



E-Bulletin from National Association for Patient Participation Issue Number 93: February 2015

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

a. PPG Awareness Week 2015: June 1st – 6th

The updated Resource Pack is available on our website at www.napp.org.uk. If you have further suggestions or innovative ideas which worked well for your PPG last year which could be incorporated in the Resource pack, please email them to admin@napp.org.uk. This is an opportunity to let your patients know about their PPG, to recruit new members, but also to publicise it in the wider community. We also want more national media coverage, so let us know if you have media contacts.

b. Corkill Award 2015: PPG of the Year: deadline 20th April

Your PPG could win prizes of up to £500! Once again, the Award is sponsored by EMIS, the major supplier of IT systems in primary care. The application form and details of this year's criteria are in the Members' area of the N.A.P.P. website <http://www.napp.org.uk/corkill.html>. The criteria are slightly altered every year to reflect the changes in priorities for PPGs, so do read them. You can also see what previous winners had achieved. Please remember that

- Only online entries will be considered.
- Scanned or hand-written forms cannot be accepted.

c. N.A.P.P. Annual Conference

Theme: 'Really Putting Patients First: Practices and Patients Working Together'

When?	Saturday 6 th June 2015, 10 am to 4.pm
Where?	Woodland Grange Hotel and Conference Centre, Leamington Spa
Cost?	"Early bird" discounts for N.A.P.P. members.
Programme:	Details will be on our website www.napp.org.uk as soon as possible

2. It's time to Be Online: deadline 31st March 2015

The terms of 2014-15 GP contract requires all GP practices in England to offer and promote online appoint booking (and cancelling), online repeat prescription ordering and also provide some patients with access to summary records i.e. details of medications, allergies and adverse reactions by the end of March. As active supporters of Patient Online, N.A.P.P. encourages PPGs to support practices in introducing these services.

Clearly, there are concerns for those who may be "digitally excluded" from these services. There is sound evidence that learning new skills can have real benefits in terms of health and wellbeing, which are shown in a [short film](#) which is also on the home page of the N.A.P.P. website. **The two week Be Online campaign from 23 February to 8 March 2015** offers a chance to try something new online whether it's at your nearest UK online centre (often the local library), or simply by finding a new course to complete on www.learnmyway.com to stay healthy, find work or even learn a new way to stay in touch with friends? If you know somebody else who could benefit from some new skills, [find out where the nearest centre is and persuade them to take part](#).

3. New guidance on how pharmacies can help support carers

Carers have an important role to play in caring for patients and NHS England want healthcare professionals to do more to identify and support them. PSNC has published a [briefing](#) on how community pharmacy teams can help carers in their work.

4. **Health Pledge: Small steps to BIG CHANGES**

Health Pledge is an initiative of Thornley House Patient Participation Group in Hyde, Cheshire. It is the brainchild of its Chair, Ingrid Brindle who has assembled a team to bring it to life. A campaign led by ordinary people Health Pledge, aims to inspire people to take action to improve their health, and to encourage and support everyone people to take small steps to make big improvements, by changing some aspect of lifestyle, diet or activity. You could pledge to join a choir, walk a mile a day, or stop taking sugar in your tea..... The list is endless.

N.A.P.P. gives its full support to this campaign and urges more PPGs to engage with it. Groups are encouraged to hold their own Health Pledge campaigns. The [Health Pledge website](#) is packed with information, ideas, tips and resources to help you organise your campaign.

5. **Patient Centred Care in the 21st Century Report of RCGP inquiry.**

N.A.P.P.'s Chair, Dr Patricia Wilkie was a member of the inquiry panel of eleven medical and academics who conducted this inquiry. The [report](#), issued in November 2014 concludes that clinicians must work with patients in a very different way, providing personalised care and empowering patients to play an active role in managing their health. It calls for a seismic shift in the way that general practice is delivered, so that practices come together as federations or networks and work with other services to deliver coordinated proactive care in the community.

6. **Medical Exemption Certificates**

The prescription exemption checking service, previously administered at local level, was centralised in 2014. Because they do not have a valid medical exemption certificate, a number of people with diabetes have been fined up to £100 for claiming free prescriptions, despite using insulin or medicine to manage their diabetes. Long-term lack of enforcement has led to a misconception, that having diabetes treated by medication or insulin alone was the criterion for claiming free prescriptions.

There is widespread lack of awareness about the need for certificates amongst healthcare professionals and those with diabetes and other conditions both long and short term (e.g. pregnancy). Details of conditions or circumstances requiring certificates and how to obtain the application form FP92A are on the [NHSBA](#) website, more on the [Diabetes UK](#) website.

PPGs can play a part in raising awareness among both doctors and patients about this issue.

7. **Positive outcomes from expert patients and shared decision-making**

In recent years, a considerable range of evidence has shown that patient engagement can improve both health outcomes and use of resources. [New research](#) by the think tank Reform explored how patients can be more engaged in their health and more involved in their healthcare and suggests that the NHS should embrace patient engagement as a key means to achieve its £22 billion target. It argues greater patient engagement could both improve outcomes and reduce costs. At a time when services are stretched, helping patients to manage their own conditions well can reduce demand on traditional services.

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

The Members' pages of the N.A.P.P. website contain **key resources available only to affiliated PPGs and CCGs**. For your PPG's unique login details for use by all the members of your PPG, (but not to be divulged to others), **visit the website, click on Members and use the screen instructions**. The response will come from server@serifwebresources.com

9. **Reminders**

Please forward this bulletin to fellow members promptly. We do not send hard copies of e-bulletins. All bulletins are at <http://www.napp.org.uk/ebulletins.html>

Edith Todd, Trustee