

Patient Participation Group
Meeting on 30 January 2016

Focus on Diabetes

Dr Sivananthan welcomed everyone who attended, especially newcomers to the PPG and patients who transferred from Grosvenor Road Surgery. In addition, we were visited by an administrator from a hospital in Turkey.

Dr Steve delivered a presentation on Diabetes in 2016. He highlighted the increasing prevalence in the UK as well as worldwide, and drew the audience's attention to the potential impact on resources within the NHS.

He then led the audience through an analysis of the patient spectrum at Alexandra Surgery. Diabetics represent over 1 in 20 patients. During the week of the meeting, just under two-thirds had good control of their blood sugar, cholesterol and blood pressure. An explanation was given about assessment by HbA1c rather than blood glucose.

Dr Steve proceeded to a brief scientific summary of research evidence, which shows good control will reduce chances of serious complications and early death. He introduced the Diabetes UK 15 essentials list and the Expert patient programme, and encouraged those present and their friends and family to approach their GP for these.

The subject of Pre-diabetes was also discussed. Research suggests that up to a third of adults have this condition. Alexandra Surgery has 160 pre-diabetics at present. Statistically 5 to 10 percent among them may develop diabetes every year. The audience were informed of a free online risk calculator and lifestyle advice to reduce their risk.

Dr Sivananthan then led a discussion about healthy eating. As many diabetics are Asians, certain foods belonging to the millets group were examined as contributing to a healthy diet.

A general discussion was also held about how best to ensure patients receive regular check ups.

Dr Sivananthan thanked the group for their attendance and promised that slides will be available on our website.