**Dr A Sinha & Dr M Verma**

**Brace Street Health Centre**

**63 Brace Street**

**Walsall**

**WS1 3PS**

**MINUTES FROM PATIENT PARTICIPATION GROUP MEETING**

**HELD ON: THURSDAY 13TH JUNE 2019**

**Present**

**Gillian Willetts**

**Dr Anand Sinha**

**Dr Minaxi Verma**

**Patient members: 9828**

**The Practice Manager discussed the new guidelines on prescribing medicines that are available to purchase. We will therefore be restricting the use of Paracetamol and Ibuprofen. Only patients who have them for chronic pain will be prescribed them. All other patients must buy them over the counter. Group members are fully supportive of this.**

**We also discussed the self care guidelines for the use of Vitamin D which we will be putting in place. All patients should consider taking daily supplement of Vitamin D during the autumn and winter months. The practice will only prescribe for those at high risk of having a deficiency i.e. pregnant and breast feeding women, people aged 65 years and over, people not exposed to much sun (such as housebound individuals and those who cover their skin for cultural reasons or patients with pigmented skin).**

 **The Practice Manager also inform the group that there are lots of items that can be purchased over the counter rather than the patient having to book an appointment with the doctor. These items include, calamine lotion, head lice treatment etc. Our patients will be able to get advice from their local pharmacist on what treatment is available to buy. We also have a coughs and colds self care leaflet for our patient to use.**

**We also discussed the new NHS Diabetes Prevention programme for our newly diagnosed diabetic patients to use. We have to do an assessments on our pre-diabetics and they will then be referred to the prevention programme for advice regarding diet, exercise and adopting a healthy diet.**

**Next Meeting: to be arranged**