

Get Fit First

Public Involvement Summary

Background and context

During November and early December the CCG shared the draft get Fit First patient leaflet and asked members of the public for feedback on the following:

- Is the information clear and easy to understand?
- Is there any more information that needs to be added?
- Is there anything we could do to improve the information?
- Any other feedback on the patient information.

The draft leaflet was promoted through the following channels:

- The CCG OPEN membership
- Patient Council and through GP practice patient groups
- CCG website
- CCG Facebook and Twitter pages
- 100+ Barnsley stakeholders (includes voluntary and community groups, MPs, health and care providers and partners, Healthwatch Barnsley)

In addition, the leaflet was shared and discussed at the Barnsley Reach health and equality forum.

What people told us

We received 11 responses from either individuals or people representing a local group or organisation. The feedback people gave was on both the leaflet and also the proposal itself.

Comments relating to the proposed policy:

- **Positive support for promoting healthy weight and stopping smoking.** There were a number of responses saying they were in support of promoting people to stop smoking and achieve a healthy weight in addition to encouraging people to take responsibility for their own health. Some people went on to provide the feedback about this specific policy/leaflet, outlined in the points below.
- **Evidence.** There was feedback suggesting there was no medical evidence that people who have a BMI of 30+, or who smoke, “do not do as well surgically”.
- **Equality.** There was a focus on other criteria which were not covered in the leaflet. This included: “Why are people who smoke or are overweight being focused on, when drug users, alcoholics or people with self-inflicted injuries (from sports for example) aren’t?”, “Why not include people who are significantly underweight?”
- **Health rationing.** One person said this was rationing of health services.

- **Patient rights.** The question was asked if this proposal met with the NHS Constitution.

Comments and suggestions relating to the patient leaflet:

- **Easy to read**
- **Signposting.** It was suggested that adding contact details for local services would make it easier for people to get support.
- **Access.** There was some feedback on making the leaflet more accessible to all. Some said it is too wordy and also suggestion for the use of more graphics, as well as making an easy read version and signed film.
- **Clarity.** The following points were made about how
 - The leaflet needs to be clearer about what happens if people do not lose weight or stop smoking.
 - It also needs to address people's anxiety both of the outcome of the six month's activity and surgery
 - Recommend the following wording "People who are severely overweight or who smoke can take longer to recover from surgery and can have a small, but significant risk, of dying as a result of their surgery than people who are healthy" should include the word 'increased' as all surgery carries a risk of death for even the fittest.
 - Add something on what the BMI is and why it's a good measure.
- **Approach.** People said the tone of the leaflet needs to be more motivational in the way it approaches these lifestyle changes. People also thought these were issues which should be addressed in a conversation with doctor, not in a leaflet.

Next Steps and recommendations

The feedback received and outlined in this summary report will be considered as part of the overall proposed policy by the Governing Body in December.

Whilst the feedback numbers were small, it is recommended that if the policy is approved, the leaflet is re-worded to take a more motivational approach, including contacts details.

Following any decision made, this report will be updated to reflect the decisions and actions taken to each of the points outlined above.