

in good health

The Norfolk and Waveney Health and Care Partnership

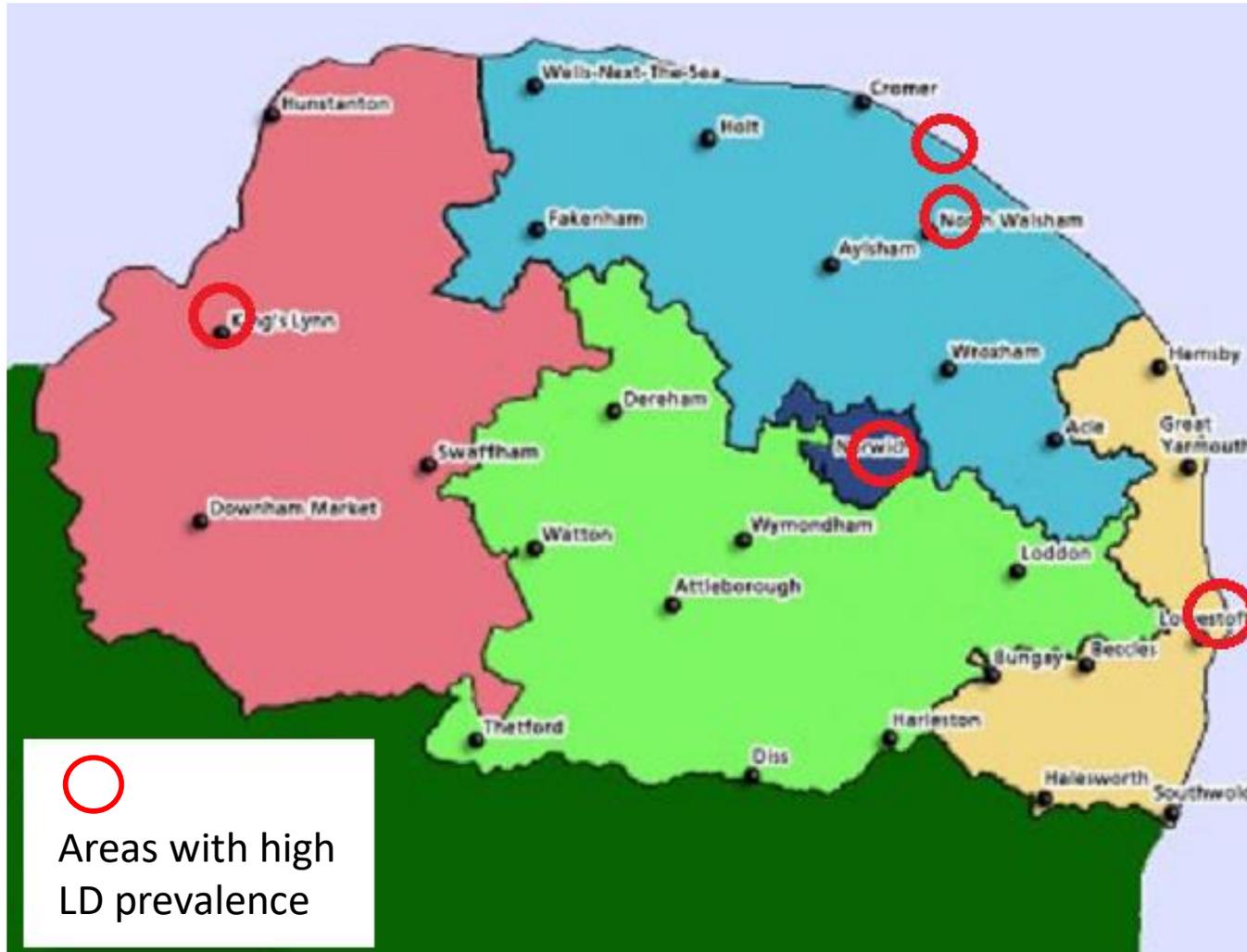
Physical Health Checks for Adults with a Learning Disability

Increasing the uptake

Areas of high LD prevalence in Norfolk and Waveney

in good health

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England Baseline – 0.5%

- West Norfolk – 0.6%
- South Norfolk – 0.6%
- Norwich – 0.7%
- Great Yarmouth and Waveney – 0.6%
- North Norfolk – 0.8%

Why are health checks for people with a Learning Disability important?

- The current average life expectancy in Norfolk and Waveney for someone with a Learning Disability (LD) is 59 years old*.
- The most common causes of LD deaths are preventable. These are constipation and dysphagia (difficulty swallowing).
- Annual LD health checks can help to detect health issues early on and educate patients on how to live a healthy lifestyle (exercise, healthy eating etc.).

* Norfolk and Waveney Learning Disability Mortality Review 2019 (median age of deaths between 1st April 2017 – 31st December 2018)

Why are health checks for people with a Learning disability important?

- Health checks for people with learning disabilities are really important because they can pick up problems early while preventing future conditions through promotion of a healthy lifestyle leading to an increase in life expectancy, improved quality of life for the patient, and a reduction in unplanned hospital activity and emergency social care.

What is being done across the STP?

The following are brief headlines from work streams that have been undertaken by the working group recently:

- Reconciling Local Authority LD registers with primary care registers to identify unknown patients with LD so they can be invited for a health check. Anonymised numbers have been shared with practices while a data sharing protocol is being developed between the CCGs and Local Authority to allow the sharing of patient identifiable data.
- A suite of easy read literature has been adapted for use in Norfolk and Waveney and is currently being printed for distribution to practices and advocacy groups.
- The recently released RCGP toolkit for delivering LD health checks has been condensed into a leaflet to make it easier for clinicians to gain the key messages and learning points.

What is being done across the STP?

- A local scheme is being piloted in Norwich. Working with practices to do things differently to improve the way they carry out LD health checks as well as improving internal processes.
- A scheme to stop the over medication of people with LD is being rolled out across Norfolk and Waveney (STOMP). Practices are being supported to identify their LD patients who have been prescribed psychotropic medications and will review them with an aim to reduce the medication where appropriate.
- An annual report into LD mortalities (LeDeR) has been published and the learning will be discussed at the working group and recommendations for improving quality of care will be made to primary care colleagues.

How health and wellbeing board members can help?

CCGs –

- CCG chairs can emphasise in CCG, GP Provider Organisation, and Primary Care Network meetings the importance of Annual LD health checks.
- Primary care teams can ensure practices are LD friendly/accessible and have a robust recall system in place. Encouraging practices to contact patients by their preferred method (telephoning has shown to increase uptake compared to letter).
- Encourage practices to make reasonable adjustments by utilising improved access and home visiting to deliver LD health

How health and wellbeing board members can help?

Local Authority (Adults) –

- Adult LD services to encourage their service users to have their annual health check and help them to fill in the pre-check questionnaire
- Make carers/support workers aware of the annual LD health check scheme and educate about the importance of ensuring the patient attends their appointment.
- Support with the distribution of easy-read LD literature promoting LD health checks and associated literature about healthy lifestyles/ health plans.
- Encourage key workers/support workers to include annual health checks within support plans

How health and wellbeing board members can help?

Local Authority (Adults) continued –

- Social workers to help people with LD to become familiar and comfortable with the concept of having an annual health check by having a discussion about what to expect.
- Social workers to arrange for service users to attend their health check by helping them to book their appointment and by accompanying the service user to the GP practice.

How health and wellbeing board members can help

Local Authority (Children and Young People) –

- Key workers/social workers to work to prepare children under 14 years for their annual health checks so that they know what to expect and know the importance of attending annually.
- Ensure carers/support workers aware that children/young people will become eligible for the annual LD health check scheme at 14 years and the importance of attending annually.
- Encourage key workers/support workers to include annual health checks within support plans and ensure they continue to attend during transition from child to adult services.

How health and wellbeing board members can help?

Voluntary Sector/ Advocacy groups –

- Continue to spread the message among service users and their carers of the importance attending the LD health check annually.
- Promote easy-read LD literature promoting LD health checks and associated literature about healthy lifestyles/ health plans.
- Assist people with LD to attend their appointments by linking in with community transportation services
- Show the promotional Mencap video to service users and put the video on social media pages (Appendix A of cover sheet)

How health and wellbeing board members can help

Secondary care –

- Educate staff on the importance of people with LD having an annual health check. Include as part of induction programme.
- Work with primary care to ensure robust referral pathways and making reasonable adjustments for cancer screening procedures where appropriate.
- Display easy read posters/materials promoting LD health checks in areas likely to be visited by people with LD or their carers.
- Utilise the skills of LD Acute Liaison Nurses whose role is to make sure patients with LD have a good, as possible, stay in hospital.

How health and wellbeing board members can help

Community teams -

- Include attendance at annual LD health check as part of MDT care plans.
- Speak to people with LD and their carers about health checks and promote uptake.

Everybody

- Make every contact count - Keep the importance of LD health checks at the forefront when planning care for people with an LD.
- Share Mencap video on your websites and social media pages.
- Use and display the easy read LD literature wherever possible (Appendix B of cover sheet has more information)