



## E-Bulletin from National Association for Patient Participation Issue Number 125 January 2018

### 1. Latest N.A.P.P. News

- a. **N.A.P.P.'s group of 100:** This is a group of up to 100 PPG representatives who are committed to give a quick response (usually between 5 and 10 days) to targeted questions, usually electronically. We have not quite reached the target of 100 members. Information is [here](#) on the N.A.P.P. website where you can complete and send the Membership Agreement form to [paul.devlin@napp.org.uk](mailto:paul.devlin@napp.org.uk)
- b. **Diary dates**
  - **9<sup>th</sup> June 2018: N.A.P.P. Annual Conference at the Nottingham Belfry Hotel**
  - **4<sup>th</sup> - 9<sup>th</sup> June: PPG Awareness Week**
- c. **Patient Participation pioneer, Dr Peter Pritchard,** died on 6<sup>th</sup> January in his hundredth year. He was a founder Member of N.A.P.P., who began practising as a GP prior to the start of the NHS, and the first GP to form a PPG in the early 1970s. His recently published memoir entitled "An Eventful Life" was featured in a Daily Telegraph piece which you can access at <http://www.napp.org.uk/founders.html>. A truly inspirational and influential figure!

### 2. Three steps to relieve pressure on GP services

To help relieve pressures on GP services this winter, the Royal College of GPs has launched a [three before GP campaign](#), suggesting that patients should ask themselves the following three questions before booking an appointment with their GP:

- Can I self-care?
- Can I use NHS Choices or similar reputable resources?
- Can I seek advice/treatment from a pharmacist?

### 3. Increased risk of heart attack and stroke immediately following a cold snap

NHS England is advising the public on ways of staying well this winter, as the number of people being admitted to A&E is likely to increase significantly due to the cold weather [warned](#) that heart attacks increase almost immediately after a cold snap and that accounts for two in five winter excess deaths, as well as the same proportion of NHS excess winter admissions. Hospitals also see a rise in the admission of stroke patients five days after the cold weather begins and peak respiratory admissions go up 12 days after the temperature drops.

### 4. Opt-out system for organ donation - talk about it: Public consultation

Launching a public consultation on a new opt-out system, health secretary Jeremy Hunt has urged people to overcome their reluctance to talk about organ donation with relatives, [Figures](#) from NHS Blood and Transplant show that in the past year around 1,100 UK families decided not to allow organ donation because they did not know whether their relatives would have wanted it. Official statistics show that 3 people die each day while waiting for transplants. View the [consultation documents](#) The closing date is 18<sup>th</sup> March 2018.

## 5. Combating loneliness, one conversation at a time: a call to action

This [report](#) from Age UK, is the result the work of the cross-party Jo Cox Commission on Loneliness, led by a coalition of thirteen charities and businesses, investigating how loneliness affects different groups of people within our communities. While it makes recommendations for national and local government and public bodies, it does also recognise the significant role of voluntary and communities and individuals in tackling this important issue

## 6. Making sense of Accountable Care

Accountable care is the latest health policy buzz phrase. But where did it come from and what does it really mean? A short [briefing](#) from the King's Fund promises to explain accountable care in a nutshell and a long version that goes into more depth. The King's Fund is an independent charity working to improve health and care in England.

## 7. Tips on writing an effective questionnaire

Writing a questionnaire to get the views of patients or the public can be challenging. Some years ago, in response to the terms of the optional patient participation clause in the GP contract, many patient groups carried out annual patient surveys. This is no longer required, but there are occasions when PPGs need to gather evidence of the views from wider patient community so that they can accurately represent them. NHS England has therefore published [a guide to writing an effective questionnaire](#) which can help get it right.

## 8. Measles outbreaks in five areas across the UK

Public Health England (PHE) has issued [advice for the public](#) to ensure they have had the MMR vaccine after outbreaks of measles are confirmed in five areas of England - West Yorkshire, Liverpool, West Midlands and Surrey and Sussex. All of the cases have been reported in children and adults who have not received 2 doses of the MMR vaccine. Measles is a highly infectious viral illness that can sometimes lead to serious complications. Children and young people who have not received 2 doses of MMR vaccine are at risk.

## 10. New personalised care video for GPs

NHS England and the Royal College of General Practitioners (RCGP) have produced a short film to help GPs support people to develop confidence in self care and social prescribing, such as getting involved in community activities. The [video](#) demonstrates the improvements to an individual's wellbeing and health self care can make. It also explains how it can benefit GPs as their patients take a more active role in managing their own health and how it shifts the conversation from "what's the matter with you" to "what matters to you".

## 11. N.A.P.P. website: Don't miss out this useful benefit of belonging to N.A.P.P.!

Our website Member pages contain **key resources available only to affiliated PPGs**. For login details, **visit the website, click on Members and use screen instructions**. We recommend each PPG to have a generic group email address as the username for the login.

## 12. Reminders:

**Please email this bulletin to fellow members promptly. We do not send hard copies of e-bulletins. All previous bulletins can be found at <http://www.napp.org.uk/ebulletins.html>**

*Edith Todd,  
Trustee,  
January 2018*