

PE1568/C

Dr Patrick Trust Letter of 5 June 2015

5th June 2015

I have been asked to give my opinion on the future of the Integrative Care Centre at Gartnavel Hospitals. As a retired General Medical Practitioner I recall several patients who obtained enormous benefit and regained a quality of life after referral to the Centre. These patients were a huge challenge to manage and were frequent users of all Primary Care Services often calling out of hours. They had all been extensively investigated by the hospital and in some cases had visited all four of the main Glasgow Hospitals with extensive notes at each hospital.

The holistic clinical approach from Dr Reilly and colleagues managed to break the cycle of chronic disability, and often severe pain, to enable the patients to find a mechanism to cope with their illness and regain a good quality of life. The inpatient beds were especially helpful for one patient who had seen the emergency services more than any other patient in the whole area. This patient has benefited for more than ten years from a much improved quality of life and requires fewer visits to his general practitioner and he uses a much reduced quantity of prescribed medicines.

It is extremely difficult to quantify the benefits to the Health Service from the Centre. Confusion has arisen over Homeopathy which many believe has no place in the modern NHS. While I did not use homeopathy I did find a few patients with intractable problems had benefitted from referral to the Centre with an improved quality of life and reduced conventional medication requirements. Primary Care has to manage the whole spectrum of medical, psychological and surgical problems. This can be very hard to achieve with so little time being devoted to each patient. The ability to refer complex cases to the Centre has been very effective for Primary Care enabling reduced demand for services and medication. I would support the retention of the Centre, with inpatient beds, as a facility available to all patients in Scotland so enabling patients with severe intractable long term chronic problems to regain a quality of life to function in the community.

Patrick Trust