



PPG ...empowering patients today

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liverwell

NHS

Mid Essex

Clinical Commissioning Group

Your role as a PPG Representative can help improve medicine use.

As a PPG rep you can play a vital role in helping your fellow patients get the very best from their medicines, not only improving their individual health outcomes but also helping to reduce waste, which in turn helps the NHS as a whole.

While we understand that the best person for a patient to speak to about their medication is their GP, Pharmacist or an Independent Nursing Prescriber, sometimes they don't feel confident enough to do so.

This means that issues can go unresolved.

Some patients may not speak to their GP or pharmacist because:

- They can't get a GP appointment
- They don't want to appear to be a 'troublemaker'
- They are not taking their medication and are concerned they may get 'told off'

There are lots of reasons which may result in medicines not being taken as prescribed and you can really help by providing someone to chat to.

DON'T WORRY! You don't have to be a clinician or know anything about their medicines or the conditions which have prompted them.

All you need to do is to signpost patients to support services which can help them. Information about services in your locality will be provided to you by your GP or the CCG.

The key is creating positive relationships with your fellow patients so they can feel comfortable talking with you about their concerns.

What you are NOT here to do:

- Prescribe medicines or alter prescriptions
- Replace the GP or any other health care professional
- Judge anyone's behaviour around the medicines they take or make them feel guilty about ordering too much
- Advise on specific medications

Enclosed within your new PPG Tool Kit, you will find posters, leaflets and many other items to support both you and the patients you are helping.

By using these, you can really make a difference in enhancing medicine use, reducing avoidable waste and helping us make the most of your local NHS.

