

Good health and Annual Health Checks

21st July 2020



The team today



Christiana Evans

Christiana.Evans@skillsforcare.org.uk



Tricia Nicoll

tricia@tricianicoll.com



Sam Clark

Samantha.Clark@LDEngland.org.uk



Marie Lovell

Marie.Lovell@skillsforcare.org.uk

Today's webinar

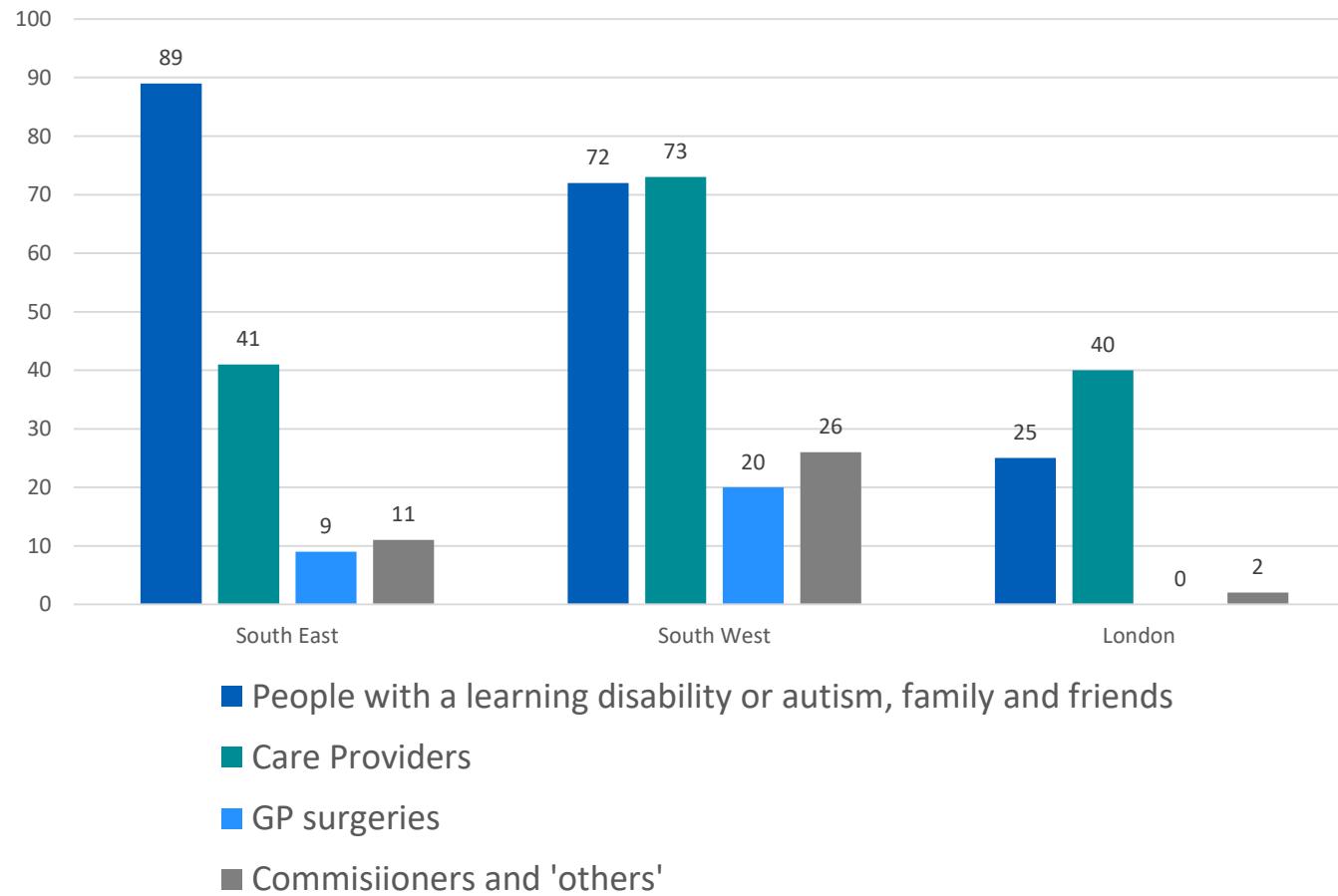
- Introduction of project and overview of survey results
- What works – feedback and examples from focus groups
- Annual Health Checks & COVID-19
- Examples of interventions and resources

About the project and an overview of the survey results

Who completed the survey?

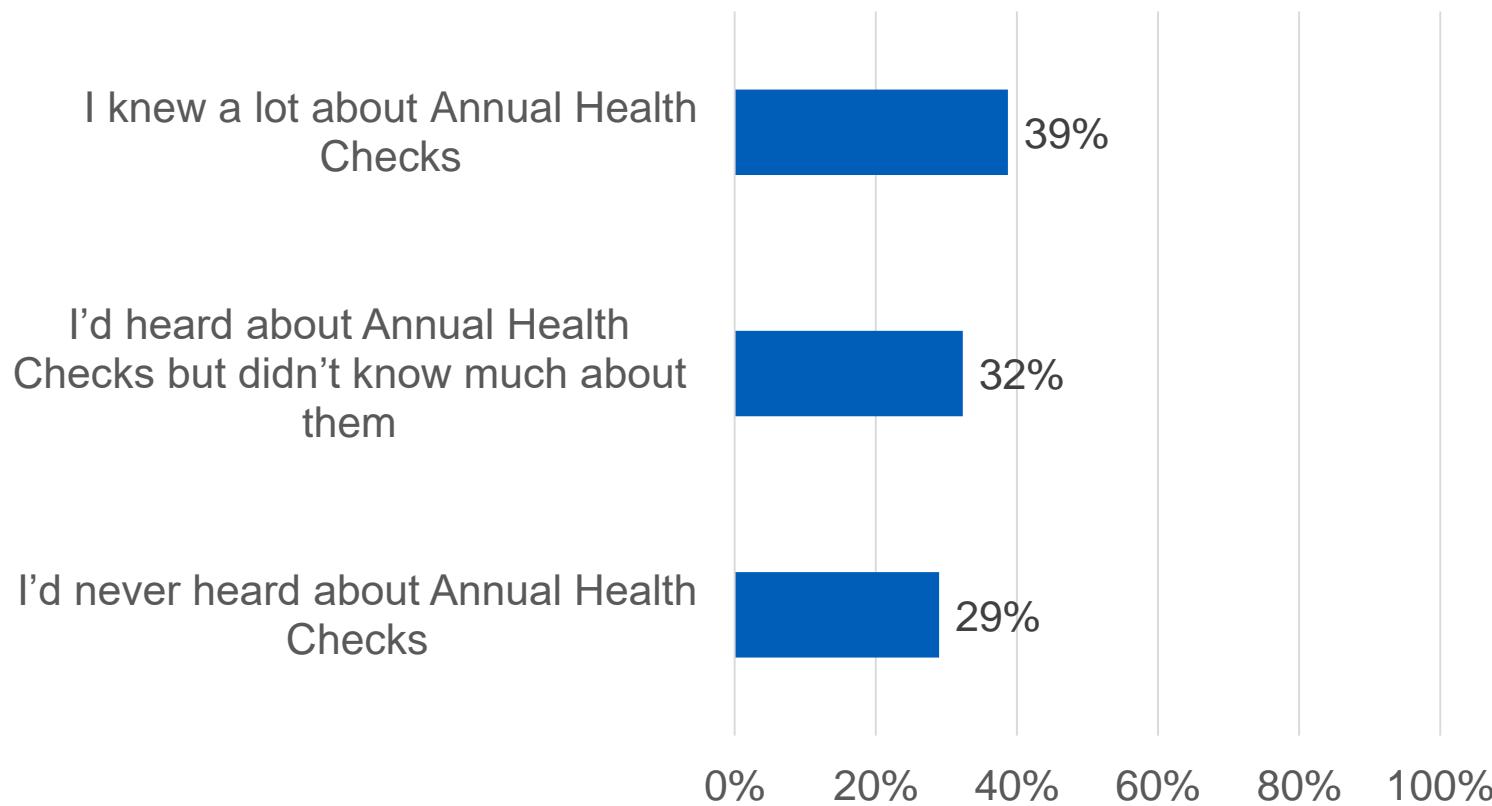
Distribution of Respondents in South East, South West
& London

(numbers are actual figures, not percentages)



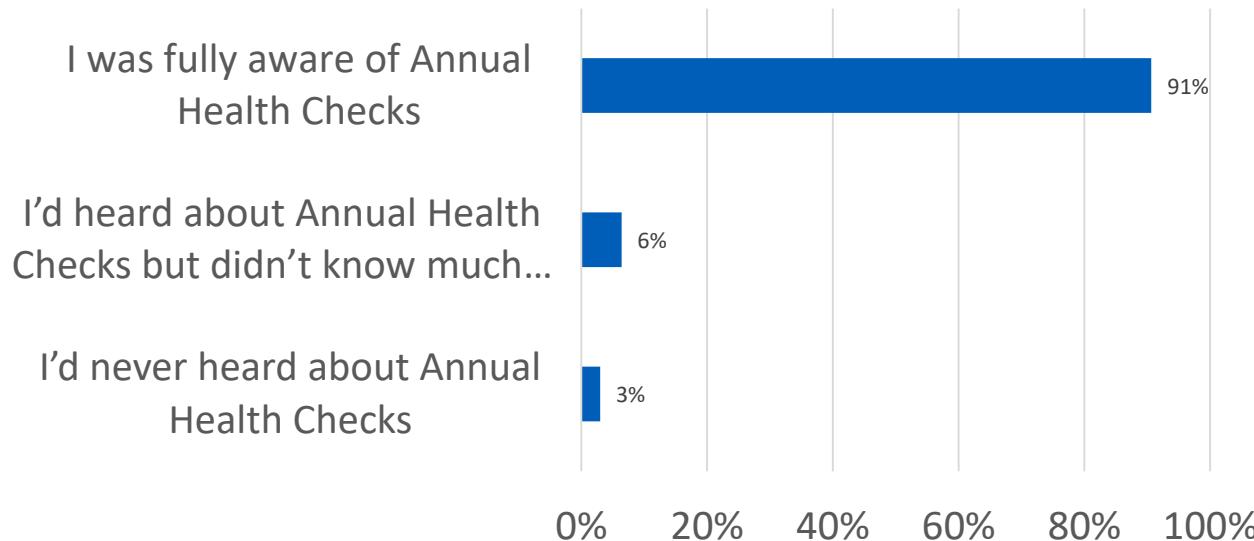
Awareness & Uptake: people with a learning disability

Awareness of Health Checks

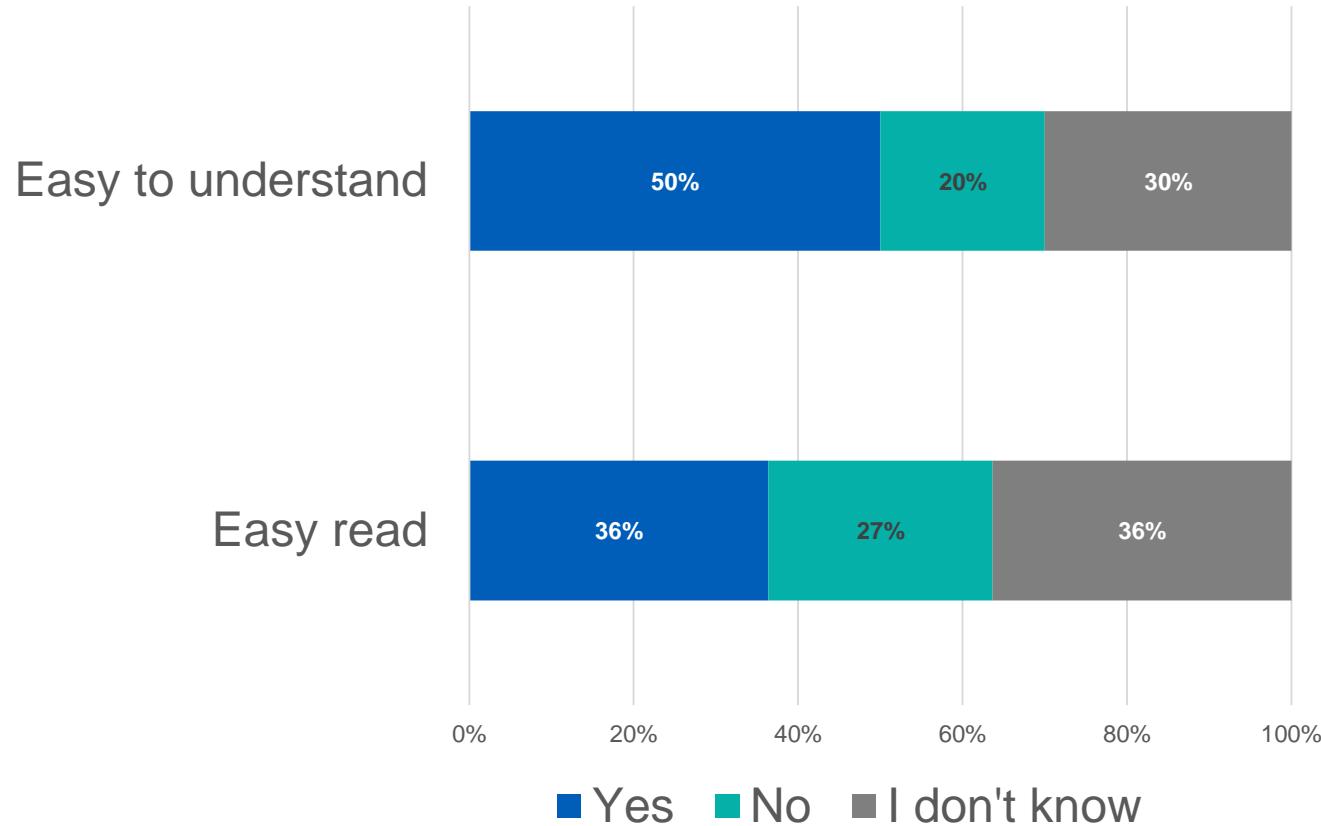


Awareness & Uptake: health & social care workforce

Health and Social Care Provider Awareness of
Health Checks

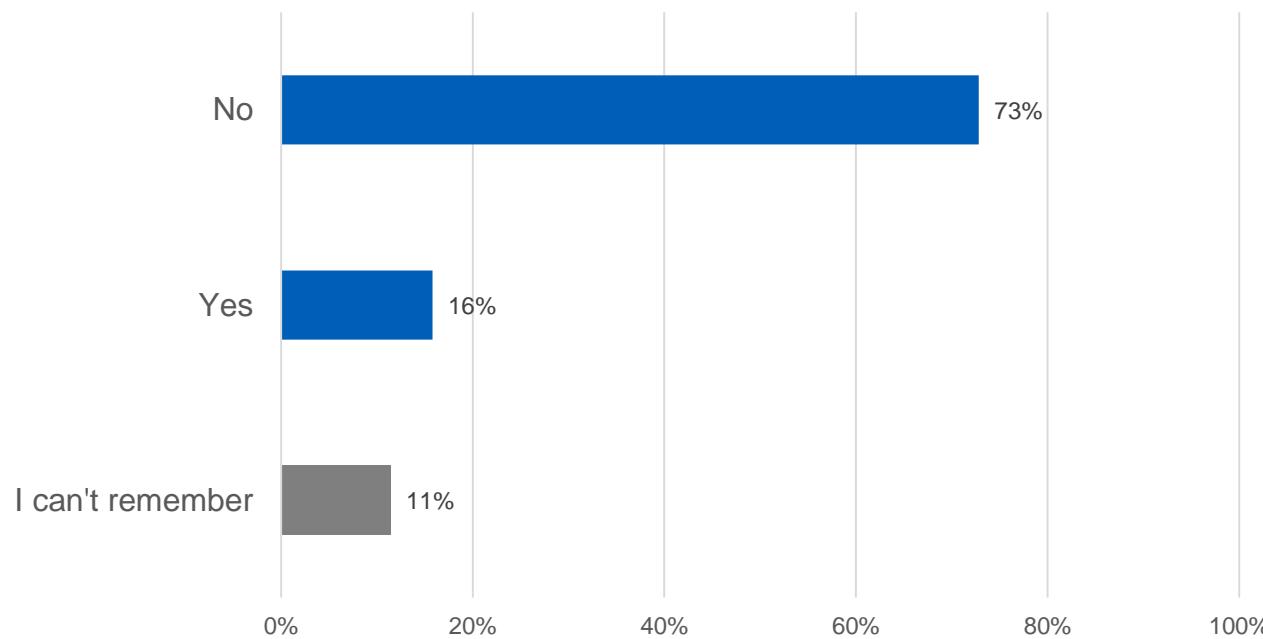


Correspondence from GP



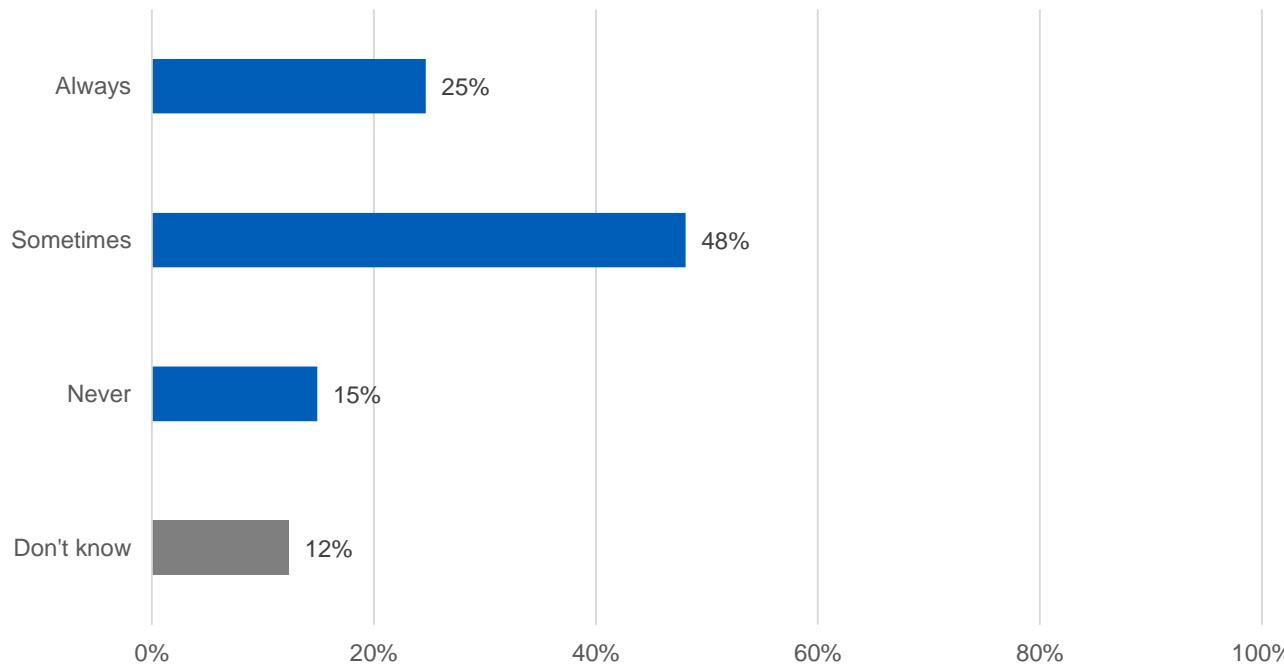
Experiences of the Annual Health Check: people with a learning disability

Did you get a Health Action Plan after your last health check?



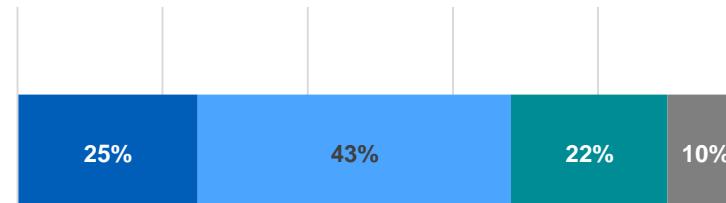
Experiences of the Annual Health Check: health & social care workforce

When people have an Annual Health Check, do they get a Health Action Plan?



Working with GP's

We usually worked with the GP to write health action plans



The GP usually gives us health action plans and explains them to us



The GP usually gives us health action plans, but does not explain them to us

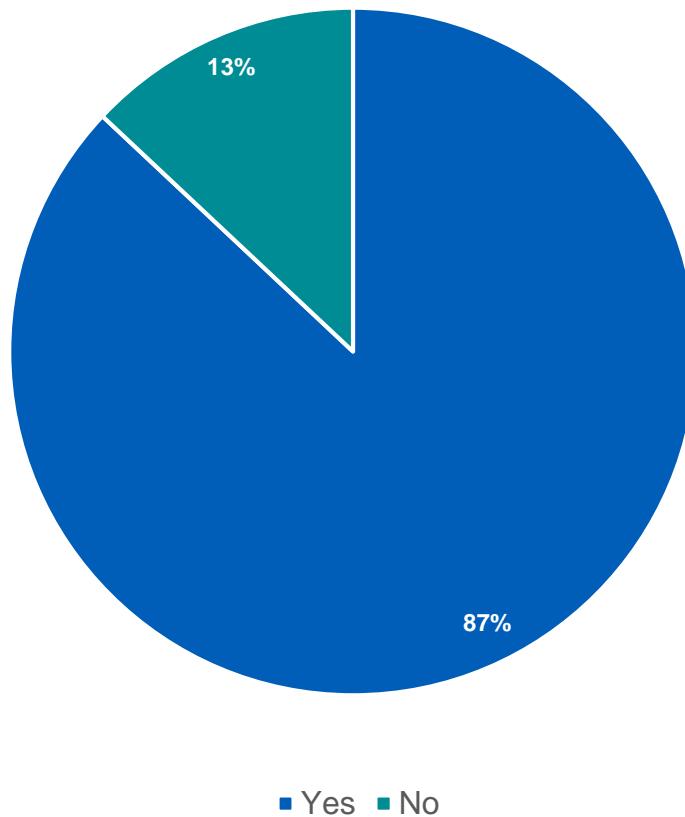


■ Always ■ Sometimes ■ Never ■ Don't Know

0% 20% 40% 60% 80% 100%

GP responses

Percentage of people attending Annual Health Check in 2018/19 that were given a health action plan.



Support and reasonable adjustments – people with learning disabilities

- The majority of respondents stated that family members had helped them to book or go to a health check (90%).
- Just under two thirds (62%) said that the doctor explained everything and they understood.
- Most of the respondents (78%), when asked if their ‘doctor asked if they needed anything changed to make it easier to go to the appointment’ said No.

Support and reasonable adjustments – health & social care workforce

- The majority agreed that people were offered support to attend a health check (80%)
- The same percentage of people agreed (41%) and disagreed (40%) that the GP explains the process clearly.
- Nearly half of respondents (49%) disagreed when asked if ‘people are asked if they need any reasonable adjustments...’
- A quarter (25%) agreed that people understood what the GP was telling them

What did the survey tell us?

Common themes:

- Poor communication and awareness from GP
- Fear and anxiety a big factor
- Mixed views on the ease of making appointments
- General lack of reasonable adjustments
- Helped to build trust and provided reassurance
- Need for more easy read and accessible information

What did we learn?

Health & Social Care Workforce

- Most knew about AHCs, and learned about them from internal systems and keeping individual records
- Staff would benefit from training around how to help people prepare, what to expect, how to advocate for the person and challenge health professional if needed
- Some great examples of what is working well.....

Annual Health Checks – what do we know works?

Annual Health Checks - what works

We know that people need to know:

- ✓ The reason for having an Annual Health Check
- ✓ Their right to a reasonable adjustment to support them to have an Annual Health Check
- ✓ What happens during a health check
- ✓ What may happen after a health check

Annual Health Checks - what works

Royal College of GPs Annual Health Checks toolkit

<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/health-check-toolkit.aspx>

Home > Clinical > Resources > Clinical Toolkits > Health checks for people with learning disabilities toolkit

Health checks for people with learning disabilities toolkit



Health Checks for People with Learning Disabilities Toolkit

Purpose of the Step by Step toolkit for annual health checks for people with learning disabilities

People with learning disabilities (LD) have poorer physical and mental health than other people and die younger. Many of these deaths are avoidable and not inevitable.

Annual Health Checks can identify undetected health conditions early, ensure the appropriateness of ongoing treatments and establish trust and continuity care.

GPs and practice nurses have the much needed generalist skills to help people with LD get timely access to increasing complex health systems.

Who is this toolkit for?

The toolkit collects guidance and resources to help GPs, practice nurses and the primary administration team organise and perform quality Annual Health Checks on people with a learning disability.

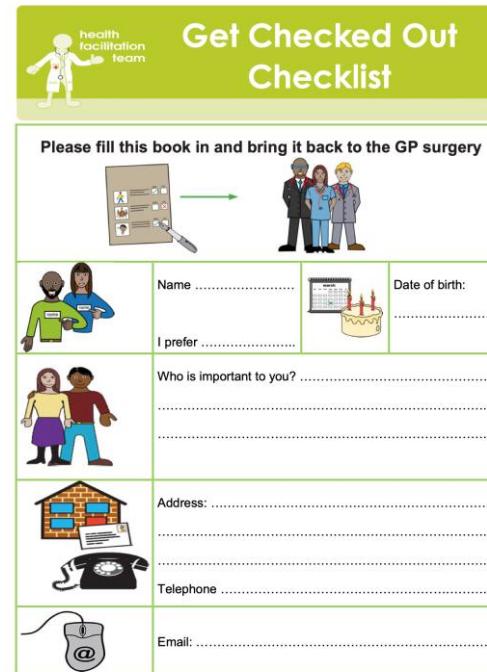
The toolkit has been developed in partnership with the Clinical Innovation And Research Centre. Please send any comments or suggestions to cir@rcgp.org.uk

How to Organise the Annual Health Check	
Performing the Annual Health Check step by step	
Mental health and behavioural issues	
Syndrome Specific Medical health checks	
Definition, diagnosis and legislative framework	
Resources	
Background of the toolkit	

Annual Health Checks - what works

Leeds – Get Checked Out preparation for an Annual Health Check

<http://www.getcheckedoutleeds.nhs.uk/wp-content/uploads/2018/11/Get-Check-Out-Check-list.pdf>



The image shows the front cover of a booklet titled "Get Checked Out Checklist". The cover is light green with a white header section. In the top left corner, there is a small illustration of a person wearing a stethoscope and the text "health facilitation team". The main title "Get Checked Out Checklist" is centered in a larger, bold font. Below the title, there is a sub-instruction: "Please fill this book in and bring it back to the GP surgery". There are four rows of questions, each accompanied by a small icon:

	Name I prefer		Date of birth:
	Who is important to you?		
	Address:		
	Telephone:		
Email:			

Annual Health Checks - what works

In Kent:

- Learning disability nurses working with GP practices to look at their register of people with learning disabilities and checking that the right people were on it
- Learning disability nurses working with GP practices and directly supporting them to do Annual Health Checks
- Provider organisations working with people to complete the pre- Annual Health Check checklist (see Royal college of GPs toolkit)

Annual Health Checks - what works

In Kent:

- Champions in the CCG for children and young people with special educational needs and disabled children and young people – so GPs know they have someone to talk to
- Practice Partners – 2 people with learning disabilities working for the Partnership Board, training people and raising awareness of issues around health and wellbeing for people with learning disabilities.
Working alongside Learning disability champions
- In Kent, learning disability teams have been working more closely with providers to build their skills and confidence in preparing people for Annual Health Checks

Annual Health Checks - what works

Get Checked, Stay Well

This film by Inclusion Gloucestershire covers what a health check is, who can have one, why you should have one, what it covers, how long it lasts, what happens after the health check and what happens to the information the doctor collects. There is also a frequently asked questions section.

www.inclusiongloucestershire.co.uk/health-films/

Annual Health Checks - what works

It's your health check

- This film is by Somerset Council. It covers what a health check is, who can have one, and why it is important to have one. The film stresses that the person should think about what they want from a health check before they attend and that it is fine to say no to some things.

[www.youtube.com/watch?v=0wRIJ_3x8zc&feature=yo
utu.be-](https://www.youtube.com/watch?v=0wRIJ_3x8zc&feature=youtu.be-)

Annual Health Checks - what works

Don't Miss Out

This project commissioned by NHS England from Mencap, includes films and guidance for people with learning disabilities about health checks. A number of people with learning disabilities are interviewed about what happens at an Annual Health Check, why it's important, and what support you can ask for:

www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-annual-health-checks

Annual Health Checks - what works

Information that focuses on young people

There is a range of information from Contact

www.contact.org.uk

Webinar: GP annual health checks for over 14s

- This co-presented a webinar with representatives from Bromley Parent Voice and NHS England covers what GP annual health checks are, why they are important and explains GP learning disability registers and who should be on them. It also highlights what to expect from an annual health check, what a Health Action Plan is, and what to do if this is not what you experience:

www.youtube.com/watch?v=NjaNQyq_vK0&feature=youtu.be

Annual Health Checks & COVID-19

Annual Health Checks still have to happen!

The following information was included in the NHS Primary Care bulletin sent to all GP practices on the 19th May 2020:

<http://createsend.com/t/d-7FAE6F80E5F34E6E2540EF23F30FEDED>

"As we restore critical services, we would like to remind practices of the importance of proactive health checks for people with a learning disability particularly during this critical time. On average men with learning disabilities die 23 years earlier than men without a learning disability and for women it's 27 years earlier. Practices are reminded that the Directed Enhanced service (DES) has not been suspended. And that they should continue to offer this proactive service to their patients."



A Guide to Health Checks & Coronavirus

For Commissioners, GPs and Specialist Health Professionals

i What the guidance says

GP practices should continue to offer annual health checks to people with learning disabilities.



The health check should be offered on a face to face basis if safe to do so.



Where this is not possible, the health check could be conducted remotely, with as much of the physical review completed as is practicable in these circumstances.



For further information see the COVID-19 Primary Care Bulletin dated 18th May:
<http://createsend.com/t/d-7FAE6F80E5F34E6E2540EF23F30FEDED>



✓ Practical things to consider

Who is a priority for a health check?

For example:

- people who missed their health check in 2019/20
- those that are currently overdue
- those with multiple comorbidities or who have had recent admissions

Preparing for the appointment

- Can parts of the health check be done prior to the appointment ?
- Will the appointment be face to face or done remotely?
- How best to prepare for the appointment

Ensuring you've been understood

- What information will people with learning disabilities and supporters need about the new way of doing things?
- Assessing mental capacity if using technology
- Agree the Health Check Action Plan and how to take this forward

Annual Health Checks & COVID-19

We know that doing things remotely is possible. We have evidence that, for some people, not having to actually go to their GP surgery has been really positive for them.

Supercharged me: website and campaign aimed at younger people with learning disabilities

<https://superchargedme.uk>

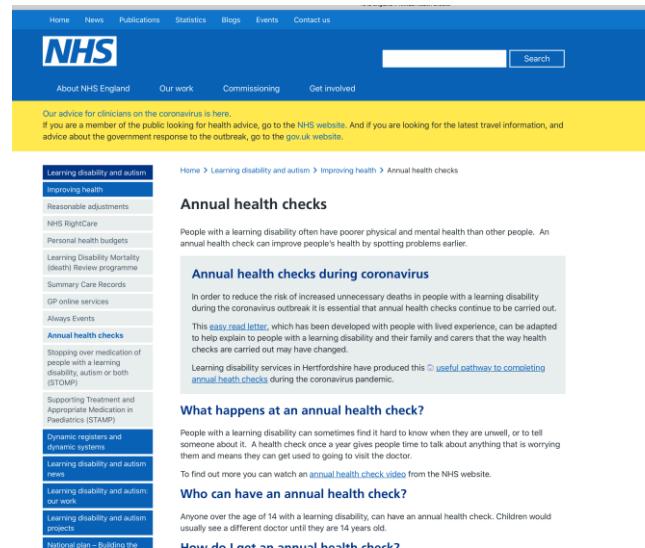
Christian's blog shares his experience of a lockdown Annual Health Check

<https://pubsandgigsandcake.weebly.com/blog/music-and-medicine>

Annual Health Checks – NHS England

Annual Health Checks are a priority in Covid recovery and reshaping plans for CCGs and NHS Trusts actions.

NHS England resources page:
<https://www.england.nhs.uk/learning-disabilities/improving-health/annual-health-checks/>



The screenshot shows the NHS England website's navigation bar with links to Home, News, Publications, Statistics, Blogs, Events, and Contact us. Below the navigation is a search bar. A yellow banner at the top provides advice for clinicians on the coronavirus and directs public members to the NHS website for health advice and government response to the outbreak. The main content area is titled 'Annual health checks' and includes sections for 'Annual health checks during coronavirus' (with a note about reduced risk of unnecessary deaths), 'What happens at an annual health check?' (with a note about people with learning disabilities), and 'Who can have an annual health check?' (noting that anyone over 14 with a learning disability can have one). A sidebar on the left lists various topics under 'Learning disability and autism' and 'Improving health'.

Annual Health Checks – NHS England

NHS Exemplars : a call for NHS organisations to apply to become exemplar organisations, acting as trailblazers in improving health outcomes for people with learning disabilities

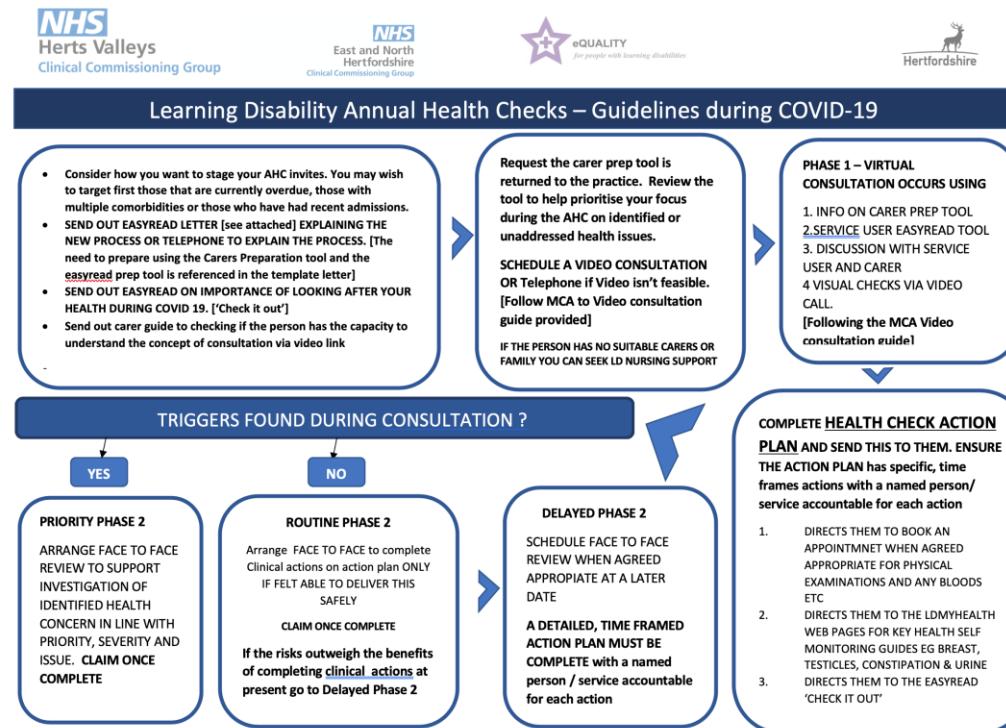
- Exemplars will:
- Increase the uptake of the annual health checks available to people with a learning disability to at least 75%
- Boost the number of people with learning disability getting the flu jab as respiratory conditions and pneumonia remain the biggest killers

http://www.nationalhealthexecutive.com/Health-Care-News/nhs-exemplars-learning-disability?utm_source=National%20Health%20Executive&utm_medium=email&utm_campaign=11693949_NHE%20Newsletter%2020th%20July%202020&dm_i=IJV,6YN3X,NL6QHC,SOPHO,1

Annual Health Checks & COVID-19

Some examples from local areas

- Hertfordshire have developed a Covid 19 Health Check pathway and guide (link on NHS England website)



Annual Health Checks & COVID-19

- Leeds have developed easy read information on a phone consultation and Health Check guidelines
- Livewell SW are piloting a GP guide on Health Checks

What next

There is a webpage for this project on the NDTi website:

<https://www.ndti.org.uk/our-work/our-projects/peoples-health/improving-the-uptake-of-annual-health-checks-for-people-with-learning-disabilities>

More information will be added over the next few weeks, including stories, resources for people with learning disabilities and families, GPs, providers and commissionersand there will be a link so some amazing data across London, the South East and West.

The screenshot shows a webpage from the National Development Team for Inclusion (NDTi) website. The header includes the NDTi logo, a search bar, and links for Text size: A A A, Accessibility, and Hot Topics. The main navigation menu has links for Home, About us, Our work, Resources, Events, News, and Contact. Below the menu, a breadcrumb trail shows Home / Our Work / Our Projects / Health and Wellbeing / Improving the uptake of Annual Health Checks for people with learning disabilities. The main content area features a title 'Improving the uptake of Annual Health Checks for people with learning disabilities' and a sub-section 'Sharing best practice to support health professionals'. The page also includes a 'Contact' section with details for Madeline Cooper-Ueki, a 'Related Downloads' section with a link to 'Health Check Resources, March 2020', and a 'Useful Links' section with links to 'Sharing best practice to support health professionals (PHE project)', 'Learning disability: care and support of people growing older - NICE website', and 'NDTi News page'. At the bottom, there are 'Tags' for Learning Disabilities, Health Equalities, Equal Lives, and Health Checks, along with logos for NDTI, LDE, and skills for care.

Further support

- We know that today has only been able to cover a fraction of what's important around the Annual Health Check process. We'd like to offer more support going forward, through additional webinars or direct support. Please do complete the Survey Monkey that we will be sending round after this webinar, and get in touch with us directly if you'd like to.

<https://www.surveymonkey.com/r/2S5WPVS>



**Feedback for 'Good Health and Annual Health Checks'
webinar (21/07/2020)**



<https://www.learningdisabilityengland.org.uk>



<https://www.ndti.org.uk>



<https://www.skillsforcare.org.uk>



<https://www.vodg.org.uk>