

## Welcome to the Patients Association Weekly News

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### Patients Association backs safety campaign to tackle doctor fatigue



The Patients Association has this week pledged its support to '[Fight Fatigue](#)', a campaign that aims to raise awareness of the safety risks that arise from fatigue among NHS clinicians and professionals. A joint initiative of the Association of Anaesthetists, the Royal College of Anaesthetists and the Faculty of Intensive Care Medicine, the Fight Fatigue campaign was launched last year in response to the tragic death of a trainee anaesthetist who died while driving home tired after a night shift.

In addition, a survey of over 2,000 anaesthetic trainees found that nearly three quarters of respondents reported that fatigue had a negative effect on their physical health or psychological wellbeing. The Fight Fatigue campaign calls for protected rest breaks, a national minimum standard of rest facilities, and better rota planning for doctors.

Rachel Power, Chief Executive of the Patients Association, said: "We are very pleased to support this important campaign highlighting the danger that fatigue poses to patients. Well-rested healthcare

professionals are better able to provide quality safe care to their patients. NHS staff often go above and beyond the call of duty for their patients, and it's vital that these healthcare professionals are supported to deliver the best possible care. We look forward to working with the Association of Anaesthetists and their partners to effect positive changes to working conditions for all staff working in the health service."

[Read more](#)

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## HSJ Patient Safety Congress 2019



**PATIENT SAFETY**  
CONGRESS & AWARDS

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**NOrF**  
ANNUAL CONFERENCE

The Patients Association will be at this year's annual HSJ [Patient Safety Congress](#), which takes place in Manchester on 2 and 3 July. The Congress brings together over 1,000 delegates each year and is an important annual event for individuals and organisations interested in learning about and improving patient safety.

Rachel Power, Chief Executive of the Patients Association, will join a panel discussion on 'Optimising patient safety through behavioural modification – improving the human factors driving best practice and outcome'. In what promises to be an engaging and informative two days of debate and discussion, other nationally-renowned patient speakers will also be speaking at the Congress, including Sue Jones, Scott Morrish and James Titcombe.

You can view the full programmes [here](#) and book your place to attend on the Congress [website](#).

[Read more](#)

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## Join our mission to improve patient experience



We're growing our team to help us deliver the range of improvement projects we undertake, and are now [recruiting for a project manager](#) to join us on a freelance basis. This is an exciting and flexible role that will see the successful candidate work on a specific project from start to finish, gathering patient and service user feedback, and delivering high-quality reports which will help influence and shape health and social care.

We need someone who knows the NHS and social care processes and structures inside out, so if you're excited by the idea of a fresh challenge or know someone who you think is perfect for the role, [apply today](#). If you'd like an informal discussion about the role or would like to know about some of the project work we have in the pipeline, get in touch by emailing [mailbox@patients-association](mailto:mailbox@patients-association). Applications close on Friday 28 June 2019.

[Find out more](#)

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## Study finds that patients benefit from carrying information about medicines



The number of people living with multiple long-term conditions is increasing, with many people needing to take medication throughout the day to help manage their conditions. With some of these people having to see several healthcare professionals each week for check-ups and to help manage their conditions, [a new study](#) has revealed that people who carry information about their medicines benefit from doing so – and that it has even led to potentially life-saving interventions.

The study, carried out by researchers at Imperial College Healthcare NHS Trust, asked people who carried information about their medicines in what form they did so, and whether they found it useful. The researchers also spoke to people who did not take information about their medicines when they went out. Of the group who opted to do so, some described in detail the ways it had helped them. One person was given the right medicines in an emergency as a result. Another person said that having information readily available allowed her to query with her pharmacist whether a new drug prescribed to her would be safe to have along with her current medication.

In terms of how people decided to store information about their medicines, some opted to carry it on paper while others preferred to use their smartphone. The information that people stored about their medicines included the name, dosage and purpose of the drug, as well as information about any allergies. You can find out more about the study [in this research paper](#).

[Read more](#)

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## Share your health and social care experiences



Our helpline covers all of health and social care, and we would like to hear your experiences in the NHS and social care systems. Whether your experience has been positive or one that could have been better, we'd like to hear more and see what we can do to help. Our partnership with the CQC means when you call our helpline or email us, it makes a real difference.

To get in touch with our helpline team and share your thoughts, call 020 8423 8999 on weekdays between 9.30am and 5pm, or email [helpline@patients-association.com](mailto:helpline@patients-association.com). You can also visit our website to find out more about our helpline, and visit our advice and information leaflets [here](#).

[Contact our helpline](#)

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## What our team is reading this week

[Patients sent home from hospital with no advice on how to cope, watchdog finds](#)

['Couch To 5K Mentality' is causing injuries, says surgeon](#)

[Nuffield Trust: Friday FAQs: Rob Webster](#)

[Early brain 'signs of Parkinson's' found](#)

[NHS to send surgeons into schools to combat knife crime epidemic](#)

## About us

Our vision is that health and social care will be delivered in a way that meets every person's health and social care needs.

Our mission is to give effect to the patient voice, to improve patient experience and support people to engage fully in their own care. Find out more about our values on our [website](#).





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**Our mailing address is:**

The Patients Association  
PO BOX 935  
London, England HA1 3YJ  
United Kingdom