



## E-Bulletin from National Association for Patient Participation Issue Number 114 January 2017

### 1. Latest N.A.P.P. News

#### a. Sir Denis Pereira Gray on Radio Four: Why empathy and continuity of care matter

Thanks to those members who responded enthusiastically after hearing the One to One series broadcast on Empathy on 20th December when our Patron Professor Sir Denis Pereira Gray was interviewed by television executive Sir Peter Bazalgette, examining empathy in doctors and the difference it makes for their patients. Sir Denis, a GP for 38 years in Exeter, believes that humanity and empathy in medicine contributes to a better outcome for all concerned, and that research evidence is piling up in support of that view. Empathy in clinical practice can be fostered through training, narrative medicine and continuity of care. The 15-minute interview covered such diverse topics as the Mid Staffs enquiry, continuity of care and care homes. [Download and listen](#).

#### b. Diary dates

- **24<sup>th</sup> June 2016: Annual Conference Annual Conference “Patients, Power and Partnerships”** at the Park Hotel, Basingstoke, Hampshire.
- **19<sup>th</sup> – 24<sup>th</sup> June 2016: 19<sup>th</sup> PPG Awareness week:** Please note that this is later in the month than the usual early June dates

### 2. Carers missing out: the identification challenge

For many people, looking after an ill, older or disabled loved one doesn't have a name, it is 'just something you do'. Research from Carers UK explores the time it takes for people to recognise they have taken on a caring role, and whether they had missed out on support because they simply didn't think of themselves as a carer. It also looks at the impact that missing out on support can have on carers. [Read more....](#)

### 3. Sepsis Awareness Campaign to protect young children

The [UK Sepsis Trust](#) estimates that there are more than 120,000 cases of sepsis and around 37,000 deaths each year in England. [A nationwide campaign](#), launched on 19<sup>th</sup> December, principally aimed at parents and carers of young children aged 0 to 4, will help them to recognise the symptoms of sepsis recognise the symptoms of sepsis, protect young children and save lives. It includes a [film featuring a mother who lost her baby son](#) to sepsis in December 2014. Leaflets and posters are being sent to GP surgeries and hospitals

### 4. Personal Health Records: learning from the voices of experience

The Patient Information Forum (PIF) has launched this guide sharing the experiences of people who have first-hand experience of developing or using personal health records. With issues such as digital health, self-care and supported self-management dominating current health policy, PIF's guide shares real life examples of how PHRs could impact people's health and wellbeing, and change health services. [The PIF guide](#) starts by exploring what sorts of PHRs are available and who might want them. It discusses aspects of PHRs that the people highlighted as being the most important, concluding with a checklist of key things to consider.

## 5. Combating loneliness: a guide for local authorities

A recent study featured in the BMJ found that loneliness and isolation are associated with a 30 per cent higher risk of having a stroke or developing heart disease. The health impact of loneliness is also said to be the equivalent of smoking 15 cigarettes a day. More than three quarters of GPs reporting that they see between one and five lonely people a day

We are aware that some PPGs are involved in befriending patients who live alone or are known to be lonely. [This report](#), produced by the Local Government Association, which represents more than 370 councils in England and Wales, warns that the impact of loneliness and isolation on health and social care means that it must be recognised as a major public health issue. There are thought to be over one million people aged over 65 who are lonely – around 10-13 per cent of older people. This is likely to only increase as people live for longer

## 6. New Change4Life campaign encourages parents to be more 'food smart'

Recent newspaper headlines highlighting the fact that many children consume half the daily recommended sugar intake before school. Public Health England's new Change4Life [campaign](#) urges parents to take more control of their children's diets. A new free app has been developed to highlight just how much sugar, saturated fat and salt can be found in everyday food and drink that their children consume. It works by scanning the barcode of helping parents to compare brands, and features food detective activities for children and mini missions the whole family can enjoy.

## 7. Community Pharmacy News

- a. Care of people with long-term conditions accounts for half of GP appointments, 64% of outpatient appointments and 70% of all health and social care spending. A [report](#) from the Royal Pharmaceutical Society (RPS) argues that community pharmacists should be able to write routine prescriptions and make referrals for people with long-term conditions to ease pressures on GPs, estimating that £500m could be saved in five therapeutic areas: asthma, diabetes, high blood pressure, vascular disease and schizophrenia.
- b. A [report](#) from the Royal Society of Public Health identifies a number of opportunities and challenges for community pharmacy teams to further support the public's health.
- c. Following a successful pilot which has already seen over 490 more clinical pharmacists working in GP surgeries, NHS England has launched a scheme to get 1,500 more clinical pharmacists working in GP surgeries. This echoes the finding of the RPS that clinical pharmacists could contribute to a reduction in the numbers of people presenting at A&E department and free up GPs for other appointments. They will work closely with community and hospital pharmacists to provide joined-up NHS pharmacy services for patients and so ease pressures on other parts of the health service. More [here..](#)
- d. **The role of pharmacists within GP practices:** A report from the Patients' Association highlights the role that pharmacists can play in GP practices. It comes at a time when GP surgeries across the UK are beginning to employ pharmacists as an integral part of the practice clinical team, as experts in medicines. It is hoped that in the near future every practice will have a dedicated pharmacist offering patient facing consultations and support. [Read more here](#)

## 8. Get your N.A.P.P. member password now!

N.A.P.P.'s website Member pages contain **key resources available to affiliated PPGs and CCGs**. For login details, **visit the website, click on Members and use screen instructions**. We recommend each PPG to have a group email address as the username for the login.

9. **Reminders:** Please email this bulletin to fellow members promptly. We do not send hard copies of e-bulletins. All previous bulletins can be found at <http://www.napp.org.uk/ebulletins.html>

*Edith Todd, Trustee, January 2017*