

<b>Briefing for:</b>	Scrutiny Review Panel – Men’s Health: Getting to the heart of the matter
<b>Title:</b>	NHS Haringey AGM and review launch consultation feedback
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**The NHS AGM was attended by a range of different people and organisations. This included:**

- Whittington Health
- Haringey Council
- Local Councillors
- Local men
- Health trainers
- GPs
- Clinical Commissioning Group Consortia
- Local Involvement network

Each table had a facilitator and note taker and discussed the areas as below.

**How do we get men to go to health services when they have early symptoms?**

**What is it that prevents them from going early enough?**

General comments

- Wait until at deaths door before going to the Doctor.
- GP – pointed out that when people register at the Dr they get a lifestyle check which is a good way to pick up anyone which may need intervention.
- Men will do anything to hide what is wrong with them.



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- Women are used to going to the Dr/medical places and talking about their health e.g. birth control pregnancy, birth, taking children, health visitors etc. (however it was noted that men are increasingly playing a bigger role in the health of their children.

### Men as providers

- Men as the providers/bread winners
- A lot of men have their own hierarchy of need and what they need to do – primarily this means that going to work and providing is more important in their minds than going to the Dr.
- Education of women and other family members that men may be frightened of not being able to provide.

### Work constraints

- “Don’t have time/can’t take time off work”
- Would like to not have to take time off work

### Psychological barriers

- Fear of own mortality/what might happen – not to do with actual treatment.
- Going to the GP is a sign of weakness.
- Try and hide symptoms that they have
- “Peter Pan” syndrome – invincible/won’t get ill/won’t get old.
- Psychological barriers for men – expectation of role in society. Men would rather not know until it is inevitable.
- Fear of someone telling you how to change your life.
- Fear of showing ‘private areas’ to female practitioners
- Men think if they complain there are women
- Men suffer secretly
- No sense that it is their responsibility
- By going to the GP they are admitting they have an illness
- Frightened of the outcome if you are sick.

### Environmental/physical barriers

- Don't want to sit in a waiting room full of women and children – feels like a women's environment.
- Gender specific staff and clinics – ask for a male doctor? Feel uncomfortable talking to a female about some things.
- More comfortable when more men are around.
- Don't like having someone 'poking and prodding' them.
- Hours of GP practice make it difficult to attend.

### **How do we encourage men to keep themselves well?**

- Men's clinic day?
- Need to target adolescent boys to 'normalise' GP visits.
- Mother's of boys = health educators.
- Need to dispel the idea of frequent users as hypochondriacs.
- Advice on where to seek help if ill. E.g. A&E or GP
- Mobile units/Take screening 'on the road' like they do for Breast Screening – somewhere on the High Road?
- Having an event at the Spurs ground with added incentive of tour of the grounds
- Walk in health check would take half an hour – at supermarket, car parks, religious centres.
- Think about men's health days in the pub/social club
- Have mobile access – use famous people to draw crowds
- Breakfast meeting at surgery – drop in like session
- Incentive for men to come.
- Tendency to not want to be seen to be making a fuss – establish and publicise what isn't a fuss and should be taken seriously.
- Raise awareness of signs and symptoms of illness e.g. Diabetes through:
  1. Advertising campaigns



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2. health champions
3. through their wives
4. internet

N.B. Would be interesting to know if access time/after opening are accessed by those who need those slots e.g. because of their hours of work