

At the Meeting of the Trafalgar Medical Group Practice Patient Participation Group held at Eastney Health Centre on Thursday 27 June 2019

PRESENT

David Pryke – Chairman

Mrs. Sally Atkins – Nurse Administration Manager

Sister Jooles Allison – Practice Nurse Manager

Miss Annette Chipperfield; Mrs. Jeannie Dagleish; Mrs. June Glass; Mrs. Jayne Pryke; Nurse Jo Sayer; Mrs. Anne Steel; Mr. David Steel; Mr. Richard Trapnell; Mrs. Pat Wainwright; Mrs. Lynne Whicker; Mr. Godfrey White; Mr. Terence Wilson; Mrs. Janet Wilmot.

Apologies from: Mrs. Astrid Brown; Mrs. Diana Delbosq; Mrs. Joy Haines; Mrs. Joan Kooner; Mr. Roger Pursell; Mr. Allan Sturmey; Mrs. Barbara White

1. WELCOME

The Chairman welcomed everyone to the meeting especially Jo Sayer who was giving a short talk on bone health and osteoporosis

2. MINUTES

The Minutes of the meeting held on 21 February 2019 were agreed as a correct record.

3. OSTEOPOROSIS

Jo Sayer, Nurse Specialist for the Osteoporosis Society gave a talk on bone health and osteoporosis.

Osteoporosis occurs when the struts which make up the mesh-like structure of the bones become thin, causing them to become fragile and break easily, often following a minor bump or fall. These broken bones are often referred to as “fragility fractures”. The terms fracture and broken bones mean the same thing. Although fractures can occur in different parts of the body, the wrists, hips and spine are the most commonly affected. It is these broken bones or fractures which can lead to the pain associated with osteoporosis. Spinal fractures can cause loss of height and curvature of the spine.

Whatever your age or gender, it is vital to make sure what you eat today will help keep your skeleton strong for the future. Although getting enough calcium is important, a healthy balanced diet is essential to provide all the vitamins, minerals and nutrients that your bones need. You should aim to eat meals that incorporate a wide variety of the foods from the four main groups, including fruit and vegetables, carbohydrates like bread, potatoes, pasta and cereals, dairy and alternatives, beans, pulses, fish, eggs, meat and other proteins. You should aim for a healthy body weight to protect your bones.

Calcium is vital for strong teeth and bones because it gives them strength and rigidity. Our bodies contain about 1k of this important mineral, 99% of which is found in our bones. Most people should be able to get enough calcium through eating healthily without the need for additional supplements. Those people taking osteoporosis drugs might benefit from a daily calcium intake of around 1000mg a day.

You need Vitamin D to help your body to absorb calcium, adequate Vitamin D will also keep muscles strong and help to prevent falls in older people. You can get Vitamin D by the action of sunlight on your skin, from food and drink containing Vitamin D naturally or added in or from dietary supplements. You should try to get short periods, about 10 – 20 minutes, of sun exposed to your bare skin, once or twice a day, without sunscreen taking care not to burn. You should get outside between late March and the end of September when the sun's rays produce Vitamin D. To ensure that you get enough a UK Government Advisory Committee have recommended that, in addition to sensible sunlight exposure, everyone over 1 year of age should get 10 micrograms of Vitamin D every day, most of us should get enough Vitamin D from sunlight when we are outside during the summer, alongside foods that contain Vitamin D but in the winter months we rely on foods and supplements. Everyone should consider whether you need a 10-microgram supplement to ensure you get the vitamin D you need especially in the winter months.

The Chairman thanked Jo for her presentation.

4. CHAIRMAN'S STATEMENT

The Chairman reported he had attended the City-Wide PPG meeting on 22nd May where talks were given by:

Clare Rachwal, Team Leader, Carers Services, Adult Social Care about helping general practice become more carer friendly as GPs are often the first point of contact for carers and carers save the health and social care services about £132 billion a year.

Innes Richens, Chief of Health and Care, Portsmouth on thy NHS long term plan.

and

Terri Russell, Deputy Director of Primary Care on Primary Care Networks and links to Portsmouth Health and Care with regard to Primary Care Networks our practice got an honourable mention as being part of the Portsmouth South Coast Primary Care Network together with Craneswater Practice in practice what would happen is that any services that we provide and Craneswater did not Craneswater patients would be able to access those services and any services that Craneswater offered that we did not our patients would be able to access those services

5. PRACTICE UPDATE

Sally Atkins and Jooles Allison reported that two nurses had recently left the practice and a new nurse and health care assistant had been appointed. Some student nurses had been in the practice and the Practice was looking at training newly qualified nurses.

Dr. Clarke was to return to the practice as a salaried GP

Eastney Health Centre would be closing at 6 pm with effect from 1 July 2019

Dr. Jack Collins had established a park run, jog or walk session every Saturday morning starting at 9am at Speakers Corner on Southsea seafront.

6. FUTURE MEETINGS

The next of the PPG had been arranged for meeting is on 24 October 2019 at which it is hoped to have presentations on Respiratory Infections and Tinnitus and the following meeting will be on 6 February 2020 at which we hope to have a talk on Autism

It was agreed that all future meetings would be held at 5pm at Eastney Health Centre