



E-Bulletin from National Association for Patient Participation Issue Number 112 November 2016

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

a. Diary dates

N.A.P.P. Annual Conference: Provisional date is 24th June 2017. Venue tba

PPG Awareness Week: Usually held in the week prior to the conference, so likely to be week beginning 19th June 2017.

2. Stay Well This Winter Campaign

Around 25,000 more people die over the course of each winter compared to other times of the year. Conditions worsened by the cold weather include circulatory diseases (such as heart disease, lung illnesses and stroke), dementia and respiratory diseases (such as asthma), which account for 80 per cent of these deaths. NHS England and Public Health England have launched a national campaign [Stay Well This Winter](#) to help people prepare for winter weather. Further useful advice can also be found on the on the [Keep Warm Keep Well](#) page on the NHS Choices website.

3. Helping People look after themselves: a guide to self-care

This [report](#) published by the Local Government Association calls for a new culture of care to reduce the pressures on doctors and hospitals. It is based on well-established findings that self care creates a feeling of control and reduces anxiety for the individual. It improves their quality of life and disease outcomes and frees up the time of health and care staff. It includes a number of case studies demonstrating a range of innovative work being pursued councils to further embed the self care agenda.

4. Focus on Eyes

a. New Cataracts Toolkit is here

If you're having problems getting cataract surgery, look at this toolkit. In some parts of the country there are restrictions on when people can [access cataract surgery](#). The Royal National Institute for the Blind (RNIB) is calling on all Clinical Commissioning Groups (CCGs) who plan and pay for local healthcare to urgently implement the NICE [accredited cataract commissioning guidance](#). They have launched this [toolkit](#) providing practical steps to help you access first or second eye cataract surgery. It includes advice about getting the most out of your appointments and steps to take if your surgery is significantly delayed. The document can be downloaded in either PDF or Word format. If you need a different format, please, if you've had trouble getting cataract surgery and would like to share your story or you've got feedback on the toolkit, contact RNIB on 02073 912123 or email campaign@rnib.org.uk

b. Eye health awareness

Research reveals that 85% of 18-24 year-olds are unaware of the UK's leading cause of blindness, age-related macular degeneration (AMD) and more than half have never heard of glaucoma, one of the most common sight-threatening eye diseases. Patients may not identify symptoms associated with poor eye health – resulting in many conditions going undiagnosed and untreated. A suite of more than 10 [information leaflets](#) and videos produced by the Association of Optometrists will help patients to recognise and treat eye health.

5. Responding to the needs of patients with multiple long-term conditions

This report published by the Royal College of GPs reviews how effectively the current health system serves patients living with multiple long-term conditions, and explores the experiences of these patients. It highlights the barriers that prevent the quality of their care improving - such as lack of time and resources for GPs - and provides recommendations to overcome these barriers. The [report](#) also recommends improving communication between primary and secondary care; increasing exposure of delivering care for those with multimorbidity in GP training; and developing improved decision making tools.

6. Pharmacists can also help to support people with long term conditions

As the third largest health profession in the UK, The Royal Pharmaceutical Society (RPS) has published [policy documents](#) focusing on how the role of the pharmacist can be enhanced to prevent, identify, treat and support people with long term conditions, as part of a multidisciplinary approach to improve the care of people with long term conditions. Arguing that better use of pharmacists, maximising use of their skills and expertise within such teams will provide the best care for patients. The RPS suggests that change to the current model of care, is essential if the NHS is to meet the unprecedented increase in demand for its services.

7. My Medication passport

Designed by patients for patients, My Medication Passport enables the user to record medications and other key medical information in a pocket size booklet easy to carry across care settings to ensure accurate transfer of information and its smart phone apps for Android and iPhone, eMMP. More information [here](#)

8. Choosing Wisely Campaign: Is your treatment necessary?

In a study carried out in 2015, 82% of doctors said they had prescribed or carried out a treatment which they knew to be unnecessary. The Academy of Medical Royal Colleges has listed 40 treatments and procedures that have limited clinical value or impact. The [campaign](#) calls for doctors and patients to have a fully informed conversation about risks and benefits of treatments and procedures. As well as releasing resources for other activities, it recommends patients should always ask these five key questions when seeking treatment.

- Do I really need this test, treatment or procedure?
- What are the risks or downsides?
- What are the possible side effects?
- Are there simpler, safer options?
- What will happen if I do nothing?

9. Freedom to speak up in primary care

Following the Freedom to Speak Up report by Sir Robert Francis published in February 2015, he was asked to review primary care separately. NHS England consulted on a whistleblowing policy specifically for staff in general practice, opticians, community pharmacies and dental practices. Final [guidance](#) has now been published. It sets out; who can raise a concern, the process for raising a concern, how the concern will be investigated and what will be done with the findings of the investigation. NHS England is now a 'prescribed person', allowing primary care staff can [raise concerns](#) about patient safety or inappropriate behaviour directly.

10. Get your N.A.P.P. member password now!

The Members' pages of N.A.P.P.'s website contain **key resources available only to affiliated PPGs and CCGs**. To get your PPG's login details, **visit the website, click on Members and use the screen instructions**. We recommend each PPG to have a group email address as the username for the login.

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

Edith Todd, Trustee, November 2016