

MINUTES OF JOINT PATIENT GROUP MEETING
HELD ON WEDNESDAY 18 JANUARY 2017

PRESENT Nigel Hallam (Chair) Park Surgery
Jane Wharton - (Practice Manager) Park Surgery
Michelle Bennett (Dementia Champion) Park Surgery
John Flinders – Park Surgery
Richard Davey – Park Surgery
Gail Davey – Park Surgery
Paul Mason – Kelvingrove Surgery
Rosita Dowdall – Park Surgery
Dr Adam Tooley (Park Surgery)
Helen Aldridge – Speaker (Alzheimer’s Society)

APOLOGIES Victor Hall (Park Surgery)
Lesley Hall (Park Surgery)
Pauline Briggs (Park Surgery)
Mary Shaw (Park Surgery)
Barry Wood (Park Surgery)
Mary Vukajlovic (Park Surgery)
Amanda Clark (Brooklyn)

1. Welcome and introduction and minutes from previous meeting held on Wednesday 29 June 2016 – by Nigel. One amendment required; Mary Vukajlovic is not listed on the attendees, but was present. Otherwise minutes accepted as a true record. Action from last meeting was to arrange a further joint meeting.

2. Presentation by Helen Aldridge, Project Co-ordinator, Amber Valley for the Dementia Friendly GP Practice Project

Helen explained that she would commence by carrying out the dementia friends training. She would also talk about the toolkit available for GP Practices to use to assist in making practices dementia friendly. In some practices the patient group have assisted with this.

Helen spoke about the stigma surrounding dementia and the Alzheimer Society’s wish to get people thinking in a more positive way. She emphasised that with the right support people with dementia can live well. She would like all present to take away one positive action as a result of the training.

Helen explained that, although there are similarities, dementia is different for every person. There is no cure and it is difficult to know how to prevent it, but the current thinking is that healthy living and a healthy heart are the best prevention. Alzheimer’s is one type of dementia and the most common followed by vascular dementia. There are over 100 types of dementia overall and it is important that patients are diagnosed early so that they can understand which dementia they have, how it can be treated and how it will progress. The progression in Alzheimer’s and vascular dementia is different. The progression in Alzheimer’s is gradual and in vascular dementia in steps. If changes occur in patients out of

character for the disease they have it could be a different problem altogether and it is important to recognise this.

In Dementia Friends there are five key messages:-

- Dementia is not a natural part of ageing
- Dementia is caused by diseases of the brain
- Dementia is not just about losing your memory – it can affect thinking, communicating and doing everyday tasks
- It is possible to live well with dementia
- There is more to a person than the dementia

With support, people with dementia can and do take an active role in life.

Helen spoke about the Herbert Protocol form which Derbyshire Police will be implementing. This is completed by the family or carer of a dementia patient. It has their previous addresses, where they go on a regular basis, etc. The idea is that this can be handed to the Police if the patient goes missing to assist in locating them quickly.

Derbyshire County Council operates a Dementia Support Service. They assist in running initiatives and have advisers available for support.

Helen spoke about the Bookcase Analogy. She explained the different types of memory; factual – stored by the hippocampus system, and emotional, feelings-based memory – stored by the amygdala. For a person with dementia, the factual memory bookshelf the hippocampus is the first to be damaged. This may mean that recent information is muddled or hard to find. Over time this bookshelf will start to collapse resulting in the loss of factual memory and the order of time. Emotional memories stay intact for longer and memories stored in the amygdala relate to feelings. This bookcase stays strong and results in people with dementia remembering how they felt about a situation, but not the details of the situation itself. In summary for people with dementia we need to see all behaviour as a means of communication based on feelings not facts.

Helen finished her presentation by informing those present of the dementia toolkit that can be used in Practices to assist them in becoming dementia friendly. There are several areas covered including; systems, awareness, patient diagnosis and care, environment and indicators in each area. There is a checklist for the practice to work through and links to useful information and comprehensive advice. There are lists of actions labelled as recommended or desirable and the practice can form an action plan.

In recognition of undergoing the training Helen gave everyone a Dementia Friend badge and Welcome to Dementia Friends leaflet for reference. She also gave some information on dementia friendly general practice and a stamped addressed leaflet that can be completed and posted back. On this those who have gone through the training can indicate their action and also give their details to receive updates on the progress of dementia friends and other Alzheimer's Society News. Each Practice was given an Alzheimer's Society pack containing lots of information.

Questions – Paul Mason asked if information could be provided for Patient screens in reception areas. Helen confirmed that they do have a resource for this which could be sent to Practices.

Michelle asked if Helen would be willing to come along and carry out the training with the Practice staff at The Park Surgery. Helen confirmed that she would be able to do this.

Nigel spoke about the work that had been done in the CCG that he works for. Although they are diagnosing patients early and are very engaged in dementia services they had been questioned about their high prevalence of dementia. Helen acknowledged this and reiterated the need for a better understanding of dementia overall.

Nigel thanked Helen for her informative and enjoyable presentation.

3. Update on how the PPG is Working (Positives and Challenges) in the Heanor area:-

Brooklyn – no members present.

Kelvingrove – Paul reported that they have a small group of two members at present, which is disappointing. The Practice doing well with an additional GP resulting in an improvement of waiting times, etc.

Park – Nigel reported on the survey carried out in October. This resulted in a couple of enquiries about the patient group and a new member who is visually impaired. She is unfortunately unable to attend this meeting due to ill health. We normally have 10-12 in attendance, but a lot of apologies this month.

4. Items from members

Nigel had attended a turf cutting ceremony for the new Heanor Hospital. This was also attended by Paul Mason and John Flinders. It was a pleasant and informative event. John reported that the scaffolding arrived yesterday, the drains are in and some walls up. Builders have been given a year to complete, but expect to finish by July/Aug this year.

5. Items from doctors

Nothing to report.

6. Any other Business

None

7. Determine whether to hold a future joint meeting

Agreed to hold a further meeting in 6 months. Nigel asked members to let him or Jane know of any topics to cover so that speakers can be arranged.

The meeting closed at 8.15 pm.