



Health Checks and Health Action Plans



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Purpose of the presentation

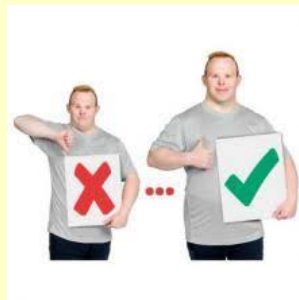
- An update on the health checks and health action plans.
- To tell you what is happening across the county in the GP practices.
- A good time to ask questions and think about health planning.

Primary Care Liaison Nurse Team



- Team of 3 Learning Disability Nurses
- Siouxi Nelson – West Leicestershire
- Sam Screatton – East Leicestershire and Rutland
- Louise Hammond - City

What do we do?



- Work in Doctor's surgery's, dentists (teeth), optician (eyes) and more.
- Make it easier for people to access health care and check that people have good healthcare treatment the same as everyone else.
- Find out how things can be done better in primary health care and make plans to get them done.

Annual Health Check



- Which you have at your usual Doctors, it is called a Learning Disability Annual Health Check.
- A full check from your head to your toes.
- Once a year.
- When you are well.

What to expect?



- Everyone is different.
- So every health check is different.
- But here are some things you can expect.



- A physical health check
- Everything from your head to your toes



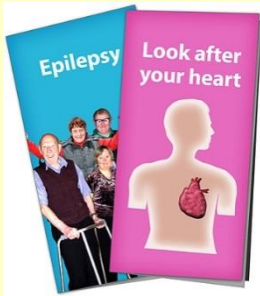
- A check on your mental health



- Medication check



- If you have any condition that will be looked at too.
- Epilepsy
- Diabetes



- You might be given information for future checks so that you can prepare
- Breast screening
- At the end of your appointment you will be given a Health Action Plan.

Health Action Plan

What needs to happen - My Health Action Plan - Name


Health Need	When this was last checked and how	Goal	Action	Who helps me	When does this need to be looked at again

- At your health check you will be given a health action plan. This will be a list of the things you talked about in your health check that you and you doctor/nurse want to do to help you have better health.



- This will help towards your own health action plan.


Health Action Plans - Bring them to your appointments!



My Health Plan


Name _____

What I do that affects my health



Smoking
The most recent information about this is:
Cigarette smoker


I would like to reduce my smoking: Yes ☐ No ☐



Alcohol
How much do I drink every week?

More than 14 units a week is bad for my health


I would like to reduce my drinking: Yes ☐



Healthy diet
My weight is 80 Kg


I eat healthy food: Yes ☐ No ☐

I would like to eat more healthy food: Yes ☐



Exercise

I would like to do more exercise. Yes ☐



My next health check will be:

What needs to happen – My Health Action Plan - Name _____

Health Need	When this was last checked and how.	Goal	Action	Who helps me	When does this need to be looked at again

Target

75%

NHS England have asked everyone to try
and get more people to have their health
check

Better Health Checks... Not just a number



1. Computer template changes:
 - Less pages
 - More on each page
 - Physical check on same page
 - Health Action Plan



2. Check the registers
16% removed
8% added (*raw data*)



3. STOMP (Stopping Over Medication of People with learning disabilities) review can be booked from the health check.



4. Practice Nurse Event

- Diabetes
- Cervical screening
- Blood taking
- Bowel care

Cervical Screening Workshop and Clinic for women with Learning Disabilities

March 2020

#dontfearthesmear



Questions?