PRESENT:  
Dr Andreas Herfurt Lead Clinician  
Dr Alan Belbin GP Durness  
Dr Sara Proudfoot Rural Fellow  
Dr Cameron Stark Public Health Consultant  
Mrs Georgia Haire CHP Assistant General Manager, Sutherland  
Ms Lorraine Coe Clinical Nurse Manager  
Mrs Sylvia Mackay N&WSCA  
Mr Findlay Hickey Prescribing Advisor  
Ms Val Harris Highland Council Social Work Services  
Ms Liz Baillie Highland Council Social Work Services  
Ms Sandra Sinclair Highland Council Social Work Services  
Mr Don Campbell Highland Council Social Work Services  
Ms Lesley Mitchell Highland Council Social Work Services  
Mr Miles Greenford Public Health Practitioner  
Ms Elspeth Anderson Community Rehab Team  
Mrs Alison Liddell Macmillan Nurse  

APOLOGIES:  
Dr Marion MacDougall GP Tongue  
Miss Christian Goskirk N&WSCCF  
Mr Larry Wilmot Highland Council Social Work  
Mr David Macmillan NHS Highland Finance  
Mr Ross Mackenzie NHS Highland Finance  
Mrs Fiona Duff NHS Highland  

ATTENDING:  

1. MINUTES OF THE PREVIOUS MEETING  
The minutes of the previous meeting were approved.  

2. MATTERS ARISING  

2.1 Older Adults Business Case – Sutherland (Formerly known as Care of the Elderly)  

It was noted that a paper outlining the various options for the Assynt Centre is to go before the Housing and Social Work Committee of the Highland Council on Wednesday 8th November ‘06. The options include: Option 1 – The Centre would provide residential respite for four nights per week (Monday – Friday with the centre closed at weekends); and Option 2 – The Centre would provide respite for four nights per week, with an additional six planned full open weekends per year. The paper does not include any costings. There will be representation from the Assynt area.  

It was noted that the Older Adults Business Case should be an agenda item.  

2.2 Remote & Rural Project  
There was no further feedback.  

2.3 Smoking Cessation  
An Action Plan is to go to the CHP Management Committee.  

2.4 Speech & Language Therapy
Georgia Haire is to meet with Pam Nicoll, Head of Service (Speech & Language) with a view to
drawing up Job Descriptions.

2.5 Midwifery Feedback

It was reported that the current procedures are to remain in place. The LHP raised a number of issues
including Out of Hours, Training and Lone Working. It was agreed that Lorraine Coe and Cameron
Stark would meet with those providing the service locally to discuss the issues of sustainability etc.
The LHP will then take a proactive approach to developing the services.

2.6 Translation Services

It was noted that East Sutherland LHP had raised some concerns regarding the Translation Service
information leaflets. A number of additional concerns were raised by the LHP including telephone
translation services, face to face translation and so on.

3. FUEL CARDS

It was noted that Georgia Haire has been appointed to the Human Resources Sub Group of the Area
Partnership Forum. She will raise the issue at the next meeting.

4. MENTAL HEALTH ACT TRAINING

The Mental Health Act Training will take place in Durness on 20th Nov ’06. Further information will
be distributed by e-mail.

5. FINANCE

David Macmillan had in his absence made information relating the financial position of the North &
West Sutherland LHP. Based on figures up to 30th September ’06 the LHP is forecast to have an over-
spend of £9,000 at the year end (end March ’07).

6. RECRUITMENT & RETENTION

GP Scourie/KLB

Interviews are to take place in the near future. Three people will be interviewed either face to face or
via the telephone.

Community Nursing Post Scourie, KLB & Durness

Frances Arrow-Smith will take up her post on Monday 13th November 2006.

Health Visitor - Kinlochbervie

Job Descriptions and Person Specifications are currently being drawn up for the post. The post will
include a School Nurse role.

7. PRESCRIBING

Findlay Hickey gave a presentation entitled, "Utilisation of Statins in Primary Care in NHS Highland."
These data had already been presented to the CHP Management Team, who had asked that Findlay take
this presentation to each of the three Localities.

He explained that, like all other areas of expenditure in NHS Highland, prescribing was under pressure
to be as efficient as possible. It therefore made sense to look critically at the most costly areas of
prescribing. In NHS Highland, the prescribing of statins in primary care has doubled over the past three
years. Now, approximately one in every 20 NHS prescriptions in primary care is for a statin and almost
9% of expenditure on prescribed medicines in primary care is on statins (this figure is 11% in the North
Highland CHP). The most costly medicine to NHS Highland is atorvastatin and he estimated that, if the
current prescribing pattern continues unaltered, NHS Highland will spend in the region of £2.5 million on atorvastatin alone in the current financial year. (This figure is for NHS Highland's pre-April 2006 boundary.) This is over 6% of the entire expenditure on prescribing anticipated in primary care.

Findlay showed the pattern of statin prescribing in Scotland and each of its Health Boards, NHS Highland and its constituent CHPs, right down to each practice in the North Highland CHP. This showed that NHS Highland had, by comparison with other parts of Scotland, an over-reliance on the prescribing of atorvastatin. Within NHS Highland, this is most marked in the North Highland CHP.

The presentation demonstrated the effect at practice and CHP levels of a planned move to a greater use of simvastatin in accordance with the Coronary Heart Disease Managed Clinical Network's soon to be issued guidance for the use of lipid lowering medication in the primary and secondary prevention of atherosclerosis. This would see simvastatin 40 mg being prescribed in place of atorvastatin 10 mg and 20 mg and rosuvastatin 10 mg and Findlay demonstrated how much how much money might be saved without compromising patient care. Targets suggested to the CHP Management Group had been a 25% change by end of December 2006 and 50% change by end of March 2007. (These targets were, of course, illustrative and were dependent upon whenever action was started.) The CHP’s Management Group had agreed that this sort of action will be required if we are to make significant recurring savings on prescribing costs in primary care. The CHP recognised that this could not be done without the support of clinicians and, at a local level that meant taking it to the three Localities.

Findlay agreed that the impact of this initiative would be much smaller in North West Sutherland than for other areas. Practices in North West Sutherland had been much more likely than other areas to use simvastatin as the first-line therapy for new patients and this was reflected in his data, which showed that the Locality was much less dependent on the use of atorvastatin. Also, the Locality, as in previous years, would not exceed its prescribing allocation.

Findlay stressed that this would be a NHS Highland-wide initiative that would be looking for consistent care across the whole Board, in accordance with the MCN's guidance.

8. **GMS**

There was no update.

9. **AOCB**

9.1 **Macmillan Nursing**

**Genetics**

Alison Liddell noted that Kate Sarson (Clinical Nurse Specialist - Genetics) would like to attend a meeting to provide everyone with a background to her role. It was agreed to invite her to the February '07 meeting.

**Palliative Care Forum**

The Palliative Care Forum will take place on 23rd November ‘06 in the Portland Arms Hotel, Lybster at 7:00pm. The Speaker will be Mr McClymont, Ear Nose and Throat Consultant, who will speak about head and neck cancers and an update on cancer developments in Highland.

**Death with Dignity**

It was noted that on the 28th of November a talk will be given by Dr Stephen Hutchison on the issue of death with dignity. It will take place in Marine Hotel, Brora.

**Syringe Pumps**

Alison Liddell asked for agreement for a new syringe pump prescribing and recording sheet to be piloted, with a change over of pumps on 15th Nov ’06. This was agreed.
9.2 E-mails

Alan Belbin noted that a number of e-mails are being sent which have a very large distribution list, include a number of pictures, which are difficult to download. It would be helpful if e-mails could be mainly text. It was suggested e-mails be tested out before being sent.

9.3 Paediatric Physio

Concern was raised that the Paediatric Physio service appears to have been pulled to Inverness. Georgia Haire to get more information.

9.4 Baby Milk

It was noted that the NHS is to stop selling Baby Milk. This will create problems in remote and rural areas where shops e.g. SPAR do not stock it.

Miles Greenford noted that a system of vouchers for formula is available for low income families. The system has been piloted in Cornwall and is to be rolled out on 17th November ’06. Formula is available at Lairg Pharmacy. It can be ordered from Lairg and will be sent to shops locally.

9.5 Scottish Ambulance Service

Andreas Herfurt noted that the Scottish Ambulance Service once again using single manned vehicles. Andreas has written to the service outlining his and the LHP’s concerns at the situation. He has not as yet received a reply.

9.6 Agenda for Change

It was noted that details have recently been given and have led in some areas to a degree of unhappiness. There was some concern that it hasn’t achieved what it was meant to with disappointment over some of the bandings.

10. DONM

The next meeting of the North & West Sutherland Local Health Partnership will take place on Thursday 7th December 2006 at 12:00 noon in the Rhiconich Hotel, Rhiconich.