

Good Health Group Meeting



Tuesday 3rd December 2019 10:00 a.m. - 12:30 noon
Post Mill Centre, South Normanton

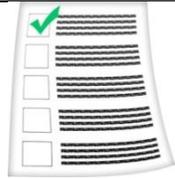


Who is here?

- Chair - Andrew Turner - Chesterfield Reps On Board
- Jackie Fleeman - Derbyshire Healthcare Foundation Trust
- Chimene Cutler - Department of Work & Pensions
- Simon Ratcliffe - Erewash Client Rep
- Paul Johnstone - Physiotherapist
- Sandy Bull - Adult Care, Derbyshire County Council
- John Milton - Carer Rep, Erewash
- Kay Milton - Carer Rep, Erewash
- Michael Nunn - Carer Rep, High Peak
- Barbara Buxton - Carer Rep, High Peak
- Louise Furmston - Blythe House Hospice
- Lisa Brightmore - Derbyshire Community Health Services
- Kathryn Elsey - Derby & Derbyshire Clinical Commissioning Group

 <p>Who is not here?</p>	<p>Some people said they could not come to the meeting. They are:</p> <ul style="list-style-type: none"> • Sue Kellett - Carer Rep • Elaine Chapman • Sandra Mills - Reps Supporter, Derbyshire County Council • Stephanie Wiltshire - No Limits Service • Melanie Layton - Derby City Council • Sheral Wood - Derbyshire Community Health Services • Jane Hawley - Public Health, Derbyshire County Council • Mary Johnson - Learning Disabilities Rep 	
		Job from today
	<p>Andrew started the meeting by welcoming everyone. Andrew told us how to use the red and green cards and the health and safety information.</p>	
 <p>Notes of the last meeting</p>	<p><u>Page 3 – Light at Trent Psychological Therapies Service</u> Simon is pleased that the broken light has been fixed at the Long Eaton building, but is still concerned that it had taken six months to sort out. The group was worried that the broken light could have been a health and safety problem for staff and visitors. Kat will feed the concerns back to Jane Hopkins, Senior Commissioning Manager at</p>	

	<p>Derby & Derbyshire Clinical Commissioning Group.</p> <p><u>Golden Brook Surgery</u> Simon told us that he has been asked to be vice-chair of the Patient Participation Group at Golden Brook Surgery. The two Patient Participation Groups that Kay and Simon are members of have talked about having a joint meeting so they can work on some issues together.</p> <p>Simon asked Golden Brook Surgery staff about information displayed on the television screen in the patient waiting area. Simon thought that there is too much information on the displays that might be difficult for some people to read. The displays are sent to practices by NHS England and so will be difficult to change.</p> <p><u>Flu Jabs</u> – John Milton told the group that he had heard there is a shortage of nurses to give the flu jab to patients this year. Jackie told the group that carers are able to get free flu jabs at their local pharmacy.</p>	<p>Kat</p>
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AGENDA



Grief and Loss



Louise Furmston, from Blythe House Hospicecare, came to talk to us today about grief and loss training for Learning Disability Workers. The training helps workers to understand grief and loss and to know what is normal when a patient dies. Workers are able to share their experiences and talk about how they can support themselves, each other and their patients and family members during a bereavement at the hospice. Twenty workers have had the training and feedback has been really positive.

Jackie asked Louise if the training would be available to other places in Derbyshire. Louise said it only in the High Peak at the moment but she said she would share the training model, presentation, main learning points and staff evaluations with the group.

Sandy said she would find out if staff in other Derbyshire care homes receive training for grief and loss.

Louise

Sandy

We then talked about how important it is for everyone to be able to talk openly about death and their dying wishes. Patients do understand what is happening and are aware of what's going on, even if parents/staff try to protect them.

Andrew told us that speaking to a counsellor helped him when his dad and brother died. Andrew said it is OK to feel sad, lonely and even angry when someone dies.

We thought it would also be a good idea for carers to have grief and loss training as well. John asked if Peter Dawson could talk to Derbyshire Carers Forum about training. Jackie said she would also talk to the LeDeR Steering Group.

Simon asked if there is any easy-read bereavement information available for people with a learning disability. Macmillan have lots of easy-read leaflets about grief and loss on their website that can be downloaded for free:

<https://be.macmillan.org.uk/be/s-853-end-of-life-and-bereavement.aspx>

Jackie

<p>LeDer Video</p> 	<p>We watched a YouTube video about the Learning Disabilities Mortality Review (LeDeR report). The video tells us about the importance of annual health check action plans and to think about ways of being more healthy.</p> <p>You can watch the video again by clicking on this link: https://youtu.be/HmJB3I9h3sc</p>	
 <p>Drink</p>	<p>Break and fuddle</p>	
<p>Delirium Video</p>	<p>We watched a YouTube video about Delirium and how someone might behave if they have delirium. The words 'PINCHES ME' is a good way to think about all the different things that might cause or be a symptom of delirium:</p> <ul style="list-style-type: none"> • P - Pain • I - Infection • N - Nutrition • C - Constipation 	

- H - Hydration
- M - Medication and Alcohol
- E - Environmental

You can watch the video again by clicking on this link:

<https://youtu.be/Lfkr-OI50HY>

Jackie told us about an e-learning course, which was developed as part of the Joined Up Care Derbyshire Dementia Workstream to identify, prevent & manage delirium in people with dementia. It is aimed at all health and social care sectors, voluntary services and carers to improve awareness of the impact of delirium on people with dementia.

You can have a go at the e-learning course by linking on this link:

[Delirium in Dementia Awareness](#)

Barbara said she wasn't happy about the amount of e-learning training that care home staff do and thinks face-to-face training is a better way to learn. Jackie said e-learning is good for

	<p>some things but care homes aren't allowed to do all their training in this way.</p>	
<p>Good Health Group Survey</p> 	<p>Jackie told us that she was disappointed by the number of learning disability reps that do not come to <i>Good Health Group</i> meetings. Jackie and Sue thought it might be a good idea to write a survey to find out why people don't attend.</p> <p>We talked about ideas for the survey and questions that might be useful to ask people:</p> <ul style="list-style-type: none">• Do you know about the <i>Good Health Group</i> meetings?• What would make it easier to attend the meetings?• What would you like to discuss at the meetings? What's important to you?• Would you come to the meetings?• Would you like to be improved?• Have you seen the <i>Good Health Group</i> poster? <p>We then talked about who we should ask to fill in the survey. We thought it should go to people who go are in day-centres, care homes and also those who use community services. Jackie also</p>	

	<p>wondered if people could be asked to fill in the surveys at their review meetings.</p> <ul style="list-style-type: none"> • John thought it would be good to have more carer reps to come to the meetings too. • Louise suggested making the survey available to people in a different way - maybe through a video or a recording. • Simon suggested taking the Good Health Group meeting to difference venues, such as carer coffee morning. • Sandy thought that a focus group might be a better way to ask people questions. • Lisa asks if we could to record people giving their answers for the group to listen to. 	
<p>ANY OTHER BUSINESS</p>	<p><u>Transport</u> - Michael told us that they have been having problems arranging transport to get their son, John, to his local gym for physio appointments. The day centre has said they no longer have the staff to take John to the gym. John missed his physio appointment but Barbara still had to pay for it. Jackie said John's care home and social worker are in charge of arranging his</p>	

transport if physio appointments are written in his care plan. The social worker should talk to their manager to help sort out the problem.

Prescriptions - Simon told us about a person with a learning disability who had been told not to order a repeat prescription but then ran out of medication. Barbara said that a lot of people take a lot of different medications that run out at different times. This can be confusing for people and make their prescriptions difficult to manage. It also means that people may have to visit their GP practice often to request their repeat prescriptions. Simon is going to talk to the Patient Participation Group about this, which pharmacy staff attend.

Traffic Light Form - Kay told us that when her daughter went her Queen's Hospital appointment, she took her traffic light form with her. The nurses hadn't seen the form before and didn't know what it was. Kay had felt really disappointed by this.

Sunflower Badge - Sandy went to a reps meeting where they talked about the sunflower badge. The badge tells people that the wearer

has a hidden disability and might need some extra helper when out and about in the community. They look like this -



Sandy thought the badges are a really good idea and is going to ask Derbyshire County Council if they are being used and promoted in Derbyshire.



Next meeting

The next meeting is:
Tuesday 4th February 2020, 10.00am - 12.30pm
Post Mill Centre, South Normanton

2020 Meeting Dates:
7th April

	<p>2nd June 4th August 6th October 1st December</p>	
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Future agenda items:

Men's Health - February (Simon)

Dysphagia