

College Green Medical Practice PPG

Minutes of meeting 20th July 2022 6.30PM

Introductions and welcome

Ann welcomed some 15 members present to the meeting, which was dedicated to a talk on diabetes. She noted that the new Integrated Care Board (ICB) had come into existence on 1 July 2022 and that a safeguarding policy is being developed for the practice. There is also now a letter box outside the practice for use by patients.

Dan Hill, practice manager, informed that the practice received 5,500 phone calls last week – 30% for appointments and 30% for prescriptions. He wondered why there were so many calls for prescriptions when patients can now obtain repeat prescriptions online. However one member aid that finding the 'repeat prescriptions' icon on the practice portal was difficult.

Apologies

J.T., L R., C. A, J. A. S. S. T.R. J. N. S.T.

V-Consult comments and questions

Richard Tuckett informed that information on how to use V-Consult had been circulated to PPG members. The practice aims to respond to V-Consult enquiries within a maximum of 48 hours.

Talk on Diabetes

Tony Kelly, ambassador of Diabetes UK, gave an excellent talk on diabetes awareness and prevention. Diabetes absorbs 10% of the NHS budget and there is still no known cure. It can lead to strokes and heart attacks. He highlighted the four major diabetes symptoms, known as the four T's – feeling Tired, going to the Toilet often at night, being Thirsty and getting Thinner. Some 90% of diabetes is Type 2 (largely a hereditary condition, particularly among South Asian and Afro-Caribbean people, and when the pancreas is not working properly), 8% is Type 1 (pancreas

not working at all and so requiring daily insulin injection for rest of life to stimulate the pancreas and stay alive) and 2% are rare forms. Insulin was discovered by Dr Banting in Canada on 14 November 1921, and the date is commemorated as World Insulin Day. Some 80% of insulin used in UK is imported. Tony emphasised the importance of regular exercise for diabetes awareness. The loss of feeling in nerve endings is a feature of diabetes leading to amputation, so regular foot care (pumice, talcum powder and lotion) is important. Blurred vision is an early sign of the onset of diabetes that can be identified by an optician. The www.diabetes.org.uk website has a wealth of information about the condition.

Next Meeting

October 12th at 1 P.M.