



## FPRG Newsletter No 12 Including Finchampstead Surgery News

Autumn 2019

### Wasted Medicines Survey – a £300m problem UK wide

Welcome to our autumn newsletter which largely deals with the results of the Wasted Medicines Survey conducted in September. Only 133 FPRG members completed the survey and this does not compare well with the 211 who completed the missed patient appointments survey conducted earlier in the year. We do not know what has caused the numbers to drop but, we are considering sending an email to all members asking them to confirm their ongoing interest in being members of the FPRG.

With regard to the survey, the NHS identified the problem with wasted medicines and says it costs more than £300m a year; see <http://www.medicinewaste.com> for further information. The aim of our survey was to find out how much awareness and understanding Finch patients have of medication usage in relation to the waste of medicine and how well they dispose of unwanted medication. There are some improvements to be made but in general the participants did very well.

#### What did the survey tell us?

Of our patient sample, 55.5% usually order their repeat prescriptions online using 'Patient Access' or by email. However, nearly 46% ordered their prescriptions by hand at the Surgery.

When asked 'Do you order ALL the items on each repeat prescription request form?' The majority, 72% of respondents, said that they do not order all the items on their prescription. 80% of 128 respondents who completed the question said that it had been explained to them by a professional exactly why each medication was on their repeat prescription form and 72% said that the possible side effects of both taking and not taking their regular medication also had been explained to them. Regarding getting a regular health check/review, 74% said that they did.

All respondents were aware that prescription medicines should only be taken or used by the person for whom they were prescribed and knew that once they have left the pharmacy they cannot be reused for anyone else. Only 15% paid for their prescription which is reflected in the age of those taking the survey. Of these patients only 29% were below 64 years old.

How do our members get rid of their unwanted medicines? The majority took them to a pharmacy but 25% disposed of them in unapproved ways! Finally, the gender of our respondents was 53% female and 47% male.

#### Summary

It seems that the majority of FPRG respondents have regular health checks, know very well the medicines they are taking and how to dispose of them. However, judging by the responses to questions it is possible that between 20% and 26% of patients don't know why they are taking a medicine or the effects of not taking it and are not regularly reviewed. If this is replicated across the 16,000 patients in the surgery, it is a large number of patients and may be of concern to the medical and pharmacy staff. However, patients should note that on the paper record of their

Prescription Start Date: 14/03/2019  
Review date at which the prescriber would like to review the treatment with the patient: 05/06/2019

**Patient Medication History**

prescription, there is a review date at which time the prescriber would like to review the treatment (see the photograph). It is up to the patient to make an appointment on or after the review date shown. Also

everyone should note that there is only one safe way to dispose of meds and that is to take them to a pharmacy for disposal.

Commenting on the survey Julie Murphy, the Practice Manager, said: We thank the FPRG for conducting this survey, the results will be discussed with all of our staff and we will continue to promote the safe use of medicines.

### **Dr Bird leaves the Surgery**

Dr Sue Bird has been a GP at Finchampstead since 1999. She has decided now is the time to reduce her commitments and will be leaving the surgery on 12th December 2019. Dr Bird wishes all her patients the best for the future. The Partners are actively looking for a suitable replacement.

### **Free NHS Health Check**

Live in Wokingham? Aged 40-74? [Find out about receiving a Free NHS Health Check](#)  
(Ctrl+click the blue lettering to follow the link)

### **What medical subjects interest YOU?** **What would you like to see in the newsletter?**

Are there medical related questions or topics that you would like to see discussed in the FPRG newsletter? It might be where to access information or what charities can assist you or something to do with the surgery operation. If it interests you it might well interest others, but unless you tell us we cannot help to find a solution or discuss the issues that concern you. Send us an email at: [ppg.finchampstead@nhs.net](mailto:ppg.finchampstead@nhs.net) (Ctrl+click the blue lettering to follow the link) all emails are confidential and follow NHS guidelines on confidential matters.

### **The FPF Committee**

Finch Surgery has a long record of being without complaints from its patients, but in our rapidly changing times, there are some changes in the NHS that patients may find different to what they have been used to. These changes are not about cutting services, but changing how services are delivered. This means that in the localities of Finchampstead and Swallowfield Surgeries, more medical professional staff will work together in sharing resources, forming partnerships and care networking.

Your ideas and voices need to be heard. At present the Patient Forum Committee produce one or two patient surveys a year. These gather patient feedback to let the doctors know how services provided could be changed to help patients and staff.

Patients who respond in our surveys are a sample of the whole Practice Population (nearly 16,000) and therefore the sample needs to represent all age groups. The Patient Forum has vacancies now on the Committee, and we need all age groups to be represented to help us focus on what patients need, to obtain the right health care at the right time. Your ideas and voices can be heard, discussed and can contribute to changes that can benefit the patients. We would be pleased to welcome some new members. Why not send an email to the FPF chairman at [ppg.finchampstead@nhs.net](mailto:ppg.finchampstead@nhs.net) (Ctrl+click the blue lettering to follow the link)

Pat Evans. Chair Finch Patient Forum Committee

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Finchampstead Surgery, 474 Finchampstead Road, Wokingham, RG40 3RG  
Telephone: 0118 973 2678      Email address: [ppg.finchampstead@nhs.net](mailto:ppg.finchampstead@nhs.net)  
Newsletter Editor: Peter Odds

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