



Registered Charity No. 292157

# E-Bulletin from the National Association for Patient Participation Issue Number 58 December 2011

**Season's Greetings to all our affiliates,  
Wishing you all a very pleasant Christmas  
and a Happy New Year**



## **1. N.A.P.P. Annual Conference 2012: date for your new diary**

Following this year's successful South East event, PPG members are already requesting information about next year. We aim to give members from all regions an opportunity to attend our conference every four or five years. Next year, our 33<sup>rd</sup> Annual Conference will be supported by NHS North West, providing our membership in the North and Midlands are best served at the coming event, but we know that those from other areas will always join us. The date is a little earlier than usual to accommodate the shift of Bank Holiday from May to June.

Where? **Manchester**

When? **26<sup>th</sup> May 2012**

**Note for Scottish Members:** We plan to have a Scottish event during 2012.

## **2. College of Medicine's new self care library**

The National Association for Patient Participation were well represented at the recent Self-Care Conference in London on November 8th. Our Chief Executive Stephanie Varah gave a presentation in order to update delegates on the N.A.P.P. progress in this field. She, along with our President and Chair Dr Patricia Wilkie, Roger Till Trustee and our CEO answered questions from the assembled delegates. Following this theme, we applaud the release of the College of Medicine's new self care library, an evidence-based resource for both the public and health professionals. The first 12 conditions are common 'effectiveness gaps'- long-term relapsing health problems where prescription are often less than satisfactory: IBS, tension type headache, low back pain, 'fibromyalgia', and mild to moderate depression among them. It can be viewed at [College of Medicine's new self care library](#)

## **3. International survey finds UK general practice to be world class**

According to an international survey of healthcare services in 11 high income countries, GPs in the UK are leading the world in caring for patients with complex problems. The survey measured UK performance compared to Australia, Canada, France, Germany, the Netherlands, New Zealand, Norway, Sweden, Switzerland and the United States across a set of five main areas. The UK came out top, equal top, or near the top in most of the 27 indicators. 88% of respondents reported that care quality was excellent/very good, 79% could see a doctor or nurse on the same or next day and 69% reported good patient-doctor engagement in care management for chronic conditions. Click [here](#) for further details.

#### **4. Charities urge people to seek early diagnosis**

The British Lung Foundation is one of several charities that using World COPD day, on November 16<sup>th</sup>, to urge people who may be at risk of developing chronic obstructive pulmonary disease (COPD) to visit their doctor and have a spirometry test in order to get an early diagnosis of the condition. This is a non-invasive procedure using of an instrument which measures the amount of air a person can blow out.

Of the estimated 3 million people in the UK with COPD, which is characterised by an obstruction of the airways that leads to breathing difficulties, only a third have been diagnosed, so approximately 2 million people with COPD remain undiagnosed.

Those over the age of 35, who smoke or have smoked in the past, experiencing exertional breathlessness, chronic cough, produce regular sputum, have frequent winter 'bronchitis' or wheeze, should [seek early diagnosis of COPD to slow its progress](#) .

#### **5. Ambulance responses in urban and rural areas**

During the last year, PPG members have alerted N.A.P.P. to problems in rural areas resulting from changes in ambulance and rapid response services. A briefing from the NHS Confederation aims to help NHS organisations engage with local leaders, communities and other public services about the issues and challenges ambulance services face in rural areas. You can read the [briefing](#) for further details.

#### **6. Report highlights poor cases of NHS care**

The Patients' Association has published a report highlighting poor cases of NHS care. The charity's report provides detailed accounts of patients' negative experiences, which include elderly patients not being given pain relief, assistance when eating or access to toilet facilities. The Patients' Association is a campaigning charity representing the opinions of patients. It says its aim is to ensure that the patient voice is heard and listened to by policy makers. To access the full report, use this link. [Report highlights lapses in patient care](#)

The association has recently launched a care campaign to improve fundamental patient care, jointly with the Nursing Standard magazine. The campaign will focus on four areas – poor communication, assistance with toileting, pain relief and encouraging adequate nutrition and hydration.

*Stephanie Varah*

*Chief Executive*

*December 2011*