

**Patients Participation Group Meeting**  
**Minutes of Meeting held in the Memorial**  
**Hall Annexe Monday 20/05/2024**

**Chairperson:** Philippa Jones

**Minutes:** Michael Wright

**Present:** Mr. G. Bedford, Mr. & Mrs J. Cameron, Mr. J Chaplin, Mrs. J. Gardener, Mr. R. Knight, Mr. F. Lawrence, Mrs. R. LeViscount, Mr. D. MacCausland, Mrs. G. McKay, Mrs. D. Neilson, Mrs. J. Rubie, Ms. K. Staff, Mr. C. & Mrs. D. Stafford, Mrs. E. Wood

**Woodchurch Surgery:**, Mrs Helen Fox

**Guest Speaker:** Julie Camburn, Stroke Awareness Society

**Guest:** Mrs. Lynn Spencer, Whitstable PPG Chairperson

**Apologies:** Mr. & Mrs. T. Perks, Mrs. P. Savage, Mrs. B. Hanks, Dr. J. Hickey, Mrs D Canham, Mrs M Mackenna, Mr & Mrs Sharp, Mrs C Drew

**Chair's Welcome:**

Philippa welcomed everyone and outlined the Agenda for the meeting.

**Minutes of Last meeting (26/02/2024):**

Accepted

**Matters Arising:**

There were no matters arising.

**Stroke Awareness – Julie Camburn**

Julie gave a very enlightening (if slightly scary!) presentation that covered the history of the Society as well as the causes, symptoms and treatment of strokes.

Strokes are one of the leading medical challenges of our time, somewhere in the world a person suffers a stroke every 5 minutes. The average age for having a stroke in the UK is 80 for Women and 74 for men, resulting in over 100K strokes in the UK every year. This makes Strokes the 4<sup>th</sup> biggest killer in the UK. A Stroke is an interruption of the blood flow to the brain which can be caused by either a blockage in the arteries or by a bleed in the brain. Treatment can either be by medication or by surgery, in both cases rehabilitation plays a key role in the patients recovery. The causes are many and varied but include, lifestyle, weight, smoking, diabetes, high Cholesterol, alcohol excess, Atrial Fibrillation, high blood pressure. The most effective way of identifying a stroke is still the FAST test;

F- is the patients face symmetrical, can they smile?

A- Can they raise and hold their arms at shoulder height?

S- Is their speech slurred or impaired?

T – Time to call 999 (& tell the operator that the patient is 'FAST' positive)

Mrs. R. LeViscount reported from the floor of the meeting that she had been asking for a considerable time for documentation sent to her to be large print to help with reading, Julie said she would look into the and confirmed on the 22/05/24 that she had contacted the relevant people to put this in effect.

Mrs. D. Stafford asked where a potential stroke patient would be sent, would it be Canterbury or William Harvey. Julie thought it would be Canterbury but asked if that could be checked at the Surgery.

Following the meeting, Helen and Dr. Hickey have confirmed back that initial treatment would be at the WH by the Stroke team, then transfer to Canterbury for rehab.

**Woodchurch Surgery update from Mrs. Helen Fox:**

Helen reported that there were no changes at the Surgery.

**AOB**

**Next meeting:** 19/08/24, guest speaker TBC

Thanks to Liz Wood and Jean Gardiner of the “Heavenly Helpers” for providing refreshments.

The meeting was closed at 7:15pm