

**Meeting
of the Southern Local Commissioning Group
Thursday 25th May 2023 at 2 pm via zoom**

Present

Dr Gerry Millar, (Chair) General Medical Practitioner
Miss Sophie Lusby, Assistant Director Commissioning, SPPG
Dr Ian Campbell, General Medical Practitioner
Dr Brian Cupples, General Medical Practitioner
Cllr Declan McAteer, Local Government Representative
Ms Deirdre Cunningham, Nurse Consultant, PHA
Mr Liam Devine, Community/Voluntary Representative
Dr Raymond McVerry, General Medical Practitioner
Ms Lorraine Ringland, Allied Health Professional, PHA

In Attendance

Mrs Hazel Gillis, Corporate Business Manager, SPPG
Ms Sarah McClatchey, Commissioning Assistant, SPPG
Mrs Patricia McVeigh, Senior Communications Officer, SPPG
Ms Dubheasa McGrinder, Dementia Friendly Communities Officer NI
(item 6)
Mr Adrian Friel, Alzheimer's Society (item 6)

Apologies

Mrs Colette Rogers, Head of Health/Social Wellbeing Improvement
(Southern area), PHA
Dr Leonard Maguire, Medical Dental Representative
Cllr Sharon McAleer, Local Government Representative
Cllr Robert Colvin, Local Government Representative
Cllr Kyle Savage, Local Government Representative

18/23 Welcome and Opening Remarks – Chair

The Chair welcomed members and guests to the Southern Local Commissioning Group (LCG) in May and acknowledged apologies for the meeting.

The Chair thanked Councillors' Sharon McAleer and Robert Colvin for their valued service as Local Council Government representatives. Cllr McAleer commenced 1st October 2019 and Cllr Colvin commenced 1st April 2020.

19/23 Minutes of the Meeting held on 16th March 2023

The minutes of the meeting held on 16th March 2023 were approved by all present and signed by the Chair

20/23 Matters Arising

The Chair confirmed there were no outstanding matters from the previous meeting.

21/23 Chairs Business

There was no business from the Chair.

22/23 Alzheimer's Society

The Chair welcomed Ms Dubheasa McGrinder, Dementia Friendly Communities Officer NI and Mr Adrian Friel from the Alzheimer's Society.

Ms McGrinder stated the Alzheimer's Society were uniquely placed to work directly with those most greatly affected by the disease.

An overview of the Prevalence of dementia was provided as follows;

- More than 900,000 people in the UK have dementia,
- In the UK, someone develops dementia every three minutes,
- One in 14 people in the UK over the age of 65 have dementia,
- There are over 45,000 people in the UK under the age of 65 who have dementia.

In Northern Ireland (NI) there were 22,000 people estimated to have dementia. With an aging population that meant numbers would reach nearly 43,000 by 2040. As of 31st March 2023, there were 13,625 people on the dementia register (2472 in SLCG area), over a third of people living with dementia were still to receive a diagnosis.

It was stated the benefits of having an early Dementia diagnosis allowed patients;

- Access to support and/ or appropriate medication or new treatments
- The offer of benefits and protections
- Information that would help people understand what they were going through
- Opportunity to participate in research.

Ms McGrinder shared barriers to Dementia diagnosis taken from a recent consensus event were highlighted as follows;

- Workforce capacity, training and development
- Lack of multidisciplinary approach
- Stigmatisation of dementia
- Cultural differences and inequalities such as rurality, language etc not addressed

- Lack of parity with conditions such as cancer.

Mr Friel advised in 2022 the Alzheimer's Society released a new strategy 'Help and Hope' which centres around listening to those affected by and living with Dementia. Six crisis posts were identified within the journey which would be worked on in the next 4-5 years;

1. Getting a diagnosis
2. Adjusting to living with dementia
3. Needing greater support with care
4. Ending up in support hospital, having a dementia friendly environment with enhanced visiting times and trained staff
5. Needing an alternative home, annotation to own home, supported living and trained staff
6. At the end of life, talking to patients about future planning.

Mr Friel advised within the Southern Trust area Dementia advisers were available to provide one to one support. There were two Dementia support groups to offer peer support (Rathfriland and Dungannon).

There were various services across Northern Ireland such as; Support lines which had trained advisors available 7 days a week, Companion calls were available for non-Dementia related concerns and Singing for the Brain was available to help bring people living with dementia together to sing a variety of songs they know and love.

Mr Friel highlighted services provided in 2022-2023;

- 227 referrals into our services
- 808 Telephone support calls
- 1,921 Written support packs
- 22 awareness raising opportunities reaching 1948 members of the public
- 4 Dementia information programmes to 372 carers
- From October 2022 9, 4-week Carer Information and Support Programme (CrISP) sessions to 83 carers.

Mr Friel emphasised that Dementia needed to be a priority for commissioners as people needed access to a timely diagnosis, to good social care and to new drugs. It was asked that the voice of the person affected by dementia be listened to by the people who would be commissioning services.

Dr Millar highlighted caring with a person with Dementia should be built into programmes and bereavement plans. Knowledge and education around Dementia should be a key part of the curriculum in Primary Care to tailor care.

Mr Friel detailed the "This Is Me" leaflet which helped tailor patients care to their likes and dislikes.

Members stated that more public education was required, to clarify the differences between Alzheimer's and Dementia. It was emphasised that lifestyle choices, such as stopping smoking and addressing high cholesterol would reduce the chance of Dementia.

Miss Lusby thanked the presenters for the informative presentation.

23/23 Southern Health & Social Care Specialist Palliative Care Update

The Chair introduced Mr Gerard Leddy, Palliative Care Team Lead, from the Southern HSC Trust.

Mr Leddy advised members that the Specialist Palliative Care team were working on a current project which was the Electronic Resource, Palliative Education and Resource Library (P.E.A.R.L). A questionnaire was distributed to Care Home Managers to gather information on, Key priority areas which required further training and gaps identified in knowledge causing concern when managing palliative care patients within Care Homes. Experts within the areas of concern were contacted to bring specialist information together into a digital document published December 2022.

As part of the Public Health approach the document would be converted into a public facing document which would be called Palliative Education and Resource Library for the public (P.E.A.R.L.P). Additions to this document would be; What each professional does within Palliative Care, Roles of different teams and How to access those people when necessary.

In addition, P.E.A.R.L.A had been created for the use of adults and there was a view to move towards a childrens document which would become P.E.A.R.L.C. Furthermore, P.E.A.R.L.D would be a Palliative and Education resource library for Dementia.

Mr Leddy advised 'Just in Case' boxes had been agreed to start off as a small pilot within Moy Health Centre. Effective symptom control would be essential for Palliative Care patients approaching end of life. Anticipatory prescribing involved prescribing as required medicines for symptom control at the end of life in advance of their need. This ensured they were available to relieve symptoms as soon as they occur. Anticipatory prescribing had been linked into the district nursing quality indicator framework.

'Just in Case' boxes may contain anticipatory medicines including those to treat-

- Pain
- Nausea and vomiting
- Anxiety
- Breathlessness

Mr Leddy echoed there was hope to extend the pilot to other GP practises with the help of district nursing colleagues.

Mr Leddy highlighted Early Identification as a key focus. An app had been developed called 'Qlik Sense' to allow the identification of anyone known within Specialist Palliative Care services as soon as they arrive to Emergency Department. There was a plan to extend the pilot.

Mr Leddy detailed the re-established palliative care meetings and Specialist Services working together with a planned Palliative Care conference in September 2023 to assist with integrated approaches. Aiming to listen to service users and conclude how outcomes could be met together.

Mr Leddy further advised on the importance of a Public Health approach which involved bringing conversations into communities to close gaps between what was provided and what service users needed.

Mr Leddy concluded with an update on the Community Specialist Palliative Care Team. Referral allocations were completed daily and allocated to appropriate professionals.

Following questions from members, Mr Leddy agreed to circulate the updated guidance for RPMG for the Management of Symptoms in last days of life to Primary Care.

Action: Mr Leddy and Dr Millar agreed to send guidance and covering letter to all GP's and District Nursing Teams.

Mr Leddy confirmed that P.E.A.R.L was only available within the Southern HSC Trust; however, the aim was to expand this regionally.

The Chair thanked Mr Leddy for the detailed presentation.

24/23 Commissioning Update

Miss Lusby had no Commissioning update for discussion.

25/23 Any Other Business

There was no further business.

26/23 Date of Next meeting

The Chair confirmed date of next meeting 15th June 2023 at 2.00pm held in the Boardroom, Tower Hill, Armagh

Signed by: _____

Dated: _____