

At the Meeting of the Trafalgar Medical Group Practice Patient Participation Group
held at Eastney Health Centre on Wednesday 18 June 2025

PRESENT

David Pryke – Chairman

Robin Lander Brinkley – Vice Chairman

Miss Aneta Wanat – GP Assistant

Sister Sam King – Clinical Manager

Dr. Stephan Ariaratnam; Ms. Erika Assar; Mrs. Jean Barrow; Mr. David Baynes; Mr. Patrick Keefe; Mrs. Fliss Konieczny; Ms. Pam Lander Brinkley; Mr. Omar Saleh; Mrs. Barbara White; Dr. Godfrey White; Mrs. Janet Wilmot

Apologies from:

Mr. Steve Cliff; Mrs. Jayne Pryke; Mr. Alan Sturmey; Mr. Derek Wynne

1.WELCOME

The Chairman welcomed everyone

He reminded everyone that any questions for the practice should be sent in advance of the meeting which was to try and ensure that the questions could be fully answered as there was not always an appropriate member of staff at the meeting to give an answer. However, with effect from now members would be asked at each meeting if they have any questions for the next meeting and any questions would be investigated and answered at the following meeting

He also reminded everyone that the meeting was not a forum to discuss personal issues and that these should be directed direct to the Practice.

2. MINUTES

The Minutes of the meeting held on 19 February 2025 were agreed as a correct record subject to the amendment of the date of the meeting to read 15 February 2025, the Chairman apologised for the error

3. ASTHMA

Sister Sam King gave a presentation on asthma which is a chronic respiratory condition where the airways become inflamed and narrowed, making it difficult to breathe. It can cause symptoms like coughing, wheezing, chest tightness, and shortness of breath. Asthma can affect people of all ages, and while there's no cure, it can be managed with treatment and lifestyle adjustments.

She said that The United Kingdom had more deaths as a result of asthma than any other country in the world and overuse of inhalers

As from December 2024 there was a new set of gold standards, and they were trying to gradually get everyone to use the new smart inhalers which were longer lasting and the blue and brown inhalers were being phased out.

The Chairman thanked Sam for her presentation

4. QUESTIONS

At the last meeting the following questions were asked.

What provisions were made in the practice for paediatric care?

Answer:

All clinicians are qualified to see and treat children. All staff receive safeguarding training and clinicians to higher level. We can not provide play areas and toys due to infection control.

What were the guidelines for continuing medication

Answer

It is up to the patient to come back if they have problems. If the patient does not have any issues with the new medication and symptoms are better than this means the medication have worked and patient should remain on this. If medication that carries a caution e.g. only take for certain length of time this will be reviewed by the GP. Medication reviews are also carried out by the pharmacy team annually.

There were no questions asked for the next meeting

5. CHAIRMAN'S STATEMENT

The Chairman reported that he had received information about Portsmouth City Council - Helping shape health services in the City

- Cervical Screening survey – The survey aimed to gain insight of people's experience of the Cervical Screening Programme in Portsmouth. The City needs to hear from local people to find out what improvements are needed to increase the number of people who have their cervical screen. They would also like your ideas on how to make the most of appointment times

A cervical screening was also sometimes called a smear test, HPV test or a PAP test.

The screening test helped to prevent cervical cancer and is offered to all women aged 25-64 years old. That is why we want to hear how you feel about cervical screening to help shape the future of services.

By sharing your views and experiences, the City Council could make the health care services even better. And by helping more people to attend their appointments it could improve the health of people in Portsmouth.

The survey should only take 5 minutes and closes at **midnight** on 6 July 2025.

- **Mental Health Hub** - If you had been contacted the Hub by phone or online chat, your experience matters.
The City Council would like you to take a short anonymous survey to help shape mental health support in Portsmouth.

The Hub was open Mon-Fri, 8am-6pm, for anyone aged 16+ needing guidance or support with their mental health but unsure where to start.

Call 0300 123 6621, or visit www.mentalhealthinportsmouth.co.uk for the online chat service.

The Chairman also reported that The Practise was asking for some help in maintaining the garden outside the meeting room and at the front of the Health Centre, if anybody is interested in helping please let Aneta know – Dr. Ariaratnma suggested that helping in the garden may assist some people with mental health conditions

6 PRACTICE UPDATE

Aneta Wanat reported that:

The Practice had 18 GPs of which 7 were partners, Dr Lee had become a new partner,

9 salaried and 2 locum GPs. and 3 trainee GP's Dr Tan, Dr Ahmed and Dr Savva. The Practice would be losing Dr Allaway in July as she would be relocating to Reading.

Dr Rita was coming back in August from maternity leave, also Dr Savva would be salaried GP from October, he had been a trainee with us for 18 months and passed all his exams.

The Practice had 10 Nurses and 7 Health Care Assistants

More info about the Practice:

-There are 27.5 thousand patients currently registered with the Practice

*In May 2025 there were 11.295 face to face appointments available (for Dr's, Nurses and HCA's).

*Appointments booked 10,119

*Appointments missed 330

*Average wasted GP time 21.2 hours

-From 1st June the Practice is inviting patients who are stable and have no health issues to complete NHS Health Check and HRT reviews on self-service Health Kiosk in the reception area and from 1st July patients will be requested to complete Asthma reviews. This was calculated save for the Nurses 25 hours per month and so free up time

-The Practice will have more medical students (8 coming to stay from Portsmouth for 8 months). Also, paramedics students coming in November and February next year, Pharmacy students and Nurses training through the year.

-Complaints about access and telephone system were still down, the call back system is working well.

-E consults opened at 8am stayed open until they were full there were have 60 E-consults per day Mon-Fri

-The Workflow team had dealt with 36.152 letters between Jan-May 2025

-The Practice Facebook page and website was up and running and patients were encouraged to check for any news and updates and info about the practice's services:

-The Community desk at Eastney Health Centre had now gone and there were a small amount of hearing aid batteries available at reception The Practice was looking into the possibility of keeping some batteries and was awaiting to hear from Audiology. Patients could still collect batteries from the Lake Road Surgery. There were no plans to take on the community desk office.

-There was now Patient Experience Manager- Wendy, she had taken over from Sousan. Wendy will be asking patients in the waiting room how to make things better for them for them.

7. WRITTEN QUESTIONS AND ANSWERS

There were no written questions.

8. FUTURE MEETINGS

The next meeting was scheduled for 22nd October 2025, and it was requested that a talk from a cardiac nurse could be arranged for a future meeting