

**Pennine GP Learning Group**

**Minutes of meeting**

**Date: Wednesday 29th November 2017**

**Topic: Autism: An Overview, Health News updates**

**Members present:** Dr Rukhsana Hussain, Dr Ann Holmes, Dr Ainie Chaudhry, Dr Aisha Bhatti

1. We had a general catch up regarding work circumstances and also discussed newer services being developed and offered in Primary Care such as E-consultations and the new GP service available via an App.

2. Dr Hussain discussed a case of a vulnerable adult that she had consulted with a diagnosis of Autism and Anorexia. The particulars of this case prompted her to review the topic of Autism and highlight how we as GPs could communicate better with those with Autism.

She presented **Autism: An Overview.** She shared some video clips produced by The National Autistic Society which provided insight into how people with Autism experience the world. The clips allowed us to understand and appreciate why patients may react the way they do to certain stimuli.

Dr Hussain shared a checklist for GPs when dealing with children with Autism or a potential Autism Spectrum diagnosis and one for adults. She informed the group that the adult checklist had helped her suspect the diagnosis in a patient who she saw with a diagnosis of anxiety. After asking these questions the patient was referred to the Adult autism service.

The presentation also provided links to resources for those with Autism and also their parents or carers.

We also briefly discussed the Eating Disorders Service. Some members were not aware that there was a service in the local area. Dr Hussain shared the link for the **Yorkshire Centre for Eating Disorders**. Referrals are made via completing a form downloaded from the website:

<https://www.leedsandyorkpft.nhs.uk/our-services/services-list/yorkshire-centre-for-eating-disorders/>

3. Dr Holmes shared some health news - Viagra will be sold OTC to men over 18 after pharmacist assessment in Spring 2018. Medicinal cannabis approved in Ireland for a child with refractory epilepsy.

Depression is common in mothers - nearly a third suffer with mental health issues. The article promotes parenting support groups and the work of [PANDAS Foundation](#).

### **Action Plan**

1. The next meeting will be in January 2018.