

## **Minutes of Practice Nurse Meeting 11<sup>th</sup> July Kings Gap Hotel, Hoylake.**

Apologies:- Sue McGuire, Becky Monaghan, Heather El-Sayed, Caroline Mellor, Norma Joy, Carol Heath, Gaynor Jones and Chris Howell.

The meeting was attended by 19 Practice Nurses and was sponsored by Andrew, Carol, Alistair and Vicky from Pfizer and Boehringer Ingelheim.

Educational Meeting. Dr Paul Walker, Consultant Chest Physician from the University Hospital, Aintree, spoke about Pulmonary Rehabilitation its current practice and future. Dr Walker is an advocate of Pulmonary Rehab as it increases activity levels. A Cochrane review in 2006 showed improvements in COPD patients after Pulmonary Rehab. It also reduces hospital admissions. Treatment should be maximized prior to referral, better FEV1, better outcome. Don't worry about patients dropping out refer and refer exacerbators as each exacerbation leads to less activity. A fascinating presentation, hopefully something to be further developed in future. APH Rehab say refer even if you think patients aren't motivated they will contact them. There are also VCH and will do home visits.

Business meeting. Sue Smith gave some messages from Carol Heath: - PGDs due for ratification soon, please sign back page and keep do not return. Destroy old PGDs as copy kept at PCT. Up and coming Pulse Oximetry training as all practices to receive Pulse Oximeters. No training events over the summer. Immunization training in September 2 days no travel vaccs only child vaccs. Podiatry foot screening training; two practiceS have agreed to pilot this, it may then be rolled out to every practice. More training dates 13<sup>th</sup> and 20<sup>th</sup> September 2 half days 12.30- 4.30, both days to be attended, hopefully a further course in October.

Diane Adams attended the National Practice Nurse conference in June which she says was excellent. WPNA assisted the funding but she managed to get some from the PCT, contact Sandra Fairweather if you need funding for relevant training. SEE ATTACHMENT.

All fully paid up WPNA members will be invited to a special event in the Chinese New Year 2008, please see website.

Next meeting to be arranged.

# Forging Ahead

## 24<sup>th</sup> National Practice Nurses Conference Sheffield. 27<sup>th</sup>-29<sup>th</sup> June 2007.

### Introduction.

The conference took place in a city that had been overcome to a large extent, by serious flooding which affected attendance at the conference. There should have been 200 delegates, but clearly some did not manage to get there. All the speakers managed to attend and deliver their presentations, which were excellent. The theme of the conference was 'forging ahead' and the focus was on progress to date in practice nursing and predictions for the future. The overall consensus was that practice nursing is here to stay as a key component of NHS health care.

### Comments on Wednesday 27<sup>th</sup>.

A panel of nurses working in General Practice gave a resume of how they carry out their roles within the workplace. This was interesting and informative, in particular the HCA outlined how she worked contributing to patient care by collecting samples/information/ and data, working to protocols, emphasizing that she did not interpret results.

### Comments on Thursday 28<sup>th</sup>.

On Thursday the theme for the day was 'Daily Challenges' and the speakers included Sean Spence a professor in Adult Psychiatry at the University of Sheffield. He spoke about the causes and effects of anti-social people in society. Some short-term solutions were explored in detail. Anti-social Personality Disorder was outlined and the way in which psychopaths manipulate others was explained. The role of the father in child development was mentioned as was also the fact that poor parenting has serious consequences on child behavior. The place of a balanced diet and exercise was reiterated as being important factors in providing better outcomes for children. Research on the positive affects of fish oil on prisoners' behavior was cited as being worthy of consideration.

Mr. Steve Martin gave an interesting talk on Influence at Work. He reminded delegates that 20% of all prescriptions are not filled at the chemists, £100.000.000 of drugs are returned to the pharmacy each year

and 50% of patients with Long Term Conditions are non-compliant at some time. He clearly believes that influence in the workplace can be improved. His presentation was based on Professor Cialdini's 'Principles of Persuasion' training in an organization. The principles include, Reciprocity, Scarcity, Authority, Consistency, Consensus and Liking. More detailed information can be found at, [www.influenceatwork.co.uk](http://www.influenceatwork.co.uk) One key point he made was that a printed list of last months DNAs should be taken down as this is counter-productive.

Another point was that it is the patient who should write down their appointment details not the receptionist or other person. He said that this improved compliance in attending.

Professor Peter Crome addressed the conference on issues relating to the care of older people and highlighted that much needs to be done to improve the experience of this group of people particularly with regard to dignity.

David McAughley talked about Diabetes and the challenges ahead. The WHO is discussing lowering the diagnostic level for Diabetes from 7.0 to 6.5 and commented that this will significantly increase the number of patients with this disease. During his presentation he reminded the audience of several factors,

1. Insulin resistance can exist for 20 years before a diagnosis of Diabetes is made.
2. Polycystic Ovary Syndrome is linked to an increased risk of Diabetes.
3. BMI is useless as a predictor of risk in Asian and African populations, adiposity is a more reliable tool for risk identification.
4. Erectile dysfunction is a neuropathic not a vascular problem and therefore does not always respond to the drugs that are being prescribed at present.

### Comments on Friday 29<sup>th</sup>.

Visions of Primary Care in the future were explored by Mr. Richard Smith, who anticipated an expansion of care being provided from a variety of providers 24/7.

Mr. Chris Cox, Legal Advisor from the RCN reminded delegates that the NHS has to provide vicarious liability to all its employees providing they are working within their contract. He assured conference delegates that this liability was not optional and that Nurses being employed by the NHS in any role should not be coerced into providing their own Indemnity Insurance. This is of particular relevance to nurses who are now working in what have become 'expanded' or 'extended' roles.

### General Overall Comments

It is not possible to provide details on all the excellent speakers who presented at the conference. I must say however that the conference was most enjoyable and well worth attending. The people who manned the stands provided a range of 'take away' goodies and up to date information on a range of products, including a hand held INR testing device which is only available to professionals at present but should be coming onto the general public market soon.

Qvar are also working on a product for children but this is not available yet.

The conference had a varied social programme, which included presentations of Practice Nurse Awards.

It also provided opportunities for networking among fellow Practice Nurses.

Next year the conference will be in Cardiff from the 9<sup>th</sup> to the 11<sup>th</sup> July 08. More details can be found at [www.rcn.org.uk/events/pna25](http://www.rcn.org.uk/events/pna25)  
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