

# Patient Round Up

January 2018

2018



## **'People with schizophrenia aren't all dangerous'**

**Alice is a 26-year-old mum to two daughters. She's married, she has schizophrenia and she is fed up of being portrayed as "dangerous" because of her condition.**

"One of the biggest stereotypes about people like me is that we're dangerous or violent - mostly we're just vulnerable."

Please find below a link to an interesting article from the BBC regarding schizophrenia, and information on a series of special Newsbeat podcasts.

<http://www.bbc.co.uk/newsbeat/articles/42008462>

## **Sexual Orientation Monitoring (SOM) Information Standard**

There is a strong evidence base that Lesbian, Gay and Bisexual (LGB) people are disproportionately affected by a range of health inequalities, including poor mental health, higher risk of self-harm and suicide, with a higher likelihood of dependency; increased social isolation and vulnerability in old age.

However, a lack of patient recorded data means that these inequalities and related specific patient needs are often not acknowledged or addressed in mainstream service provision.

The Sexual Orientation Monitoring Information Standard provides the mechanism for recording the sexual orientation of all patients/service

users aged 16 years, where it may be relevant to record this data.

Collecting and analysing data on sexual orientation allows public sector bodies to better understand, respond to and improve LGB patients' service access, outcomes and experience.

So if you are asked about your sexual orientation in the future you will understand why.

<https://www.england.nhs.uk/publication/sexual-orientation-monitoring-full-specification/>

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### Can you go booze-free for a whole 31 days?

Take on the ultimate test of willpower and give up alcohol this January for Cancer Research UK

<http://www.cancerresearchuk.org/support-us/do-your-own-fundraising/dryathlon>

Taking a month off booze can have many potential benefits and some **Dryathletes** even carry on past the month.



Taking on the challenge of giving up booze for a month could have lots of potential perks. Just imagine what awesome things you could achieve in an iron-willed month without hangovers.

You'll not only be raising lots of money to bring forward the day all cancers are cured, there are all these other potential benefits too:

- Feel more **energetic** and get more things done
- Sleep better or even snore less
- Cut the boozy calories and **lose weight**
- Eat more healthily and increase your activity to get the maximum benefit
- Make **small changes** that fit into your everyday life so it's easier to stick with long term.
- A healthier, happier bank balance
- A sense of achievement with your newfound hero status
- **A fresh outlook** on your alcohol consumption
- **Time to do all those super cool things you keep putting off.**  
Now's the time Dryathletes, from taking that yoga class to writing your first novel. Use your free Dryathlon calendar in your pack to plan your activities

And last but not least, **every pound you raise will go towards life - saving research.**




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### **Your Data: Better Security, Better Choice, Better Care.**

Using data and sharing information are vital for important purposes such as safeguarding vulnerable people and we must strive to ensure that this is done securely and effectively by health and care organisations.

We have heard that people support and can see the potential benefits of doing this.

Better use of information and data has the potential to transform health and care for everyone. However, people must be confident that systems are secure and robust.

People want to know that their privacy and rights are safeguarded, understand how and when information about them is shared, and,

how and when they can make an informed choice about whether to share their data or not.

It was in this context, that the Secretary of State for Health commissioned a review on data security and data sharing in the health and social care system by Dame Fiona Caldicott, the National Data Guardian for Health and Care (NDG). In parallel, he commissioned a review by the Care Quality Commission (CQC), *Safe Data, Safe Care*, of current approaches to data security across the NHS. These focussed on strengthening data security across the health and social care system, and proposing a new model for data sharing.

Following publication of these reviews, the Government undertook an extensive consultation, as the start of an ongoing dialogue with the public on these issues. The Government has taken into account the views expressed, and is pleased to confirm that it agrees with each of the NDG's and CQC's recommendations.

Follow the link below to see the full Government response to the National Data Guardian for Health and Care's Review of Data Security, Consent and Opt-Outs and Care Quality Commission's Review 'Safe Data, Safe Care'

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/627493/Your\\_data\\_better\\_security\\_better\\_choice\\_better\\_care\\_government\\_response.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/627493/Your_data_better_security_better_choice_better_care_government_response.pdf)

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### **NHS diabetes prevention programme exceeds expectations and more than 110,000 people 'at risk' offered help**

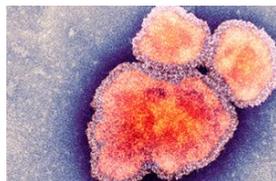
**Dr Jenifer Smith, Programme Director at Public Health England, said:** "Although early days it is very encouraging to see the [Healthier You: NHS Diabetes Prevention Programme](#) performance exceeding our expectations, based on the experience documented in the scientific literature. We recognise those taking up this offer are making a significant personal commitment; so we are exploring all options to make this as accessible as possible, including the use of digital technology."

## **Measles outbreaks confirmed in 5 areas across UK**

As of 19 December, there have been 34 confirmed cases in West Yorkshire, 28 confirmed cases in Cheshire and Liverpool, 22 confirmed cases in the West Midlands, **11 confirmed cases in Surrey** and 4 confirmed cases in Greater Manchester.

Measles is a highly infectious viral illness that can be very unpleasant and can sometimes lead to serious complications.

Children and young people who have not received 2 doses of MMR vaccine are at risk. Unvaccinated people travelling to Romania and Italy, where there are currently large outbreaks of measles, are at particularly high risk.



Dr Mary Ramsay, Head of Immunisation at PHE, said:

The measles outbreaks we are currently seeing in England are linked to ongoing large outbreaks in Europe. People who have recently travelled, or are planning to travel to Romania, Italy and Germany and have not had 2 doses of the MMR vaccine are particularly at risk.

This serves as an important reminder for parents to take up the offer of MMR vaccination for their children at 1 year of age and as a pre-school booster at 3 years and 4 months of age. Children and young adults who missed out on their MMR vaccine in the past or are unsure if they had 2 doses should contact their GP practice to catch-up.

We'd also encourage people to ensure they are up to date with their MMR vaccine before travelling to countries with ongoing measles outbreaks.

The UK recently achieved WHO measles elimination status and so the overall risk of measles to the UK population is low, however due to ongoing measles outbreaks in Europe, we will continue to see cases in unimmunised individuals and limited onward spread can occur in communities with low MMR coverage and in age groups with very close mixing.

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## Get involved

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**Understanding the Health and Social Care Environment (UHSCE)** online training course with your patient/service user/carer/public voice groups/networks.

This Certa accredited course is part of the development offer from the national team to strengthen patient voice and is for current **NHS volunteers** who are interested in increasing their understanding of the health and social care environment and how the sector improves health.

There are two rounds of the course starting on **20<sup>th</sup> February 2018** and **20<sup>th</sup> March 2018**. The course ends with a full day of assessed presentations accordingly on **15<sup>th</sup> May 2018** (*for the course starting on the 20<sup>th</sup> February*) or on **12<sup>th</sup> June 2018** (*for the course starting on the 20<sup>th</sup> March*) and will run between **9.00am to 5.00pm**.

The course is free to participants as the associated costs are paid for by NHS England, however they ask for a £50 deposit (returned upon completion) to ensure participants fully commit to the course.

More information about the course and how to apply can be found on the Involvement Hub [here](#) or by email [england.ppve-learning@nhs.net](mailto:england.ppve-learning@nhs.net).

The deadline for applications is **15<sup>th</sup> January 2018**.



