

A Guide to Health Checks

For Commissioners, GPs & Specialist Health Professionals



What We Know

People with a learning disability can have poorer health than other people.



They do not always know when they are ill or need to see a doctor.



They may not be able to tell people that they feel unwell or different.



An annual health check helps people stay well by finding out about any health problems early, so people get the right care.



People should get a health check action plan after an annual health check to help them with any personal health issues.



Having an annual health check can also help the person get to know their doctor and other staff.



Annual health checks are for adults and young people aged 14 or over with a learning disability.



What Commissioners, GPs and Health Professionals Need to Know

A partnership approach between primary care and specialist learning disability staff works best, particularly when the partnership includes social care, people with learning disabilities and families.

Commissioners also play an important role with regard to increasing the quantity and quality of health checks locally. They can foster a culture of ownership of health checks that goes beyond specialist learning disability services, and a spirit of partnership working.

They can also use available data to keep people informed of progress locally.

Questions for Commissioners, GPs and Health Professionals

- 1 Are the reasons for providing health checks to people with learning disabilities well understood, and are health checks 'owned' by mainstream primary care services as well as learning disability services?
- 2 Do commissioners, health professionals and GPs know about local data on health checks and use this to plan their interventions?
- 3 Do health professionals such as primary care liaison nurses and health facilitators work in partnership with GPs, supporting them to deliver annual health checks?
- 4 Do they work with the practice to make sure that appropriate reasonable adjustments are in place?
- 5 Are there regular checks on Did not Attends (DNAs), and do primary care liaison nurses/health facilitators work with GP practices to alter practice depending on the reasons for the DNAs?
- 6 Do primary care liaison nurses/health facilitators provide a mix of formal training and informal support tailored to the needs of the practice?

- 7 Do primary care liaison nurses and health facilitators work with the practice to provide outreach support if it is really too difficult for someone to attend the surgery?
- 8 Who are primary care liaison nurses/health facilitators accountable to? Are they able to easily access primary care meetings to raise the profile of annual health checks?
- 9 Has the quality of health checks been audited?
- 10 Are there information sharing protocols so that it is easy for primary care liaison nurses/health facilitators to update the register?
- 11 Is any information on the impact/effectiveness of health checks collected and shared?
- 12 Are stakeholders (people with learning disabilities, families, social care providers and health professionals) kept informed of the data on health checks?
- 13 Is there a plan to increase uptake of health checks that includes all stakeholders (people with learning disabilities, families, social care providers and health professionals)?
- 14 Do people with learning disabilities in Assessment and Treatment Units get annual health checks?
- 15 Is the commissioner and/or senior professionals involved in any health networks for sharing good practice?



Resources

There is a wide range of resources available for commissioners, GPs and health professionals. There are data sets and policy documents as well as resources aimed at primary care and GPs and some designed for use by Primary Care Liaison Nurses, Health Facilitators or similar. To help you choose which ones are best, there is a short description of each resource, where it is from and what it covers:

<https://www.ndti.org.uk/resources/useful-tools/health-check-resources>



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