

**Kiveton Park Medical Practice – Patient Participation Group
Minutes of Meeting Held Wednesday 16 January 2013**

Present: B Daniels (Chair) (BD): K Emsden (KE) : B Harvey (BH): J Hirst (JH):
M White (MW): S Wietscher (SuW): S Wylie (SW):
Dr D T Say (DTS): C J Hazle (CJH) from the Practice

Apologies: M Perry: L Simmonite

Minutes of the meeting held on 21 November 2012 were agreed.

1. Physical Activity – there was a lively discussion and BD agreed that if details of local activities were sent to him then he would compile a definitive list for both the group and the surgery and would liaise with DTS for a medical view on the effort required for different activities. BD had approached the Stroke Association however their provision is for people recovering from strokes. It was suggested that there is a need to promote exercise with a view to having people understand that, with a very few exceptions, exercise is good for them.

DTS said that the role of the clinician is to promote exercise and that if a list of opportunities was available then that could be used to point patients in the direction of suitable activities or organisations. Dr Wallis has plans to start “Otago” sessions in the surgery in the near future gentle exercises which involve part sitting and part standing. Dr Wallis has also put in a bid for funding to the CCG to assist with the promotion of walking groups and such like.

It was noted that there may need to be some care with terminology – eg: is Physical Activity(PA) a more appealing notation than Exercise and should there be two lists, one for PA and one for Well Being ? There is potential to use a TV with Wii system.

It was agreed that an Open Day be organised at the surgery to promote PA inviting representatives from various organisations to be on hand to talk about opportunities for people to be involved.

Sally Jenks from Public Health at RMBC has the role of promoting sport for the aged and could be a useful source of help and information.

ACTION: KE, BH, SuW and SW agreed to form a sub-committee to organise the Open Day.

2. Patient Survey – 100 Questionnaires had been handed out and 83 returned, a summary of the findings is appended to these Minutes. KE and SW agreed to compile a report of the findings with input from CJH where required. The Report will then be discussed at the next meeting and then submitted to the PCT for which the Practice will receive a payment.

3. Commissioning Agenda - a copy of the Rotherham Clinical Commissioning Group Annual Commissioning Plan 2013/14 Executive Summary had been circulated prior to the meeting. Points noted were:-

- a. The plan to reduce unnecessary hospital follow ups by 35000 and the likely impact of transferring work to general practice. DTS commented that it was expected that this would be on a funded basis which would allow staff to be recruited.
- b. The range of life expectancy across the Borough.
- c. Home Care is very much dependant on the quality of that care

d. Medicines Management and the need to reduce wastage.

Positive comments were made with regard to the service from Kiveton Park surgery.

4. Rotherham PPG Network Meeting 30 January 2013 - BD and SuW willing to attend to represent the Group

5. News from the Practice

- a. Dr Reid has begun a phased return to work – seeing patients each morning.
- b. Sister Mary Ibbotson has taken early retirement at the beginning of January, and interviews will shortly take place for a successor.
- c. Karen Weldon (HCA) will shortly return to work after maternity leave.
- d. Dr Gillian Turner the current Registrar will leave in February and be replaced by Dr Rob Thornton.
- e. The pharmacy development should shortly be going out to tender.
- f. Drs Wallis and Downward will relocate their consulting rooms to the Turnerwood Suite.

6. Next Meeting – to be held Wednesday 20 February 2013 at 6pm
Apologies from Marilyn White and Liz Simmonite

Kiveton Park Participation Group

Physical activity feedback.

- We handed forms out 100 to patients and 83 were handed back to reception.
- We received 44 replies from patients under 55, 14 replies from patients aged from 55 to 64, 10 replies from patients aged 65 to 74 and 14 replies from patients aged 75 plus. 1 patient did not fill in their age group.
- Out of the 83 replies we found that 61 patients are not involved in local clubs or societies that keep them physically active, we did find that 22 of our patients already are. Patients who are member of local clubs contributing in activities such as The Gym, Fishing, Walks, Yoga, Running, Swimming, Line dancing, Athletics, Bowls, Zumba, Golf, Dancing, Pilates and Painting.
- 26 patients are interested in physical activity that is organised by the practice. 31 patients replied they were not interested in activities organised by the practice.
- Groups patients are interested in include activities such as walking mainly moderate or gentle, balance and flexibility sessions, Yoga, Pilates, 2 patients under 55, 1 patient 55 to 64 are interested in strenuous walking and a couple were interested in Tai Chi.

