

Kiveton Park Primary Care Centre Patient Participation Group

Wednesday 15th February 2017

Attendees: Keith Emsden (chair), Helen Greer-Waring, Barry Winterbottom, Jean Hirst, Marsha Raynes, Becky Clowes, D Bradley, Mike Brabbs, Marie-Ann, Alicia Higgins, Katrina, Walter, Anne,

Apologies have been received from: Ron Law

1. Welcome

Keith Emsden welcomed everyone to the meeting.

2. Minutes of last meeting

Minutes of the January 2017 meeting were agreed as a true record, with an addition that Deborah Shudra attended

3. Matters arising

None

4. Treasurers report

Bank balance is £964.10

5. Secretaries Report

The PPG facebook page is getting a good number of 'views',

6. News from the surgery

Reminder about repeat prescriptions - no longer to be done via the chemist. Marsha sent Mike Brabbs some leaflets about the change for circulation in the village.

Telephone system – the surgery will be going back to the old system, it's busier than normal at the moment.

Saturday hub – now in the fifth week, some people don't want to come in for Saturday appointments but still getting some booked.

Fail to attend (FTA's) the number isn't as bad as they have been. Turned text system back on for some regular appointments eg: diabetic appointments.

7. Guest Speaker

Dr Say taking about: Dementia – A Guide to Diagnosis and Management – how we manage this at Kiveton Park Surgery

- a) One of the biggest issues is around diagnosis and distinguishing the difference between the normal aging process and something more serious.
- b) Some people get worried and then the test comes back relatively normal. In minor cognitive disorders many people do not get any worse but around a third may deteriorate.

- c) It's important to make the diagnosis early as there are a number of treatments available which can help, some drugs are only effective in the early stages.
- d) Screening tests are easy to do and provide a good guide.
- e) Types of Dementia:
 - I. Alzheimer's Disease (most common)
 - II. Vascular Dementia (often follows a stroke)
 - III. Mixed Dementia (Alzheimer's and Vascular)
 - IV. Fronto Temporal Dementia (mainly in younger people & affects a different part of the brain, with more personality changes)
 - V. Lewy Body (most commonly seen in patients with Parkinson's Disease) very similar to Alzheimer's
- f) Treatment -Medication
 - I. Donepezil (Arocept) More common in the early stages
 - II. Rivastigmine More common in the early stages
 - III. Mementine/Galantamine Calming in the later stages
- g) Support is available from:
 - I. The memory clinic (Brinsworth)
 - II. Voluntary agencies
 - III. Carers Resilience Service
 - IV. Support from Social Services
- h) Prevention
 - I. Exercise
 - II. Don't smoke
 - III. Alcohol in moderation
 - IV. Weight management
 - V. Socialise
 - VI. Keep your brain active with 'connections'. Keep up to date with the news, talk to people, do quizzes, crosswords and puzzles. Read and exercise your brain.

8. Any Other Business

M Brabbs – Donor cards, could this be a possible subject for discussion

9. Next meeting

AGM on 15 March 2017

Regular meeting on 19 April 2017

Nothing to discuss

10. Date of next meeting – Wednesday 18 May 2016 at 6pm

The meeting closed at 7pm