

At the Meeting of the Trafalgar Medical Group Practice Patient Participation Group held at Eastney Health Centre on Thursday 8 February 2018

## **PRESENT**

David Pryke – Chairman

Mrs. Barbara White – Vice Chairman

Mrs. Sally Atkins – Surgery Manager, Eastney

Mr. Geoff Bower; Miss Annette Chipperfield; Mrs. Janet Cook; Mrs. Diana Corke; Mr. John Doughty; Mr. Geoff Heal; Mrs. Margaret Hillier; Mrs. Joan Kooner; Mrs. Jayne Pryke; Mrs. Catherine Reddy; Mr. Peter Sheldrake; Mr. David Steel; Mrs. Pat Wainwright; Mrs. Lynne Whicker; Mrs. Janet Wilmot; Mr. Derek Wynne

Apologies from: Sister Jooles Allison; Mr. David Baynes; Mr. Allan Sturmeay;

### **1. WELCOME**

The Chairman welcomed everyone to the meeting especially the Eastney Practice members and Geoff Heal from Prostate Cancer UK who will be giving short talk on prostate cancer awareness.

The Chairman requested that any questions or comments about the presentations or reports be kept until the speaker had finished.

### **2. MINUTES**

The Minutes of the meeting held on 19 October 2017 were agreed as a correct record.

### **3. PROSTATE CANCER AWARENESS**

Geoff Heal gave a presentation of prostate cancer awareness.

The prostate is usually the size of a walnut and grows bigger as men get older, it sits underneath the bladder and surrounds the urethra, which is the tube men urinate (pee) and ejaculate through, its main job is to make semen – the fluid that carries the sperm. The most common prostate problems were:

- An enlarged prostate – this is common in men over 50 and can also be called benign prostate enlargement (BPE) or benign prostate Hyperplasia (BPH). It is not a cancer risk and does not increase the risk of getting prostate cancer. It could, however, cause urinary problems which were treatable.

- Prostatitis – this was thought to be caused by an infection or inflammation of the prostate. It was not cancer and there was no evidence that it increases the risk of getting cancer. It was common and could affect men of any age but was most common in men between 36 and 50. Symptoms vary from man to man but could include urinary problems, aching in the area between the testicles and back passage or pain to the lower abdomen, groin or lower back.
- Prostate Cancer – this could develop when cells in the prostate grew in an uncontrolled way and is very common, one in eight men in the UK will get it at some point in their lives. Prostate cancer often grew too slowly to cause any problems but some prostate cancers grew more quickly and had a high risk of spreading in this case it was more likely to cause problems and needed treatment to stop it or delay it spreading.

Men were at risk over the age of 50 and the risk increases as you get older, men over 50 were entitled to request a PSA test from their GP to check for the possibility of prostate cancer. If your father or brother had prostate cancer you were two and a half times more likely to get it and if you were black there was a one in four chance of you getting it.

Most men with early prostate cancer did not have any symptoms, some men had difficulty urinating and men with prostate cancer that had spread to other parts of the body might have pain in the back, hips or pelvis, problems getting or maintaining an erection, blood in the urine or unexplained weight loss – these symptoms were usually caused by other things but it was still a good idea to get them checked out by the GP.

Geoff said that men are not keen to go to see their GP especially when it concerns their “lower regions” he urged all men to have courage and go and see their GP if they were experiencing problems and encouraged their wives/partners to “nag” them into seeing their GP.

The Chairman thanked Geoff for his presentation.

#### **4. CHAIRMAN’S STATEMENT**

The Chairman said that he had attended the City-wide PPG Meeting on 6 November which had a presentation by Mark Cubbon, Chief Executive of the Portsmouth Hospitals NHSTrust on The Quality Improvement Plan of the Trust.

Since 2015, Queen Alexandra Hospital had undergone a number of Care Quality Commission Inspections. A whole hospital inspection in 2015, and more recently a focussed inspection on the pathway for patients through the Emergency Department and Acute Medical Unit in 2017.

The inspection reports could be viewed on the hospital’s website.

Mark explained that the Trust had now published their Quality Improvement Plan. 75 members - volunteers, professionals and patients were all engaged in developing the plan. Monthly updates to demonstrate progress against actions would be published.

The Chairman said that Sister Jooles Allison was unable to attend but asked that members be made aware that:

The Vue Cinema now had "Super Monday" with tickets at £4.00 each

Eden Hair and Beauty at Highbury College did a cut and blow dry for £6.50

Portsmouth Central Library had free activities including Mah Jong, Scrabble and Rummicub.

## **5. PRACTICE MERGER**

Sally Atkins reported that the merger process was well underway having completed all of the background actions such as stakeholder involvement with healthwatch, pharmacies and the local authority. There had been a number of meetings with the Clinical Commissioning Group who were happy and content that everything was on track. There had been monthly merger meetings involving the partners and management of Trafalgar Group Medical Practice and Eastney Practice looking at all aspects of the merger process and working routines once merged. A new patient call and information system was being investigated.

The businesses would merge on 1 April 2018 and become Trafalgar Group Medical Practice and the clinical systems would merge in July. Between April and July there would be no change for patients, from July onwards all patients would be able to see any of the practice GPs or nurses.

A new telephone system was to be installed but patients would not notice any difference until July when the systems merge and there would be one telephone number for all services.

As from 1 April Sue Miller would be the Eastney Operational Manager, Sally Atkins would support her and be the Nurse Administration Manager, Sally would continue being the contact for the PPG.

## **6 PRACTICE UPDATE**

Sally Atkins urged everyone to make use of the Trafalgar Group Medical Practice web-site for enquiries, feedback or questions patients may have.

There would be a trial having someone come in on a daily part-time basis from 10am to 2pm to provide refreshments to GPs and staff to aid the practice running smoother, if anyone knows of anybody that might be interested in this post they should contact Sally or see the practice web-site for further information.

There were currently 204 PPG Members.

## **7. FUTURE MEETINGS**

The next of the PPG had been arranged for 7 June which would be the AGM and would include the appointment of Chairman, Vice-Chairman, Secretary and Committee Members, if anyone wished to nominate anybody for these posts they should contact Sally Atkins, there would also include presentations on Diabetes and WHAMS.

A further meeting has been arranged for 18 October 2018

Both meetings will commence at 5pm and be held at Eastney Health Centre.

It was requested that a talk on the dental services available at Eastney Health Centre should be arranged for a future meeting