The Learning Disability Annual Health Check

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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
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

www.england.nhs.uk
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’

• 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

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

- 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 -
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

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<thead>
<tr>
<th>Date</th>
<th>Status</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>01-Jun-2017</td>
<td>Patient notified to diet</td>
<td>Details text for illustration purposes. Screenreader in no way shows live patient details.</td>
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<td>02-Jun-2017</td>
<td>Patient advised to exercise</td>
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<td>03-Jun-2017</td>
<td>Weight noted</td>
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<td>Smoking cessation advice</td>
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<td>05-Jun-2017</td>
<td>Lifeskills advice regarding drug misuse</td>
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<td>06-Jun-2017</td>
<td>Patient advised about alcohol</td>
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<td>08-Jun-2017</td>
<td>General contraception advice</td>
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<td>09-Jun-2017</td>
<td>Mental health information leaflet given</td>
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**Allergies**

<table>
<thead>
<tr>
<th>Allergies</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>No allergies recorded</td>
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</tr>
</tbody>
</table>
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/


- **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