

PPG Meeting by Zoom Monday 1st March 2021 at 2.00pm

Attendance

David, Peter, Chris, Kate, Yasmeena, Judy, Sheena, Marion
By invitation Steve

Apologies

Helen

Any Matters Arising

Kate apologised to Yasmeena for spelling her name incorrectly in the last notes.

Presentation

David Chairman of the Reading Branch of the Parkinson's Association

The Reading Group was formed in 1978 and meetings before Covid were at the Our Lady of Peace Church Hall Wokingham Road Reading. They have 250 members at present.

Parkinson's was first identified by James Parkinson in 1817. He named it Shaking Palsy. Even after 200 years there is no cure for this condition. Today it is usually controlled by drugs like Levodopa. These drugs have to be taken at certain times of the day.

It is not easily diagnosed as no 2 sufferers exhibit all the same symptoms. This means treatments have to be tailor made for each person.

The main symptoms are very variable but they include - difficulty in walking, talking, writing, swallowing, tremors and rigidity. People become much slower when doing things.

It is estimated that there are at least 120,000 people living with this, many more go undiagnosed for a considerable time. By the time a diagnosis is reached it is estimated that 80% of brain cells have already died.

Besides drug treatment in some circumstances surgery known as Deep Brain Stimulation can be offered. This involves surgery where wires are inserted into the brain and connected to a device rather like a pacemaker called a pulse generator. This delivers high frequency stimulation to a targeted area of the brain.

David was diagnosed in 2005 over 15 years ago by Dr Gold. He was sent for assessment to confirm the diagnosis. David is a member of Reading Male Voice Choir. Singing helps with his breathing.

It is thought by many people to be a disease of the elderly but this is not so, 1 in 20 people diagnosed are under the age of 40. One person in David's group was diagnosed at 29.

Within David's group there is a younger aged group who call themselves P.E.P. Positively Enthusiastic Parkies.

The Reading Branch in non Covid times have meetings with speakers and also have many activities including using the Hydrotherapy Pool, Pilates, Ballroom Dancing, Quizzes, and Lunches. Trips to places like Wisley and Exbury Gardens and Theatre Trips.

There are Parkinson's cafes in Tilehurst and Wokingham where people with Parkinson's can go for a chat and coffee.

Sheena asked if diet could help. David said that tomatoes were said to be good but there is no firm evidence of this. Exercise does seem to slow down the progression of the disease.

It was worrying that many GPs do not seem to be aware of Parkinson's. It is important to raise the awareness of it among GPs as many people are still going undiagnosed.

In 200 years since the disease was first recognised the cause is still unknown.

Peter thanked David for his interesting talk. We were impressed by the activities on offer through the Reading Branch.

Patient/Practice telephone calls and follow up

One of the members said that twice she had cause to phone 111 and was told by them that she needed a blood test and to see a doctor. She was advised to get in contact with her own surgery for this. The receptionist told her that she could not see a Doctor or have a blood test. She was told that no one could see a doctor unless they were immuno suppressive.

The person raised their concerns with the Practice Manager and that there has been correspondence between them.

The PPG thought that it would be a good idea if all the receptionists when taking a call stated their first name as it is common practice in many organisations. This idea will be put to the Practice Manager.

The PPG also felt the recorded announcement was not very welcoming or friendly.

[Forwarded Report from Parkside Practice](#)

The new fence is now completed at the Green Road Surgery. The entrance fence will be started soon. This will discourage parking on site on a Saturday and a short cut being taken across to the field to the school.

The rough sleeper has been moved hopefully into temporary accommodation as a charity that helps in this area has been dealing with this.

[COVID Vaccinating:](#)

Housebound over 80's = 40 patients. 1 has refused vaccine all other 39 have now been given 1st Dose

CKD patients; 1 patient too unwell to have vaccine all others have had first dose.

Renal Transplant patients all have had 1st Dose

All care home patients and staff have had 1st dose and will be having 2nd this week

Group 2: 95% vaccinated. 23 declined (over 80's)

Group 3 97% vaccinated 12 declined

Group 4 92% vaccinated 11 declined

Shielding patients 64% vaccinated 4 declined

Group 5 = 89%

Group 6 = 34% continuing with this group next Saturday.

Housebound over 50 yrs = 92% vaccinated

[Total 1st Dose given 3,768](#)

[Total 2nd dose given 393](#)

This is on top of our normal activity as most vaccines have been given over weekends. On Tuesday by nurse and GP whose day it is off. Home visits vaccinations by GP on day off, Care home patients by GP on day off.

This is to enable normal services during the week,

Today 173 GP appointments book on day and book in advance. 18 Triage so far

58 HCA appointments (mainly Blood clinics)

42 Nurse appointments.

A new practice manager has been appointed. All paper work almost in place. She will start on 4th May. Helen will be on hand for a very structured hand over.

[Vision/Objectives for the future.](#)

It was decided to postpone this discussion until next time. Sheena had sent us all information on PPGs. A Henley PPG has 40 members. We are not having a speaker in April so will have more time to discuss this then.

[A.O.B.](#)

Peter had received an email saying he could apply for free Vitamin D supplements. He applied but had heard nothing more. He asked if any of us had the same email. Judy said her brother had received a 3 month supply over the winter.

Judy looked up the website

<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/free-vitamin-d-supplements-for-people-at-high-risk/>

This was only available during the winter months and the service is now closed.

The PPG page on the Parkside Website is difficult to access. Peter had a discussion with Val who has since left. Kalsoon and Peter were to have had a meeting to discuss this and the TV screens but this was postponed because of lockdown and has yet to take place.

There was a short discussion about receiving the second doses of the Covid Vaccine. Do we wait to be called by the surgery? We all assumed we would be called within the 12 week time frame.

The meeting ended at 3.40 pm

The next meeting will be by Zoom on Monday 12th April 2021 at 2.00pm.

NB there will be NO meeting in May