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# Mersea Island Medical Practice Patient Participation Group

## *Welcome to the PPG*

-A Patient Participation Group (PPG) is a group of patients, carers and GP Practice staff who meet to discuss Practice issues and patient experience to help improve the service and promote the Practice to the wider community.

The PPG is open to all patients registered with the Mersea Island Medical Practice. We meet every two months, and a small group works between meetings to take issues forward.

We plan to publish a newsletter every few months to provide an update from the practice as well as a focus on topics that have come from our meetings. We will try to include a seasonal article too.

## *Updates from the Practice*

The Practice is now fully staffed and will shortly be introducing new name badges and uniforms.

When you have a scheduled appointment and are in the waiting room the Practice will no longer be using the call system on the television and clinicians will come to the waiting room to call patients when it is their turn.

The Practice will hopefully be starting seated yoga sessions from September. This will be advertised nearer the time.

## *Focus on dementia*

### **Focus on Dementia**

Dementia is a general term for a range of progressive conditions that affect the brain resulting in various symptoms such as memory problems, confusion and difficulty in processing information, problems with speech and understanding, and changes in mood and behaviour.

Dementia can affect a person at any age but is more common in people over the age of 65. There are over 200 sub-types of dementia – the most common type is Alzheimer’s disease.

By 2025 it is estimated by Dementia UK that there will be over 1 million people living with dementia in the UK.

If you think you or a loved one may have dementia it is very important to see your GP as soon as possible as many other treatable conditions have similar symptoms and it is important to rule these out.

There is currently no known way to prevent dementia, but you may be able to delay it or reduce the risk by maintaining a healthy diet and healthy weight, not smoking and keeping alcohol intake within recommended guidelines, keeping hydrated, having regular check ups of blood pressure and cholesterol, staying physically active, and taking part in mentally stimulating activities.

If you or your loved one have dementia it is so important that you get the right support. For more information about dementia support look at:

[www.dementiauk.org](http://www.dementiauk.org)

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

[www.livewell.campaign.co.uk](http://www.livewell.campaign.co.uk) – a web-based library with video and audio resources

Locally there are groups that meet regularly and can offer to support to people living with dementia, their families and carers.

The Memory Café run in association with the Mersea Island Medical Practice takes place on the second Wednesday of the month in the Community Support Hall, Melrose Road between 1.30-3.00pm. The Practice is looking for volunteers to support the Café – please contact Katie Childe at the surgery if you can help.






Singing for the Brain held twice a month on a Wednesday 2.00-4.00pm in the WI Hall on Kingsland Road. Please call 07711385077 to book a place.

A little further afield there are groups such as ‘Dancing with dementia’, the Beth Chatto Activity Group and many more.

*Protect yourself and others*

## Be sun-aware

As the summer months arrive there are simple measures to take to protect your skin and those of your loved ones from the harmful effects of the sun.

	Stay in the shade
	Cover up
	Wear sunglasses with 100% UV protection
	Wear a broad brim hat
	Use sun protection with at least SPF 15 and UVA 4 stars. Apply frequently. Kids should wear Oa sunscreen with an SPF of 30 or higher.

*Health Checks explained*

## Practice Health Checks

One of the topics that has come up at our PPG meetings is about different types of Health Checks for adults and what we can expect. We have included below a short description of the four most common forms of checks.

### *General NHS Health Check:*

You can have an NHS Health Check if you're aged 40 to 74 and you have not had a stroke, or do not already have a pre-existing health condition.

If this applies to you, you can expect to a letter from the GP surgery or local authority inviting you for an NHS Health Check every 5 years.

On 1 October 2021, responsibility for the NHS Health Check programme was transferred from Public Health England (PHE) to the Office for Health Improvement and Disparities (OHID), located within the Department of Health and Social Care.

### *Over 75's check*

The Over 75 Health Check is an initiative to improve overall health and well-being in the community.

Its aim is to improve the care and support given to patients aged 75 or over.

All patients who are over 75 and do not already attend the surgery for an annual review are encouraged to book a Health Check with the nurse.

### *Long term conditions review*

Patients who are on the Practice's chronic disease register should have an annual review. The purpose of an annual review is to ensure patients are taking the correct medication and receiving the best possible care. This is done by conducting appropriate tests and checking the patient is taking the correct medication. Generally, patients with one or more long term conditions will be invited for their Annual Birthday Medical Review within the month of their birthday. The nature of the review will depend upon their long-term condition.

### *Structured medication reviews and medical optimisation*

A Structured Medication Review is a critical examination of a person's medicines with the objective of reaching an agreement with the person about treatment, optimising the impact of medicines, minimising the number of medication-related problems and reducing waste. A Structured Medication Review is a private, confidential discussion between the patient and a clinical pharmacist or another suitably qualified healthcare professional to discuss your medicines.

This newsletter has been compiled by the Mersea Island Medical Practice Patient Participation Group.

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Coming up in our next edition:

- Focus on Prostate Cancer
- Understanding the appointment strategy
- Keeping warm