

Learning Disability Health Checks in Primary Care

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April 2013

There have been lots of reports that say that people with learning disabilities do not get good access to healthcare services and that people with a learning disability have more health needs than everybody else

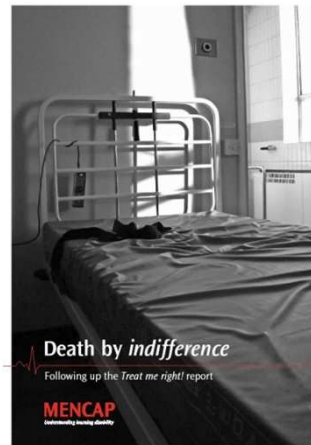
These are some of the reports



Treat me right!

Better healthcare for people with a learning disability

MENCAP
Leading learning disability



Learning Disability Health Checks



- The government has said that all people with a learning disability should be offered a health check every year as a way to improve their health
- Having a health check is a good way to check that a person with a learning disability is healthy. The person should always have a health check even if they think they are healthy
- Everyone should go for a health check even if they see other health workers like a community learning disability nurse or a psychiatrist

What should be included in the health check



The persons

- height
- weight
- blood pressure
- waist size
- urine test (wee)
- blood tests if you need them





The doctor or nurse should talk about these things at the health check:

- medication (tablets)
- smoking
- drinking alcohol (like beer or wine)
- diet (what you eat)
- exercise
- eyes, ears and skin
- things like epilepsy or diabetes
- going to the toilet
- advice to help you have safe sex
- checking your private parts
- problems eating and drinking safely
- how to stay healthy
- sleeping well



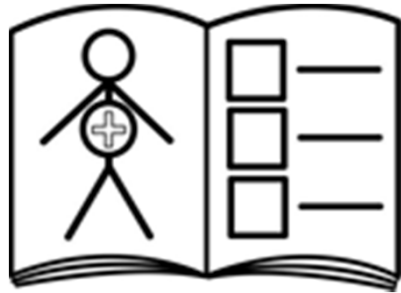
you should talk to the doctor or nurse if you are feeling very happy or very sad

Other things that might happen



- There might be some other things that the doctor or nurse needs to do if you have a syndrome or condition that means you are more likely to have some health problems
- For example people with Down Syndrome should have a blood test to check that their thyroid is working properly (this is a part of your body that helps to make your hormones)
- The doctor might want to listen to your heart to check it is ok
- The doctor might need to feel your tummy to make sure everything is ok

Health Action Plans

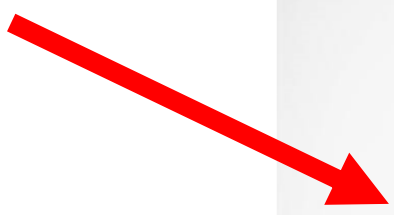


- The health action plan is something that can help a person with a learning disability to be healthy
- If you already have a health action plan take it with you to the health check appointment and show the doctor or nurse
- Any advice or actions that the doctor or nurse gives you during your health check should then be written on your health action plan to help you to do it when you go home

Health Action Plan Facilitator

Whoever knows the person best

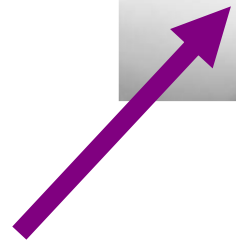
Friend



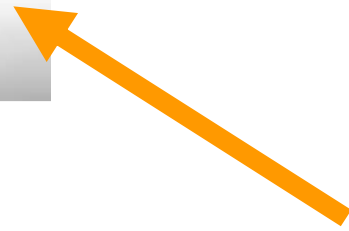
Relative



Key worker



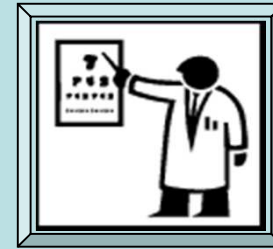
Parent



The help I need



Help me weigh myself and think about my weight.



Help me relax at the opticians



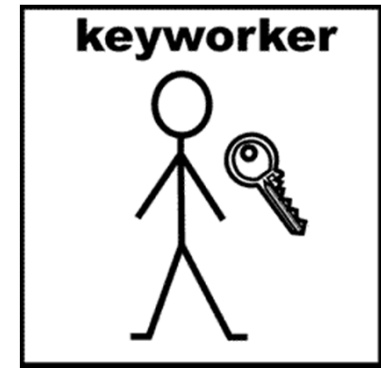
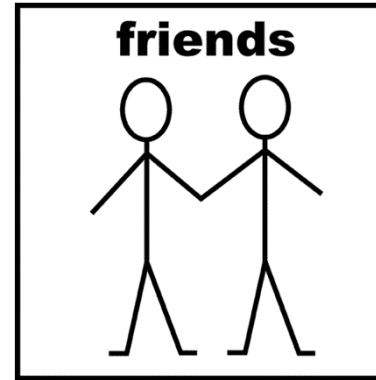
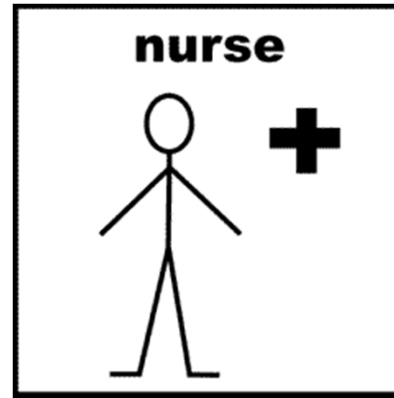
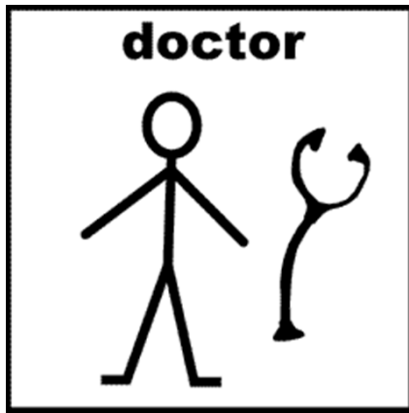
Check I have taken my tablets



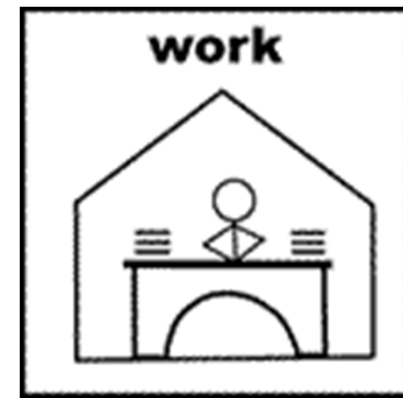
Help me prepare before I see my doctor.



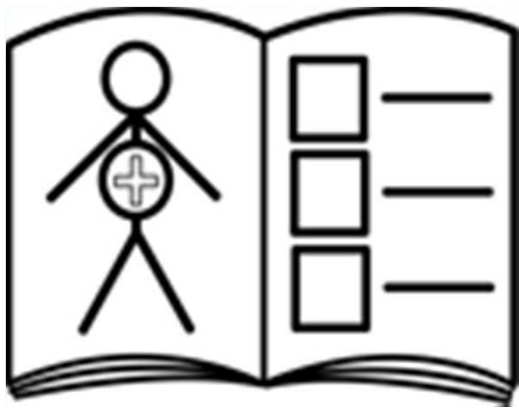
Encourage me to brush my teeth



Who needs to see the health action plan?






Health Action Plan Training




- We run a course every month in Leicester
- 2 courses per year take place here in Rutland
- This year the training in Rutland is happening on Wednesday the 23rd of April or Thursday the 25th of September
- You can book a place by emailing sam.screaton@leicspart.nhs.uk

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Health Check Resources and Guidance

www.rcgp.org.uk

<http://www.rcgp.org.uk/clinical-and-research/clinical-resources/learning-disabilities.aspx>

For help and support you can contact the Learning Disability Primary Care Liaison Nursing Team



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