

Your monthly patient bulletin from SHP Patient Participation Group (SHP PPG)



Patients' Matters

Please visit the SHP web site Home page and click on the Patient Participation Group box towards the bottom of the home page. Complete the form at the bottom of the linked page and submit. This will be sent to the SHP PPG email account. Once received your email address will be added to the list and you will receive all PPG communications.

Many thanks and welcome to your PPG!!!!!!

**Next Virtual Meeting of SHP PPG
Via Zoom will be in September 2021 – final date to
be arranged.**

**The ToR workgroup will meet in August (date to be
agreed by the group) to prepare a draft ToR for
discussion and approval at the September meeting.**

An invitation and link will be sent through shp.ppg@nhs.net together with an agenda for the session ahead of the meeting.

PATIENT UPDATES

Extended Access Appointments

SHP have restarted their extended access appointments (were nationally suspended during the COVID-19 pandemic and to support the COVID-19 vaccination programme). Doctors are providing additional pre-booked appointments on Saturdays and Sundays, from 9am to 1pm, to deliver minor surgery sessions for specialist planned care and cervical screening.

Launch of the Birmingham and Solihull Healthy Hearts website

Birmingham and Solihull Healthy Hearts website has lots of useful resources including information, guidance, and videos to sign-post to patients and

support them with their cardiovascular disease and other Long-term conditions.

Birmingham and Solihull's Healthy Hearts scheme aims to help reduce the risk of heart attack and stroke for people at highest risk. Find out more at: <https://www.bsolhealthyhearts.nhs.uk/>

Shared Care Records

The Birmingham and Solihull Shared Care Record is a key part of the plan for connected care. It will enable two-way sharing of a patient's information between local health and care organisations. The aim is to enhance collaborative working and help improve care outcomes. The Shared Care Record provides health and care professionals with a holistic view of a patient's care and treatment across all care settings, including community, primary, mental health, acute and social care services. Local councils and the NHS across Birmingham and Solihull own and manage the Shared Care Record.

If patients want to exercise their right to object to the Shared Care Record, they can do so by visiting the right to object page on the web site at Right to Object – Live Healthy Live Happy

Find out more at <https://www.livehealthylivehappy.org.uk/birmingham-and-solihull-shared-care-record/>

Solihull Hospital - Reminder to Patients

There is no A&E department or urgent care service at Solihull Hospital, and as such, patients should not be attending unless they have an appointment.

If you need urgent care, then make sure you call NHS 111 in the first instance. NHS 111 will be able to assess you and, if you should need it, book you at time slot at A&E to make sure you can be seen safely. For life threatening medical emergencies, such as chest pain or breathlessness, please call 999.

IMPORTANT - NHS Data Sharing

Some of you will have heard and read about this in the media recently. It is intended that NHS Digital will gather patient data held by GP surgeries in England, and feed it into a central NHS database.

What information will be shared?

The database will collect information on patients' physical, mental and sexual health, including details of diagnoses, symptoms, test results, medication and immunisations over the past 10 years. It will also include data on sex, ethnicity and sexual orientation. NHS Digital points out that this information can already be extracted from GP practices at the moment, with 300 requests made last year. It says the new central database will mean patient information will be accessed and stored in a more consistent way. The data does not include names and addresses.

More details below (as of 10 August 2021) :

<https://digital.nhs.uk/news-and-events/latest-news/new-plans-to-increase-protection-and-strengthen-security-for-gp-data-collection-programme>

Health updates from SHP professionals



SHP Nurse works with doctors to help patients REVERSE TYPE 2 DIABETES

'Reversing type 2 diabetes with low carb is a grass-roots revolution that's spreading among patients, doctors and nurses via social media and the internet,' says Gayle Gerry, SHP Nurse.

She came across a low carb programme via a patient, who'd managed to reverse their diabetes after reading about the approach, and losing a stone and a half.

'When I first saw this patient in 2012, I told him that diabetes was a chronic, progressive disease and trotted out the standard advice about eating smaller portions and moving more. At the time he'd been taking metformin but his diabetes was getting worse.

He came back two years later with normal blood sugars. I was really impressed — and very curious to learn more. I came to realise how life-changing low carb could be and began offering information about it to my patients. The results were so impressive my GP practice gave me the green light to set up group consultations with the specific aim of reversing type 2.'

Gayle's first group of 11 patients in 2019/20 lost on average 1st 12 lb (11.8 kg) and all substantially reduced their blood sugar levels, with seven patients dropping below the type 2 threshold.

A second group of six patients who adopted low carb over seven months in 2020 lost on average 1st 3 lb (7.7 kg) and five got their blood sugar readings to normal.

Particularly noteworthy is the success of using low carb in older patients who've had Type 2 for many years and are often considered the hardest to treat. This is partly because the body becomes accustomed to any medication and because of changes in the body due to the normal ageing process.

Gayle cites the case of two patients, both in their 70s, who managed to reverse their long-standing type 2 diabetes during lockdown.

'One 79-year-old man had had Type 2 for 25 years but lost 1st 11 lb [11.3kg] and his blood sugar levels returned to normal after going low carb. Another, aged 72, had had type 2 for 15 years, lost 11 lb [5kg] and his blood sugars also returned to normal. He has also come off two of his blood pressure drugs — which is brilliant,' says Gayle.

Indeed, all the patients in her two low-carb diabetes groups have recorded reduced blood pressure readings, with several no longer needing medication. A low-carb diet may also help prevent pre-diabetes turning into full-blown diabetes.

Gayle says; 'Most patients don't want to take drugs for the rest of their lives; this is a very big motivator for many of the people I have come across.'

Access to this programme for eligible patients is currently by invitation but there are plans to develop the programme further once there is more safety in groups meeting up.