

Learning Disabilities Annual Health Check

Module 1

Why do a Learning Disabilities Annual Health Check?

- ▶ In England, people with Learning Disabilities die 20 years younger than the general population
- ▶ 20-25 yr olds have same multimorbidity as 50-54 yr olds
- ▶ Increased prevalence of disease
 - ▶ Epilepsy
 - ▶ Constipation
 - ▶ Visual Impairment
 - ▶ Hearing loss, Eczema, Dyspepsia, Thyroid issues, Obesity, Mental Health, Parkinsonism
 - ▶ Reduced prevalence of CHD and COPD
- ▶ LD patients tend to have reduced continuity amongst GPs and shorter consultations
- ▶ Vulnerability
- ▶ Patients with Learning Disabilities often have difficulty recognizing and communicating their needs and making timely use of primary care services

WHY DO A LD HEALTH CHECK?

- ▶ “All the relevant scientific studies consistently report that LD health checks lead to detection of unmet, unrecognised and potentially treatable health needs”
- ▶ The annual health check offers an opportunity for protected time for a comprehensive “head to toe” health check with a person’s GP and practice nurse. GPs and practice nurses are true generalists and our whole-patient oriented view of disease is likely to be more useful than a disease oriented specialist view for people with learning disabilities.

▶ Quality Checking Health Checks for People with Learning Disabilities NHSE 2017

WHAT SHOULD THE LD AHC INCLUDE ? (1)

- ▶ The contract guidance specifies details of the checks required,
- ▶ including that they should be undertaken by an appropriately trained provider and based on a protocol that as a minimum covers:
 - ▶ a collaborative review of physical and mental health with referral through the usual practice routes if health problems are identified. This includes conditions such as epilepsy and dysphagia
 - ▶ a specific syndrome check
 - ▶ a check on the accuracy of prescribed medications
 - ▶ a review of whether vaccinations and immunisations are up-to-date, for instance seasonal influenza or hepatitis B
 - ▶ a review of coordination arrangements with secondary care

What should the LD AHC include? (2)

- ▶ □ a discussion of likely reasonable adjustments should secondary care be needed
- ▶ □ a review of communication needs, including how the person might communicate pain or distress
- ▶ □ a review of family carer needs
- ▶ □ offering support to the patient to manage their own health and make decisions about their health and healthcare, including through providing information in a format they can understand any support they need to communicate
- ▶ □ a review of transition arrangements where appropriate

Between 24 January and 20 November 2020 in England, the risk of death involving the coronavirus (COVID-19) was 3.1 times greater for more-disabled men and 1.9 times greater for less-disabled men, compared with non-disabled men;

Among women, the risk of death was 3.5 times greater for more disabled women and 2.0 times greater for less-disabled women, compared with non-disabled women.

Looking at people with a medically diagnosed learning disability, the risk of death involving COVID-19 was 3.7 times greater for both men and women compared with people who did not have a learning disability; after using statistical models to adjust for a range of factors, a raised risk of 1.7 times remained unexplained for both sexes.

Patterns in excess COVID-19 mortality risk experienced by disabled people remained largely unchanged between the first and second waves of the pandemic. (ONS 11/2/2021)

Home

Diagnosis

Background

Support

Lifestyle

Physical Health

Mental Health

Screening

Drugs

Resources

View

Learning Disability

ardens

help & feedback

Pre-Review

Invitation

Questionnaire

Review

★ Assessment

Safeguarding

Capacity

★ Action plan

Patient action plan

Colleague action plan

Questionnaire

Online Questionnaire

RCGP Questionnaire

Safeguarding

Decisions & Mentoring

Phlebotomy Test

Short Action Plan

Long Action Plan

Colleague Plan

★

★

Planning

Special Note

Treatment Escalation Plan

Resus status appropriate

BMA + NHSE Discuss & review any existing DNACPR above to ensure it is appropriate

Communication needs

Records

Consent to share record with:

Declined consent to share with:

SCR-AI

Local Shared Record

Other

Ethnicity

R X

Future Care Plan

<< Click here

<< Click here

Resus form

Communication Needs

Sharing Records

TPP Share In/Out

31

Information

Print

Suspend

Ok

Cancel

Show Incomplete Fields

Diagnosis



	Significant impairment of intellectual functioning	<input type="checkbox"/>			LD Screening Tool		LD Inclusion Tool
and	Significant impairment of adaptive behaviour / social functioning	<input type="checkbox"/>					
and	Both impairments arising before adulthood	<input type="checkbox"/>					

Register	<input type="text"/>	
Severity	<input type="text"/>	

Mild learning disabilities

Approximate IQ 50-69 or a mental age of 9-12 years.

Some may not have been diagnosed with learning disabilities because they function and adapt well socially.

Characteristics may include:

- Able to communicate using spoken language and have reasonable skills.
- May be able to use a mobile phone and text.
- Likely to have had some learning disabilities in school.
- Difficulties holding down employment.
- May be able to effectively manage their own personal care needs with minimal support.
- May have more significant difficulties in expressing ideas and feelings in words.
- Limited ability to abstract and generalise what they learn.
- Limited attention-span, slow speech and language development.
- Difficulties with reading, writing and comprehension. This may in turn affect their self-esteem and confidence.

Moderate learning disabilities

Approximate IQ 35-49 or a mental age of 6-9 years.

Changing the consultation date will affect all other data entered. To avoid this, cancel and press the 'Next' button [Hide](#)

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Background



Family & friends

 Care Team

Likes & dislikes



Capabilities



Safety



Routine



Worries & concerns




Personality




Eating & drinking



Religion & beliefs

 Religion and

Communication

 CommunicIn transition from
children's to adult care
service

Information

Print

Suspend

Ok

Cancel

Show Incomplete Fields



Support



Care	Personal care	<input type="text"/>		Housing & ADLs
	Bathing	<input type="text"/>		
	Dressing	<input type="text"/>		
	Feeding	<input type="text"/>		
	Hydration	<input type="text"/>		
	Toileting	<input type="text"/>		
	OT	<input type="text"/>		
DoL	DoL	<input type="text"/>		Deprivation of Liberty
Education	Education	<input type="text"/>		New School
	Education plan	<input type="text"/>		
Housing	Housing	<input type="text"/>		Housing
	Housebound	<input type="text"/>		
	Housing	<input type="text"/>		
Mobility	Mobility	<input type="text"/>		
	Mobility support	<input type="text"/>		
Relationships	Personal status	<input type="text"/>		Care Team & Relation...
	Relationships	<input type="text"/>		
Work	Employment	<input type="text"/>		Med3 & Letters
	Work	<input type="text"/>		
Care Team	Carer	<input type="text"/>		Care Team & Relation...
	Carer consent	<input type="text"/>		
	Social services	<input type="text"/>		
Reasonable adjustments for health & care access		<input type="text"/>		

Lifestyle & Wellbeing



Smoking

Smoking	<input type="text"/>		Smoking
e-Cigarette	<input type="text"/>		
^Advice	<input type="text"/>		

Exercise

Exercise	<input type="text"/>		Lifestyle
Advice	<input type="text"/>		

[Easy Read](#)

Diet

Diet	<input type="text"/>	
Swallowing	<input type="text"/>	

[Easy Read](#)

Alcohol

Alcohol	<input type="text"/>		Alcohol Screening
Advice	<input type="text"/>		

SM

Substance Mi...	<input type="text"/>		Substance Misuse
Advice	<input type="text"/>		

Sexual Health

Sexual activity	<input type="text"/>		Contraception
Abuse	<input type="text"/>		
Contraception	<input type="text"/>		
Advice	<input type="text"/>		

Health Promotion

Promotion	<input type="text"/>		Lifestyle Wellbeing
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Allied HCP

Dentist	<input type="text"/>	
Optician	<input type="text"/>	

Social Prescriber

Social prescri...	<input type="text"/>		Social Prescribing
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Physical Health



[help & feedback](#)

ENT	<input type="text"/>			<< CLICK
Dental + Oral	<input type="text"/>			<< CLICK
Cardiovascular	<input type="text"/>			<< CLICK
Respiratory	<input type="text"/>			<< CLICK
Gastrointestinal	<input type="text"/>			<< CLICK
Genitourinary	<input type="text"/>			<< CLICK
Gynaecological	<input type="text"/>			<< CLICK
MSK	<input type="text"/>			<< CLICK
Neurology	<input type="text"/>			<< CLICK
Skin	<input type="text"/>			<< CLICK
Syndrome Symptoms	<input type="text"/>			<< CLICK

General

Examination	<input type="text"/>		Temp	<input type="text"/>	C	
Weight	<input type="text"/>	Kg		RR	<input type="text"/>	breath...
Height	<input type="text"/>	m		Oxygen sats	<input type="text"/>	%
Waist circumfer...	<input type="text"/>	cm		BP	<input type="text"/>	mmHg
BMI	<input type="text"/>	Kg/m ²		Pulse rate	<input type="text"/>	bpm
BMI Calculator...				Pulse rhythm	<input type="text"/>	
Urinalysis						

Chaperone

Name	<input type="text"/>		None	<input type="text"/>	
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Information

Print

Suspend

Ok

Cancel

Show Incomplete Fields

Mental Health



Mood

★ Screening



Communication Needs

During the last month, have you often (most days, most of the time, for at least 2 weeks) been bothered by...

Feeling down, depressed or hopeless



Having little interest or pleasure in doing things



Impressor

Normal mood

☐


If no to both questions

Depressed mood

☐


If yes to either question

Advice given

☐


[Leaflet](#)

PHQ-9



PHQ-2 & PHQ-9

IAPT Referral



Mental Wellbeing Infor...

Behaviour

Behaviour



Abbey Pain Assessm...

Challenging Behavi...

Notes



<< CLICK

Dementia

Screening



Memory Screening



[Lincolnshire Questionnaire](#)



[Alzheimer's Society](#)

Screening



Cardiovascular	CVD risk assessment done	<input type="checkbox"/>	CVD Screening
LTCs	LTC review discussed	<input type="checkbox"/>	Long Term Condition Review (Including Chol, HbA1c & TSH if indicat
Consider	Osteoporosis risk assessment done	<input type="checkbox"/>	Osteoporosis Risk Assess...
Seizures	Recent seizure <input type="text"/>	<input type="checkbox"/>	Epilepsy

Cancer - Women	Advice about breast examination	<input type="checkbox"/>	Breast checking info pack	Easy Read	MacMillan
	Advice about breast screening programme	<input type="checkbox"/>	Breast Cancer Screening	Easy Read	Patient.info
	Advice about bowel screening programme	<input type="checkbox"/>	Bowel Cancer Screening	Easy Read	Patient.info
	Advice about cervical smear	<input type="checkbox"/>	Cervical Cancer Screening	Easy Read	Patient.info
Cancer - Men	Advice about testicular examination	<input type="checkbox"/>		Easy Read	CancerUK
	Advice about bowel screening programme	<input type="checkbox"/>	Bowel Cancer Screening	Easy Read	Patient.info
	Advice about prostate cancer screening	<input type="checkbox"/>	Prostate Cancer Risk Mana...	Easy Read	Patient.info
	Advice about AAA screening	<input type="checkbox"/>	Aortic Aneurysm Screening	Easy Read	

Immunisations	Influenza immunisation advised	<input type="checkbox"/>	Influenza Imms
	Hepatitis B immunisation recommended	<input type="checkbox"/>	Hepatitis B Immunisation

Drugs



- ★ Structured medication review ☐ Drug Review
- Medication review done ☐ Run Safety Check
- ★ DRUM done ☐ For dispensing practices only
- Antipsychotic medication review ☐ STOMP
- Polypharmacy medication review ☐ Polypharmacy Review
- Allergies checked & reconciled ☐ Allergies

Allergies & Sensitivities

10 Jun 2000 PHENOXYMETHYLPENICILLIN

Current Acutes

Enoxaparin sodium 60mg/0.6ml solution f...	16 Jun 2010
Amoxicillin 500mg capsules tds	15 Jun 2010
Isotretinoin 20mg capsules od	15 Jun 2010
Trastuzumab 150mg powder for solution f...	27 Jan 2011
ReadyWrap calf wrap large 35cm Beige (L...use as directed	22 Mar 2021
ReadyWrap extender strap Beige (Lohma... use as directed	22 Mar 2021

Current Repeats

Epimax original cream (Aspire Pharma Lt...28 Feb 2020...Use m...	100 gra...	\$	—
Gliclazide 80mg tablets (Actavis UK Ltd)	13 Aug 2019...take on... 28 tablet	\$	—
Metformin 500mg tablets	07 May 2020...take tw... 224 tab...		—
Methotrexate 2.5mg tablets	Reauthorised 5mg (t... 8 tablet	\$!
Omeprazole 20mg gastro-resistant caps...	26 Jul 2019,...take on... 7 caps...		—
Rivaroxaban 20mg tablets	Never take on... 28 tablet	\$	

Previous Meds


Paracetamol 120mg/5ml oral suspension... use As directed	27 Apr 2009
Paracetamol 120mg/5ml oral suspension... use As directed	22 May 2009
Cisplatin 10mg/10ml solution for infusion ... SUPPLIED BY HOS...	22 Jul 2009
Cisplatin 10mg/10ml solution for infusion ... SUPPLIED BY HOS...	18 Aug 2009
Paracetamol 250mg/5ml oral suspension... 1x5ml spoon 4 time...	03 Nov 2009

- MHRA Alerts
- IOS Dispensing
- Pharmacy
- New Acute
- New Repea...
- Print Prescri...
- Quick Print ...


Resources



















Assuring Transformation	https://www.england.nhs.uk/wp-content/uploads/
Blood tests	https://assets.publishing.service.gov.uk/government/uploads/system/
Bullying	http://www.unitedresponse.org.uk/what-to-do-if-you-feel-bullied
Cancer Screening	https://assets.publishing.service.gov.uk/government/uploads/
Constipation	https://www.england.nhs.uk/wp-content/uploads/
Dementia	https://assets.publishing.service.gov.uk/government/uploads/system
Flu	https://assets.publishing.service.gov.uk/government/uploads/
Financial Help	Looking after my money - Ardens OneDrive
Friendships	https://arcuk.org.uk/safetynet/files/2012/08/Friend-or-Fake-Booklet.pdf
Mencap Support	https://www.mencap.org.uk/sites/default/files/2017-03/Mencap%20Don%2527t%20Miss%20Out%2015.03.17.pdf
NHSE/ LeDeR Learning	https://www.england.nhs.uk/wp-content/uploads/2019/05/action-from-learning.pdf
Obesity & Weight	https://assets.publishing.service.gov.uk/government/uploads/system
Pharmacy	https://assets.publishing.service.gov.uk/government/uploads/system
Postural Care	https://assets.publishing.service.gov.uk/government/uploads/system
RCGP	http://www.rcgp.org.uk/learningdisabilities/
Sexual Exploitation	http://www.enable.org.uk/enabledirect/publications/
Sexuality & Relationships	https://www.mencap.org.uk/sites/default/files
Substance Misuse	https://assets.publishing.service.gov.uk/government/uploads/system

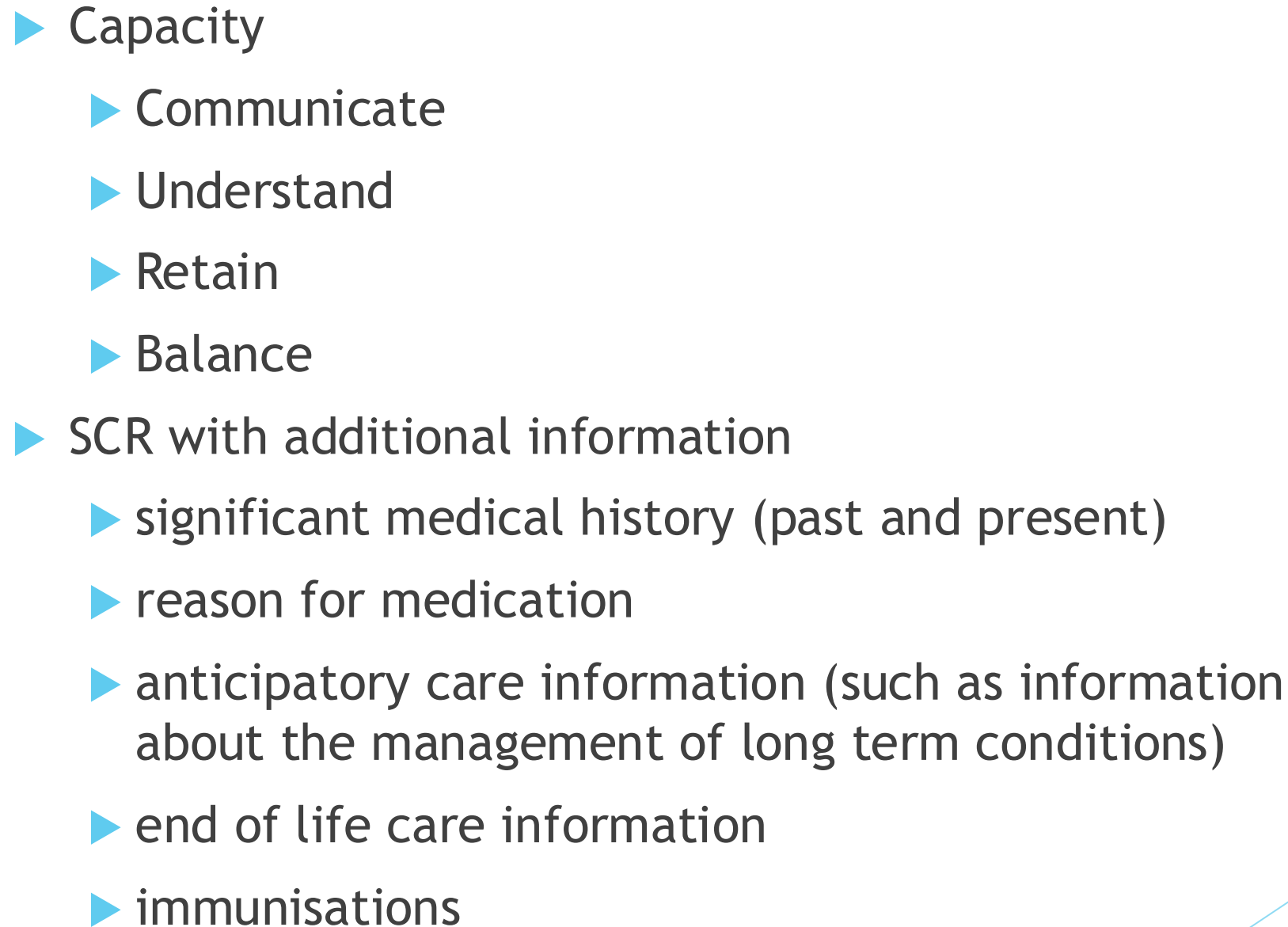
Leaflet given ☐ 

Local resources:  www.hertfordshire.gov.uk

 Send Message

To send message, highlight above > Copy with Ctrl+C > Click Send Message > Paste with Ctrl + V

 CKS	 eGuidelines		 Clarity	 GMC	 MDDUS
 Clinical Evidence	 GP Notebook	 NB Hot Topics	 FourteenFish	 RCGP	 MDU
 NICE	 NHS Choices		 Learning Notes	 RCN	 MPS

- 
- The background of the slide features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes create a dynamic, modern aesthetic on the right side of the slide.
- ▶ Capacity
 - ▶ Communicate
 - ▶ Understand
 - ▶ Retain
 - ▶ Balance
 - ▶ SCR with additional information
 - ▶ significant medical history (past and present)
 - ▶ reason for medication
 - ▶ anticipatory care information (such as information about the management of long term conditions)
 - ▶ end of life care information
 - ▶ immunisations

Screen 1

- ▶ EHC - Education, Health and Care plan
 - ▶ Ask to see Section G of EHC
 - ▶ describes the special health services required to address the child or young person's needs

STopping Over Medication of People with a learning disability, autism or both (STOMP)

- ▶ Psychotropic medicines
 - ▶ Psychosis
 - ▶ Depression
 - ▶ Anxiety
 - ▶ Sleep problems
 - ▶ Epilepsy
 - ▶ *Behavioural issues*
- ▶ Public Health England says that every day about 30,000 to 35,000 adults with a learning disability are taking psychotropic medicines, when they do not have the health conditions the medicines are for.
- ▶ STOMP MiXiT