

Birmingham and Solihull CCG appoints permanent Chief Executive

NHS Birmingham and Solihull Clinical Commissioning Group has appointed Paul Jennings to the role of Chief Executive. Paul has been working with the Birmingham and Solihull CCGs on an interim basis since July 2017. Following a competitive recruitment process, he has now been appointed to the role permanently.

His immediate focus will be to ensure that Birmingham CrossCity, Birmingham South Central and Solihull CCGs – currently working together as Birmingham and Solihull CCGs – fulfil all of the requirements to create the new Birmingham and Solihull CCG from 1 April 2018, which will be the largest CCG in England.



A true Brummie, Paul was born, raised and educated in Birmingham and lives in Sutton Coldfield. He retired from his last NHS role in January 2017, after 38 years' service. Paul has led a wide range of NHS organisations, being recognised both regionally and nationally for his work.

He said: "This is an exciting time for the NHS in Birmingham and Solihull; we have a great opportunity to make a real difference to the lives of local people. The new CCG will be a large and ambitious organisation, with big challenges. We have much to do to ensure that we are commissioning high-quality and sustainable services for our patients, which address the massive health inequalities across the area."

Dr Peter Ingham, Clinical Chair of Birmingham and Solihull CCG, added: "I am delighted to welcome Paul as the new permanent Chief Executive of our CCG and look forward to working with him to continue to build strong and mutually beneficial partnerships with our health and social care partners across Birmingham and Solihull."

Blood pressure - know your numbers

Blood pressure is a measure of the strength of your blood as it travels around your body, pushing against your blood vessels. It's widely publicised that high and low blood pressure can induce health problems, but what about healthy blood pressure? Do you know what your blood pressure reading should be?

What is the ideal blood pressure?

Blood pressure readings are calculated using one number 'over' another: **SYSTOLIC** blood pressure over **DIASTOLIC**. The blood pressure monitor shows measurements in millimetres of mercury, appearing as 'mmHg'.

The normal blood pressure range for adults comes in between 90/60mmHg and 120/80mmHg. This means that anything below 90/60mmHg mark constitutes low blood pressure, while anything above 120/80mmHg indicates high blood pressure. Knowing these numbers can help make you more aware of your health, and may help you to stay on top of your blood pressure

Systolic blood pressure

The first number in blood pressure readings is your body's systolic blood pressure. It measures the pressure on your arteries, caused by the contractions of your beating heart as it pushes blood around your body. 120 is the ideal systolic blood pressure measurement, while anything below that indicates low blood pressure. A reading between 120 and 140 could be a danger sign, while anything more than 140 indicates real cause for concern.

Diastolic blood pressure

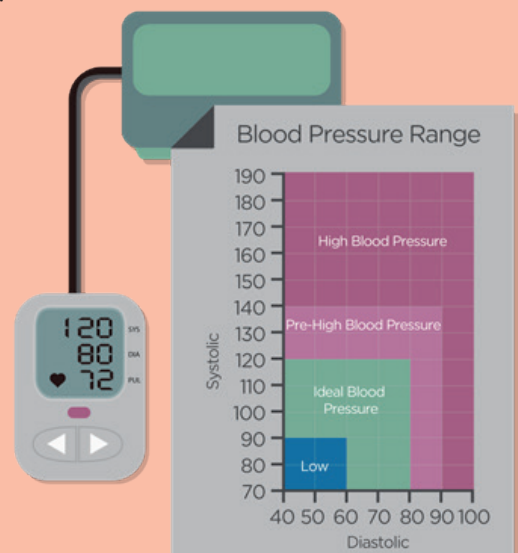
The second number in a blood pressure measurement is your diastolic blood pressure, which indicates the pressure in your arteries between heartbeats. A normal diastolic blood pressure usually comes in at around 80 or less, while a reading between 80 and 89 is considered normal, but higher than ideal. Repeated blood pressure readings of 90 or higher are where cause for concern may start, as they can be indicative of high blood pressure.

High blood pressure

High blood pressure is also known as hypertension, and at its worst, could put strain on your blood vessels, heart, brain and kidneys. Persistently high blood pressure may, in the worst case scenario, lead to serious health problems, including heart disease, heart attacks and strokes. However, high blood pressure can be a largely symptomless problem, with the occasional exception of frequent headaches. This means that prevention could be better than cure: proactively avoiding some of the main causes of high blood pressure.

Low blood pressure

While it may sound scary, low blood pressure (also known as hypotension) may not always be a cause for concern. If you're suffering from low blood pressure you may experience a few mildly unpleasant symptoms, including dizziness, light-headedness and nausea. However, you can help these pass by doing things like standing up slowly, factoring more salt into your diet and staying hydrated.?



An Introduction to Adult Care and Support Services

Teresa Scragg, Strategic Commissioner for Older People,
Solihull Council

Did you know...

There is a National Health Service but no National Care Service?
Continued from previous newsletter.

Regulation – The Care Quality Commission

- The Mum Test - 5 questions of services
- Are they safe?
- Are they effective?
- Are they caring?
- Are they responsive to people's needs?
- Are they well led?
- Ratings – Outstanding, Good, Requires Improvement, or Inadequate

Carers in Solihull

- Carers need better support – outcome of Carers' Survey
- Support available via the HUB and the Carers' Centre
- 2,300 carers in Solihull known to services
- 530 carers receive support from SMBC
- 128 carers received a Direct Payment last year
- In 2016-17 Carers Centre had 1,900 active carers registered
- 491 carers assessments

The Community Advice Hub

- Information, advice and support - Age UK
- Support to live independently and enjoy good health now and in the future – health, care, finances, wellbeing and lifestyle
- Staff trained to help people find solutions whatever the issue or problem
- Specialist services sit behind- Carers Centre, Alzheimer's Society, Advocacy Services

Self- Funders

- If you have assets over £23,500, you are responsible for arranging and paying for your own care
- Public concern that self funders tend to pay higher charges compared to state-funded residents –national sample suggests up to 40% more
- If you run out of money, the Council will step in, but you may have to move
- Very few insurance options should you need care in future
- Consultation promised in Queen's Speech – New Year
- Age UK estimate an additional £4.8 billion a year required, rising to £5.7 billion by 2020/21 – who will pay?

Continuing Health Care

- Free care outside of hospital arranged and funded by the NHS
- Can be in your own home or a registered care home

- Can be confusion over where health and social care meet at the margins about who pays.
- Have to be assessed for eligibility as having a 'primary health need'
- What help is needed
- How complex the needs are
- How intense or severe needs are
- How unpredictable they are
- Not based on a particular diagnosis
- If needs change, eligibility may change
- Initial checklist, (usually a doctor, nurse, healthcare professional, social worker)
- If you meet criteria, full assessment by a multi disciplinary team
- Decision usually made within 28 days - if urgent i.e. terminal illness, assessment may be fast tracked
- Outcome may be you are assessed as requiring FNC - nursing care in a care home

Other Community Support

- Self help – preventing or delaying needs
- Voluntary and Community Services – i.e. Linking People Together, Dementia Café, lunch clubs, day opportunities
- Primary Care
- Community Nurses
- Hospice Care

Why not join our PPG Consultative Group?

We are trying to build a Consultation Group of patients who are interested in helping the practice by giving their views on health care matters, developments to the practice etc. If you are interested in being included please give your name and email address to reception or contact us direct on ppg.richmondmc@gmail.com and we will contact you. You will also receive regular information on these and other related subjects. See this newsletter online at: www.richmondmc.co.uk on the home page.

PRACTICE NEWS

Jackie Monger – our long standing nurse has retired after 18 years at the practice. Good Luck for the future.

Dr Amit Banerjee – Welcome to our new GP – he will be here on a Tuesday afternoon and all day Thursday and Friday.

Solihull Public Health Awareness Calendar 2018/2019
Friday April 20th Bake Sale for Bowel Cancer month, at Surgery
May - National Walking Month

Articles Welcome

If there is anything you would like to see in this newsletter or you want to contribute an article please contact us on the email below: ppg.richmondmc@gmail.com we will be only too pleased to print it.

DNA's For March 2018
was 112. of which GP: 49,
Nurse: 41, Hospital: 11, Community: 11

NEXT PPG MEETING DATE
Thursday 17th May 2018 at 11.30am
Thursday 19th July 2018 at 11.30am



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Richmond Medical Centre
CQC overall rating

Good

2 February 2017

Telephone: 0121 743 2159 - 0121 742 8304 Email: richmondmedical-centre@nhs.net
Email PPG: ppg.richmondmc@gmail.com Website: www.richmondmc.co.uk