

Annual Health Checks for people with learning disabilities



21st July Partners in Care Forum

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Either:

On a smartphone, open your camera and scan the QR code



<https://www.menti.com/568ijyt46r>

Or Type in web browser

www.menti.com and enter the
code **1712 1238**

Compared to the general population, how much higher is the COVID19 death rate in people with learning disabilities?

- 10% Higher
- 50% Higher
- 150% Higher
- 600% Higher

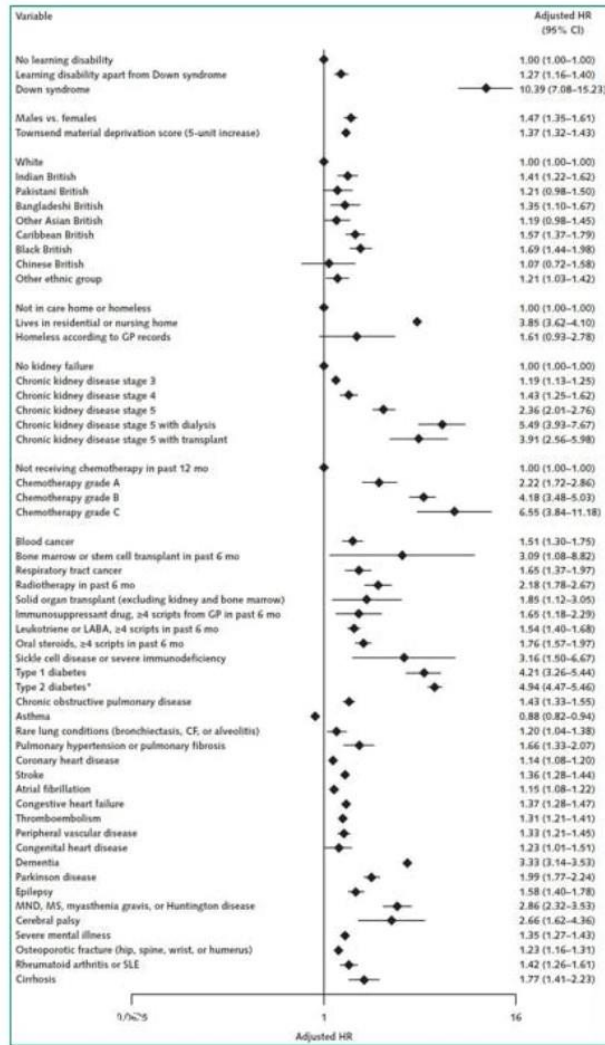
Deaths from COVID in PwLD: Feb – 5 June 2020

	LeDeR		CPNS	
	Unadjusted	Age/sex adjusted	Unadjusted	Estimated
No. of deaths in adults with LD	623		490	651
Death rate per 100,000 adults with LD	240	692	192	254
Compared to the general population	2.3 x	6.3 x	3.1 x	4 x

Source: PHE. *Deaths of people identified as having learning disabilities with COVID19 in England in the spring of 2020*. November 2020.

Which condition is associated with the highest risk of death if the person has COVID19?

- Heart failure
- Type 2 Diabetes Mellitus
- Cancer on Chemotherapy
- Dementia
- Cerebral palsy
- Down syndrome



Down Syndrome 10.39

Care home resident 3.85

Chemotherapy C 6.55

Type 2 Diabetes 4.94

Heart failure 1.37

Dementia 3.33

Cerebral palsy 2.66

What are the reasons why people with learning disabilities have worse health outcomes?

People with learning disabilities have more health conditions than general population



Health services don't always make the **reasonable adjustments** required under the Equality Act

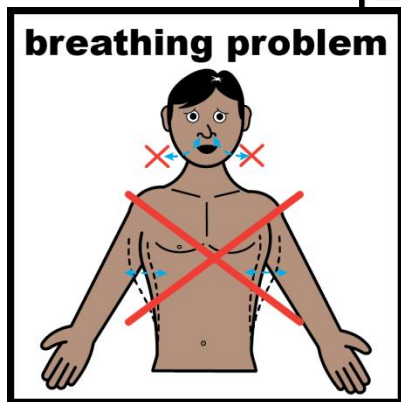
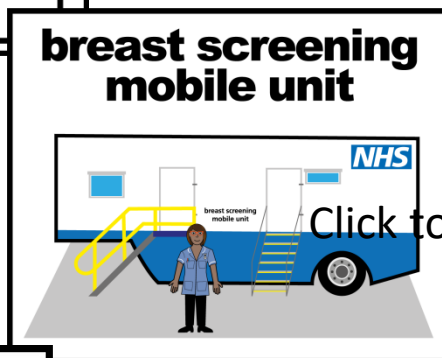
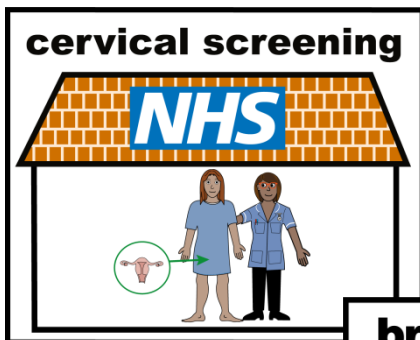


Health inequalities

Preventable & premature deaths

Compared to the general population, the median age of death is 23 years younger for men and 27 years younger for women with a learning disability (DH&SC, 2020)

National Agenda



- **NHS 10 year plan:** People with LD are included in all NHS priorities:

Mental Health

Cancer

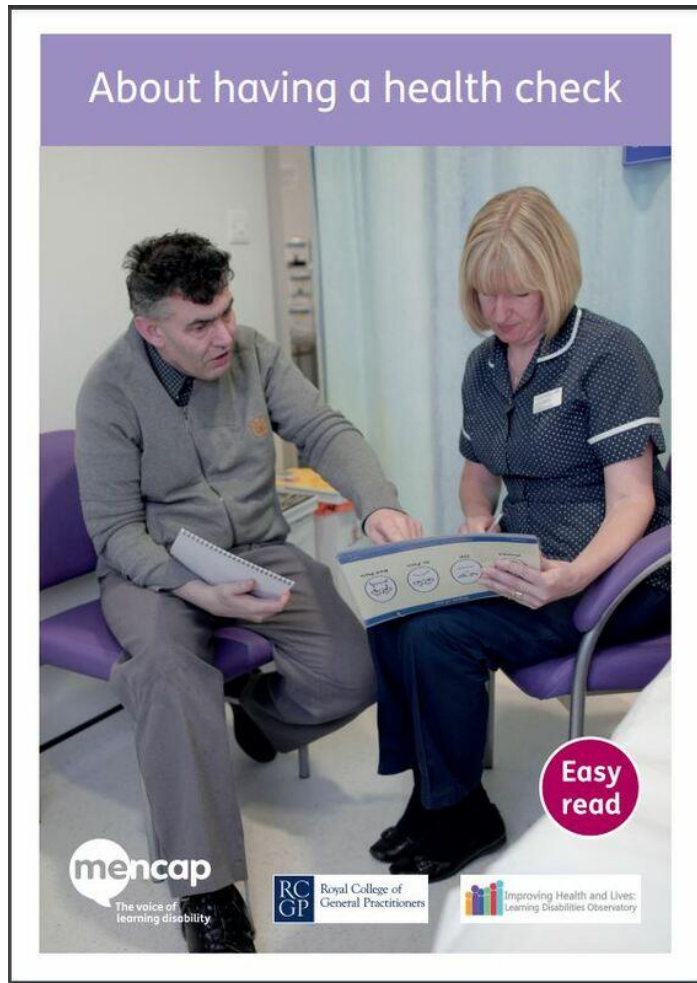
Cardio vascular disease

Children's services

Specific objective to also reduce health inequalities for people with LD in particular

Annual health checks are key to this - expectation that GP practices will ensure at least 75 % of the people on their LD register have an annual health check.

Annual Health Checks



**Vale of York CCG
practices at 79.4% at the
end of March 2021**

- All Vale of York CCG practices are signed up to offer to people to people age 14 and above on GP practice LD register – opportunity to develop relationships with young people who may only have seen Paediatrician previously
- GP practices are paid £140 per completed check

Practices are required to:

1. Undertake relevant training
2. Regularly review and update their learning disability registers
3. Use health check protocols clinical templates
4. Produce a health action plan
5. Some variation across the Vale of York in how these done

Feedback from people with Learning Disabilities about accessing primary care...

I ring up and they don't know what I'm talking about when I ask for a health check

I like the nurse - she knows me well and lets my carer come with me

They talk to my carers and not me

Some of the equipment looks scary

I can't remember what they told me - I need them to write it down so I don't forget (Health action plan)

Sometimes the waiting room is too busy - I want to wait somewhere quiet

They don't explain things in simple words

Learning Disabilities Registers

- People with a learning disability will only be offered a health check unless they are on a GP practices register
- Recent local searches been done to identify people as the numbers aren't reflective of local population (increased by 250+ in the past 12 months since the training)
- Raise awareness
- Have you checked when people you support with learning disabilities annual health check was and if they are on the practice's register?

Reasonable adjustments -

Everyone is an individual so these will vary from person to person

- **Inviting the person** - A phone call may be more useful than a letter - can discuss what support is needed for a good health check.
- **Communication** - Think about body language, words you use, easy read, etc. Help people remember what was talked about by using the health action plan.
- **Clinic area** - Think about environment, noise levels, quiet sessions, desensitisation, distractions.
- **Joint working** - Work with social prescribers, health & social care teams, Self advocacy groups etc

This is not an Annual Health Check...

- Hello.
- Do you drink alcohol?
- Do you smoke?
- What do you weigh?
- What is your height?
- Blood Pressure check.
- Goodbye.



Annual Health Check (AHC)

- Completed by a GP or Nurse supported by GP
- Longer appointment – usually 30-45 min
- Covers key points from National Framework (based on Cardiff protocol)
- Comprehensive full system review to assess for potential clinical red flags
- Vaccinations
- Screening promotion (e.g. cancer screening – cervical, bowel or breast)
- Pain scores and body maps
- Swallowing (dysphagia) and chest infections (**one of the biggest killers**)
- Dental support
- Continence and constipation (may ask about Bristol stool chart)
- Vision and hearing
- Contraception and sexual health
- Carer and social support
- Safeguarding
- General: lifestyle, bloods, basic observations (Weight, BMI, Blood pressure, urinalysis, pulse)
- Health action planning



Health Action Plans:

- Does the person need to come back for any further checks? E.g. bloods
- Do they need to be supported to lose weight, give up smoking, develop confidence?
- Would they benefit from accessing things in local community?
- Who else can help? social prescriber link workers, care coordinators, health and wellbeing coaches, local area coordinators?
- Think about referrals to social prescribing / link workers attached to your practice
- Think about referrals to Community Learning Disability Teams
- Lets not make this a tick box process!
- Vaccinations – Flu / covid vaccine

Health Action Plan:

To be given to person at end as reminder of discussion

Print off and fill in as you go through the template



staying healthy

Annual Health Check Action Plan
..... Surgery

Patient Name:

Who supported me today:

Date of Annual Health Check:

Who completed check:

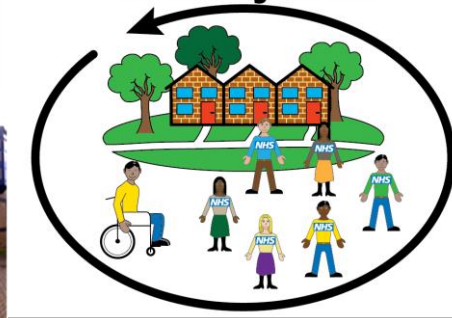
	Tick where needed:	Further Action Required: Turn to page
We found you are in good health. You require no further treatment.		
Your next Annual Health Check will be on: 8.00 11.00 1.00 3.00		Date:.....

1

social prescribing



community learning disability team



What can you do to help to increase the uptake of health checks or quality of them?

Check date of last check?
Was it more than
12 months ago?

Does the practice need to be
aware of any reasonable
adjustment (e.g. sensory
problems)

Check if the person is
on the practices
learning
disability health check
register

Has the practice sent a pre-
questionnaire to help at the
check? (e.g. history of other
appointments or screening)

"Health is
everybody's
responsibility" video
on [YouTube](#)

What can you do to help to increase the uptake of health checks or quality of them?

Does the person
consent to having a
carer being present at
the check? (e.g. taking
notes)

Easy read information all
about the health checks

Support to
implement the actions in
the persons health
action plan (e.g. healthy
eating, increasing
physical activity)

People First
Speaking out in Merseyside



Red Flag Roadshows

People First Merseyside have been asked to deliver peer led training for people with learning disabilities in your area.

The training is designed to raise awareness of the signs and symptoms that could lead to cancer and how to have good lung health.

Our Roadshows are fun and interactive using role play and group activities, best of all they are **FREE!**



York Roadshow

Friday 17th September 2021
9.30am — 11.30am

Priory Street Centre, Main Hall
15 Priory Street
York
YO1 6ET

To book your place contact:



07864 968132



nyccg.engagement@nhs.net

Resources

- **Short video** - Health is Everybody's Responsibility <https://youtu.be/p4T9QrUchTU>
- **PHE Guidance** - Annual health checks for people with learning disabilities: (includes further resources and Easy Read accessible resources) <https://www.gov.uk/government/publications/annual-health-checks-and-people-with-learning-disabilities/annual-health-checks-and-people-with-learning-disabilities#further-resources>
- **NHS England guidance** - Annual health checks: <https://www.england.nhs.uk/learning-disabilities/improving-health/annual-health-checks/>
- **Royal College of General Practitioners** step-by-step toolkit for annual health checks: <https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit.aspx>
- **Easy read letters / leaflets:**
 - <https://www.yourhealthmatters-leeds.nhs.uk/get-checked-out-resources>
 - <https://www.england.nhs.uk/publication/easy-read-letter-health-checks/>
 - <https://www.easyhealth.org.uk>
 - <https://reachuk.org/about/coronavirus/>
- **NHS England Electronic clinical template guide:** <https://www.england.nhs.uk/wp-content/uploads/2017/05/nat-elec-health-check-ld-clinical-template.pdf>
 - Ardens Template - <https://support-ew.ardens.org.uk/support/solutions/articles/31000156745-learning-disability>
 - Instructions about EMIS / S1 Template - <https://www.england.nhs.uk/learning-disabilities/improving-health/annual-health-checks/#emis>
- Mencap freephone LD helpline 0808 808 1111
- National Autistic Society – 0808 800 4104

ask questions

