



# E-Bulletin from National Association for Patient Participation Issue Number 145 November 2019

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

**Annual Conference and AGM 2020:** Next year's conference will take place on 6<sup>th</sup> June 2020. The keynote speaker will be Professor Martin Marshall, who has now succeeded Professor Helen Stokes-Lampard as Chair Council of the Royal College of GPs for a three-year term. Professor Marshall is a GP in Newham, East London, and Professor of Healthcare Improvement at University College London. The venue and topic will be publicised as soon as possible.

## 2. Value GP: Your help Needed: Take part in a project exploring the value of General Practice

N.A.P.P. has been invited by Dr Margaret McCartney and Dr Sam Finnikin, RCGP Clinical Fellows for Values and Evidence to engage patients in this [video project](#). The aim is to create a resource that will explain what general practice does and what makes it so valuable. If you'd like to participate, follow the links below to find instructions on how to submit a video letting us know what you value about general practice or your general practitioner.

They are keen to capture as many different kinds of GP as possible - rural, urban, young, mature, with a specialism, pure generalist, academic or in some kind of management position. Also as many different patients as possible, including young and older, those from different communities and those whose first language is not English. This is a very important project. Please do help by participating and encouraging others.

If you have any questions or comments, or to submit a video (a maximum of 30 seconds long), please get in touch via the following email address: [valuegp@contacts.bham.ac.uk](mailto:valuegp@contacts.bham.ac.uk)

- [Information sheet for GPs](#)
- [Information sheet for patients](#)
- [ValueGP consent form](#)

## 3. NHS 111 spearheads “Help Us, Help you” Campaign

The campaign is under way to reduce pressure on the NHS over the winter period. This phase aims to increase the number of people contacting NHS 111 when they have an urgent, but non-life-threatening, medical need so that they can be directed (either over the phone or online) to the most appropriate service. The campaign encourages people to go straight to NHS 111, instead of worrying, self-diagnosing or second-guessing what they should do when they have an urgent health problem. [More ....](#)

## 4. PCNs working with the voluntary sector: effective signposting

Relieving the strain on general practice and keeping people well calls for more than medical remedies. To fulfil their potential, PCNs need to work with the voluntary sector, to direct people to services elsewhere in the community and for patients to trust the advice they are getting. PCNs need information about community, the voluntary sector and other providers on their patch. Many PPGs have used their members' connections with other voluntary groups to compile and keep updated a local register of voluntary and community organisations, by liaising with local councils for voluntary service. This is also a task which would benefit by working with other local PPGs and liaising with the relevant PCN staff. This [podcast](#), making a start could be easier than you think.

## 5. BMA urges government to push physical activity

The British Medical Association has published [a briefing](#) on the benefits of physical activity, the current low levels of physical activity in the UK and the significant inequalities that exist in levels of physical activity within the population. It includes recommendations to government on how best to promote greater activity.

## 6. Choosing Wisely Campaigns: lessons on patient and public engagement

From the global threat of antimicrobial resistance to side effects from unnecessary tests or treatments, harms associated with overuse of healthcare take many forms. *Choosing Wisely* began in the US in 2012 has now expanded to 20 countries, aims to tackle this issue. To find out how patients can engage in this process, [read this article](#) published recently in the British Medical Journal.

## 7. Group consultations: nurses lead the way

Why have a nurse explain long-term condition management separately to four patients in an hour when talking to 10 in a group consultation could achieve better outcomes According to NHS England, general practice nurse-led group consultations could benefit patients and reduce staff workloads,. Patients who sign up enjoy peer support, a patient-led agenda and a more relaxed atmosphere. They are being used for long-term conditions, frailty, menopause and post-natal advice. Patients who took part in trials in the North West reported high satisfaction rates and that they learnt more in the group compared to 1:1 consultations, even where their diabetes was already well controlled. [More ..](#)

## 8. 100,00 more people to be given personal health budgets

A change in [law](#) which comes into force on 2 December means people who use wheelchairs or need mental health support will have greater choice and control in managing their own health and care. Everyone eligible for an NHS wheelchair and people who require aftercare services under section 117 of the Mental Health Act will have access to a personal health budget.

## 9. A guide to home adaptation for the elderly: improving local services

Care and Repair England has published [a guide to home adaptation](#) that includes a checklist of possible questions to inform discussions with local providers This guide aims to provide the lay person with a brief overview of:

- Local authorities' responsibilities for providing help with home adaptations
- What a 'good' adaptation service can/should offer
- Opportunities to improve local home adaptations provision, including a 'Home Adaptations Challenge Checklist'

**10. Does your PPG have its member pages' login?** The member pages contain **key resources available only to affiliated PPGs. If not, 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.

**11. Reminder:** *Please email this bulletin to fellow members promptly. All previous bulletins can be found at <http://www.napp.org.uk/ebulletins.html>*

*Edith Todd*

*Membership Administrator*

*November 2019*