adding new groups. They have associated practitioners throughout the UK. They are a charity, independent from hospitals, but have some good links with rheumatologists throughout the country.

Ruth is happy to come back and speak to us again or if we can involve some of the other surgeries in the area to reach a bigger audience.

Contact details for Arthritis Action:

Telephone: 0203 781 7120

Website: www.arthritisaction.org.uk

Minutes from Last Meeting

No issues to discuss.

GP Contract

As part of the GP Contract there are Primary Care Networks (PCN's) being set up. All 6 surgeries in the area will combine to form our PCN and will be sharing resources and information and will be covering 30-50,000 patients. Michelle would advise everyone to watch the YouTube video: <https://youtu.be/W19DtEsc8Ys> which explains all about PCNs and their role. They will have no day to day impact but they hold lots of benefits.

Another part of the GP Contract is Social Prescribing. This is non-medical support, including friendship groups, sharing resources, our gardening scheme etc. Our gardening scheme came about when Dawn read an article in the Gardeners World magazine that mentioned how gardening is good for mental health and reducing isolation. The garden at Stanton Manor is available for anyone to attend on a Thursday afternoon to come and garden or just sit down and watch. It would be good to share this project with the PCN and hopefully reach out to others who may benefit from it. We also need to advertise it more on our website, Facebook page, the waiting room screen etc. We need to ensure the admin team promote the gardening scheme too as they are the ones who see the patients who may benefit from this scheme. The lack of interest and engagement from patients in general has shown tonight as we invited a lot of patients who suffer from arthritis and only one attended. Shani did look into a community bus scheme for patients that would struggle to get to Stanton Manor but there weren't enough patients interested to warrant it. We could contact Dale Bank and mention it to the community teams in our CST and MDT meetings as they may know patients who would benefit.

Heartwood Staffing Updates

Practice Nurse, Julie Sheavyn-Bentley has now retired from the surgery but she will remain in close contact. We have advertised for a nurse to replace Julie and have now hired Fiona Salisbury. Fiona has been working for us as a locum nurse and we have had very good feedback from our patients. She will be starting in July and then increasing her hours later in the year as we have another nurse who will be retiring.

We are also looking to hire another ANP as Alison will be reducing her hours later in the year. We also had Diane, a part time ANP, who has retired due to ill health. We have interviewed today for the ANP role and so we will be deciding who to hire for this role within the next few days and will inform you when we have decided.

Emma, our HCA, has increased her hours. We have increased administration team hours to compensate.

Extended Access Service

We have introduced a phlebotomy clinic at the weekend which has really taken off. We run a Saturday morning clinic two or three weekends a month. We are trying to hire another phlebotomist so we can cover all Saturdays.

Suggestions for Future Meetings

- Graham has recently been involved in mental health patients in the county who are veterans but not sure the group would be interested in this area.
- A doctor or a nurse to attend once a year to give us a general perspective from a medical point of view.

- It would be good to meet every other month and keep the group updated on changes. We haven't had a meeting since February as a couple have had to be cancelled because of the surgery being redecorated.
- It would be nice to hear about the effects of the hospital mergers, whether good or bad. Some services have moved over to Derby. A top cancer doctor from Burton has moved to Derby. Apparently Derby A&E are inundated with patients travelling to them rather than Burton.
- In the darker nights it would be nice to have an afternoon meeting.
- Carla now has a list of email addresses of the patients attending tonight. We will endeavour to email all minutes out where we can. People are struggling to get through on the phones to send apologies for this meeting so it has been decided that members can email us on heartwood.medical@nhs.net and let us know if they cannot attend a PPG meeting in future.

**NEXT MEETING:
WEDNESDAY 25th SEPTEMBER 2019, AT 1.30PM,
IN THE HEALTH ED ROOM, FIRST FLOOR,
SWADLINCOTE HEALTH CENTRE**