



### Healthy larder should contain the basics

**What you'll need:** Electronic 'pantry', containing key *staple* information on patients such as language, faith, ethnicity and gender – *essential ingredients* in a comprehensive *bill of fare* for BME communities.

**What you do:** If you don't know a patient's faith, that he is fasting during Ramadan, then your advice on medication might be wrong. 'Non-compliant' patients missing clinics might simply have misunderstood the invitation, because they can't read English. So you need better ways to *harvest* information, *store* it and *sieve* the best of it. That's why Lambeth and Liverpool PCTs are developing cheap, easy methods for 'patient profiling': collecting and analysing such detail on individuals.

In Liverpool 97 practices have joined up, says Pauline Mitchell, Patient Profiling Development Officer for Liverpool PCT, which offers a *carte du jour* for practices. 'We give them training, so staff understand why profiling is important. We provide a tool kit containing a data collection form, a template to enter the data onto the clinical system, information around BME health, a contact sheet for community groups and health advice leaflets in different languages.'

**The insider:** 'We're cross-matching CHD, BMI, diabetes and smoking status of patients against the new patient profiling data,' says Ms Mitchell. 'Very soon, we will spot where patients and groups of patients are not getting vital healthcare and offer possible explanations - and simple solutions.'

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### Fusion: Thai Sunday Roast with roast garlic and carrot mash

**What you'll need:** A whole chicken, 10 cashew nuts, a bunch of coriander, 1 tsp fennel seeds, 4 chopped spring onions, 2 trimmed and chopped lemongrass stalks, 7 garlic cloves, juice of 2 limes, 1kg peeled inch-cut potatoes, 2 sliced carrots, 3-4 tbsp sunflower oil, butter, 100ml milk.

**What you do:** Whizz up in a blender the cashew nuts, coriander, fennel, spring onions, lemongrass, 2 garlic cloves, lime juice and sunflower oil. Rub all but 1 spoonful of the paste all over a whole chicken – inside and out – even under the skin. Stuff the chicken with the squeezed limes and the remaining cloves of unpeeled garlic. Baste a couple of times while it cooks in the oven for 60 to 80 minutes at 200C (depending on the size of your chicken), checking until the juices run clear. Boil the potatoes and carrots together in salted water until tender. Mash with a large knob of warmed butter, warmed whole milk, and the squeezed-out roasted garlic from inside the chicken. Season. For the gravy add the rest of the Thai paste to the chicken juices in the roasting dish. *Serves 4.*

**The insider:** Fry up any leftover chicken and paste the next day, add a bit of coconut milk and you have Thai green curry!

**Did you know?** Thai people have a big impact on Britain, but experts are concerned that little is known of their health needs

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**Religious festivals:** 8 DRAGON BOAT FESTIVAL  
9 SHAVUOT (FEAST OF THE WEEKS)