

# The Learning Disability Annual Health Check

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Clinical Lead



# What we know:

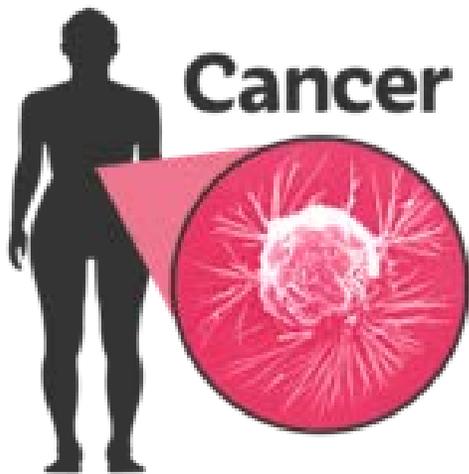
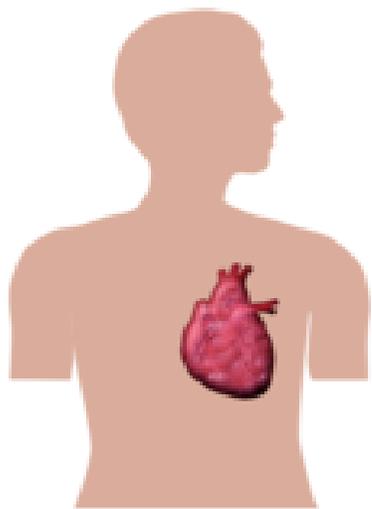
People with learning disabilities have **poorer physical and mental health** than other people. This is **not inevitable**.

The **average age of death** for people with a learning disability is 65 for men and 63 for women. (Average age of death of 78 for men and 83 for women in the general population)

37% of people with a learning disability die from **avoidable causes**, compared with 8.8% of the general population

Only 49% of adults with a learning disability on the GP or health register in England received an **annual health check** in 2014-15

Annual health checks **can reduce health inequalities**, but not enough people with a learning disability get them



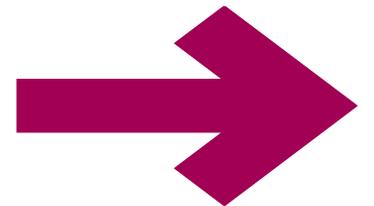
# Why is it important?

- 2010 – IHAL review of the evidence shows that health checks improve:
  - the detection of unmet, unrecognised and potentially treatable health needs (including serious and life threatening conditions such as cancer, heart disease and dementia)
  - targeted actions to address these health needs
- Recent study in The Lancet showed GP practices in the ES had:
  - increased rates of general and specific health assessments
  - increased identification of co-morbidities
  - more health action plans and secondary care referrals

# 5 Determinants of Health Inequalities

Detailed evidence reported by the Public Health Observatory shows there to be five discernible determinants of the health inequalities commonly experienced by people with learning disabilities:

- Social determinants
- Genetic and biological determinants
- Communication difficulties and reduced health literacy
- Personal health behaviour and lifestyle risks
- Deficiencies in access to and quality of health provision



# Significant health problems for people with a learning disability

- Obesity
- Epilepsy
- Severe mental illness
- Dementia
- Diabetes
- Gastrointestinal problems eg constipation, gastro-oesophageal reflux disorder, dysphagia
- And many others



Public Health  
England

# Better Health is Good for Everyone!

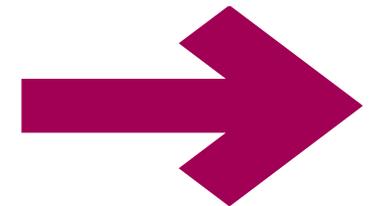


## Everyone needs to help –

- Children, young people & adults with learning disabilities
- Families
- Paid carers
- Primary Care (GP's)
- Learning Disability Teams
- Other health services



## Everyone can make a difference



# What do we need to do?



- Ensure that everyone who has a learning disability of any age, is on the GP learning disability register – see Mencap ‘Don’t Miss Out campaign’  
<https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks>
- Ensure that as many people aged 14 and over have a health check each year.
- Ensure the health check is meaningful and of good quality
- Ensure that everyone has a health-check action plan

# The Learning Disability Direct Enhanced Service

A large teal arrow pointing to the right, with a white banner across its center containing the text 'Health checks'.

## Health checks

- Practices should invite all patients on the health check register for a review of physical and mental health annually.
- As a minimum the health check should include:
  - A collaborative review with the patient and carer (where applicable) of physical and mental health including: health promotion, chronic illness and symptoms enquiry; physical examination; epilepsy, dysphagia, behaviour and mental health and specific syndrome check
  - Accuracy and appropriateness of prescribed medication checked
  - A review of co-ordination arrangements with secondary care
  - A review of transition arrangements (where appropriate).
  - A review of communication needs
  - A review of family and carer needs
  - Support for the patient to manage their own health and make decisions about the health and healthcare

# Improving the quality of the GP health check

## The plan:

- Discuss the content of the health check at national level with the General Practitioner Committee of the BMA ✓
- Develop a National computer template for the health check ✓
- Develop guidance to go alongside the template – RCGP step-by-step toolkit ✓
- Develop guidance for people with a learning disability, families and carers about the importance and specific aspects of the health check ✓
- Develop guidance for improving & monitoring quality of health checks
- Develop guidance on training to GP practices on providing health checks





# Ambitions

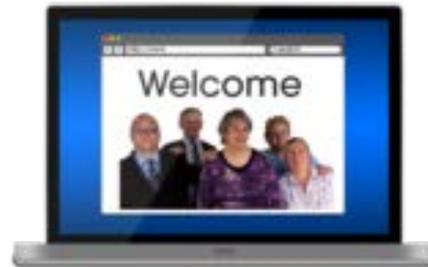
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- Increase the number of people with a learning disability (all ages) identified on GP registers – 10% increase year on year
- For 75% of those on GP registers, and eligible for AHCs, to have had one – by March 2020
- Progress monitored quarterly
- Improve Quality

# The National Template

There is a summary and overview on NHS England website -

<https://www.england.nhs.uk/wp-content/uploads/2017/05/nat-elec-health-check-ld-clinical-template.pdf>



# The template

- Has a practice nurse section
- Has a GP section
- Can automatically produce an easy read health-check action plan



# The health-check action plan

Learning Disability – Health Check Action Plan

Details of person completing this form		Name	TEST, Emis (Dr)
	Date form completed	07-Jun-2017	
	Position		
About Me		Forename	Doris
	Surname	Barnett	
	Date of Birth	15-Oct-1996	
	Gender	Female	
	Registered GP	TEST, Emis (Dr)	
	NHS Number		
Allergies		Allergies	Allergies No allergies recorded.
			

Health Goals for me to do

	Diet	07-Jun-2017 <b>Patient advised re diet</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.						
	Exercise	07-Jun-2017 <b>Patient advised re exercise</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.						
	Weight	<table border="1"> <thead> <tr> <th>Weight</th> <th>Units</th> <th>Value</th> </tr> </thead> <tbody> <tr> <td>11-May-2017</td> <td>kg</td> <td>60</td> </tr> </tbody> </table>	Weight	Units	Value	11-May-2017	kg	60
	Weight	Units	Value					
	11-May-2017	kg	60					
	Smoking	07-Jun-2017 <b>Smoking cessation advice</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.						
	Drugs	07-Jun-2017 <b>Lifestyle advice regarding drug misuse</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.						
	Alcohol	07-Jun-2017 <b>Patient advised about alcohol</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.						
Sexual Health	07-Jun-2017 <b>Advice given about risks of unprotected sexual intercourse</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.							
Contraception	07-Jun-2017 <b>General contraceptive advice</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.							
Mental Health	07-Jun-2017 <b>Mental health information leaflet given</b> : - Details Text for illustration purposes. Screenshots in no way show live patient data.							

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# The final message!

We all have to work together to ensure that:

- People with a learning disability and their carers understand the benefit of the health check
- People are proactive in asking for a check
- GP practices are well organised to make it work for people
- The health check action plan is meaningful
- Community learning disability teams support the process



# Thank you for listening!

## Resources:

- For more information on NHS England's **Learning Disability Programme** - <https://www.england.nhs.uk/learning-disabilities/>
- Mencap '**Don't miss out**' - <https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-guides>
- NDTi & VODG **guide for Social Care staff** - <https://www.ndti.org.uk/resources/publications/better-health-for-people-with-learning-disabilities>
- RCGP **Step by Step guide** - <http://www.rcgp.org.uk/clinical-and-research/toolkits/health-check-toolkit.aspx>
- **National Learning Disability Health Check** - <https://www.england.nhs.uk/gp/gpfpv/investment/gp-contract/>
- **Summary Care Records with Additional Information**- <http://webarchive.nationalarchives.gov.uk/20160921135209/http://systems.digital.nhs.uk/scr/additional>
- **Delivering high quality end of life care for people with a learning disability**. Resources and tips for commissioners, service providers and health and social care staff. - <https://www.england.nhs.uk/publication/delivering-high-quality-end-of-life-care-for-people-who-have-a-learning-disability/>
- **STOMP** information - <https://www.england.nhs.uk/learning-disabilities/stomp/>

# Things being developed



- **Diabetes Pathway** – due to be published
- UCL Report – **Social Determinates of Health Inequalities** - draft
- PHE – **Improved Screening for vulnerable groups** - starting
- **Flagging project** – NHS Digital & NHS England
- **End of Life Guide**
- **Point of Contact** – diagnostics (Lab in a Bag)
- **Understand People's Health Needs**– Data into intelligence - AHC, GP registers & beyond
- **Reasonable Adjustment Standards**
- **Regional workshops** about AHCs for GPs & commissioners