

ANNUAL HEALTH CHECKS

IMPROVING THE UPTAKE AND QUALITY OF AHC

Thank you for your on-going contribution, hard work and dedication to support people with a Learning Disability in North Central London (NCL) throughout 21/22. Ensuring people with a learning disability, one of the most vulnerable groups, have an annual health check is a key priority for the NHS and NCL, especially as we recover from this unprecedented time of the pandemic. People with a learning disability are often most at risk of having poorer physical and mental health than those without a learning disability in our population, therefore it is imperative that the annual physical health checks are undertaken to help identify concerns earlier and reduce the risk of premature mortality.

The [NHS Long Term Plan](#) sets the ambition that at least 75% of people aged 14 or over with a learning disability will have had an annual health check. NCL achieved the target of 73% against this 75% target in 2021/22.

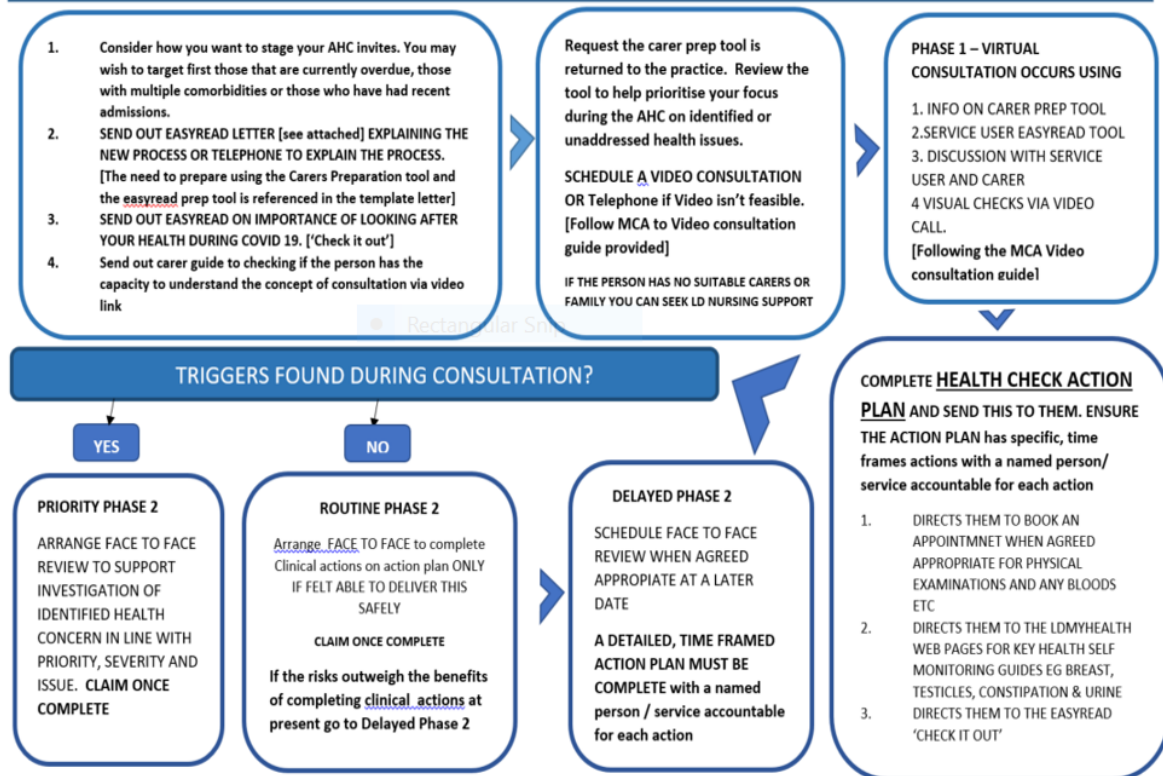
NHSE request by 30 September 2022

Our shared concern must be for those people who have not had an annual health check in the last 12 months, (and potentially, for longer than this). Notwithstanding this great performance, we know that 1,804 people had not had an annual health check by March 31 in NCL. We know you will agree it's hard to accept that so many people with a learning disability, people whom we already know are vulnerable and suffer greater health inequalities than the general population, have missed out on these vital checks in support of their physical health and mental well-being.

Therefore, Tom Cahill (National Director Learning Disability and Autism) supported by NCL is asking that we ensure that **every missing person who didn't have a health check in 21/22 is contacted by 30 September 2022 and offered an annual health check**. Some people even after much encouragement may still decline the check as per their entitlement under the Mental Capacity Act. In that situation, it's important that their **refusal is properly documented in the Register**.

Useful pathways to completing an Annual Health Check

Learning Disability Annual Health Checks – Guidelines during COVID-19



What this should include

1. **Pre-Annual Health Check Carer Preparation Tool** – to be completed in advance by the patient/carer/family member and returned to the practice. The clinician can review the preparation tool to establish the key areas of health that may require additional focus (both medically and educationally for the patient and carers). Carer Prep and Easy Read Tool are at <https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/my-health/annual-health-checks.aspx>. If the patient/carer does not have access to the internet send out a printed copy of the carer's preparation tool. **IF THE PERSON HAS NO SUITABLE CARERS OR FAMILY YOU CAN SEEK LD NURSING SUPPORT**
2. **Identify access to technology/video consultation and capacity for video consultation.** If felt this is not suitable schedule Face to Face AHC when clinically appropriate.
3. **Phase 1 – Virtual Annual Health Check** – focus on the key areas identified from the Preparation Tool and any concerns from the patient/carer/family member. The **Annual Health Check Action Plan must be completed, stating when physical assessments can take place via face to face consultation** (document when and where these should be done and who is responsible for booking these). The Health Check Action Plan should also have **additional educational/health monitoring actions for the patient and carers to act on.**
4. **Phase 2 – Face to face Assessment** – This should be completed when agreed appropriate, as per the Virtual Annual Health Check. If Triggers are identified (which may include symptoms or unsure of capacity to decide about treatment) this may be a Priority F2F, Routine if felt safe to continue with F2F or Delayed if no triggers are identified and the risk is felt to be greater. **Try and co-ordinate all F2F assessments to be completed during 1 visit to the practice.**

Website: <https://www.hertfordshire.gov.uk/media-library/documents/adult-social-services/learning-difficulties-and-dementia/coronavirus/gp-pathway-for-ahcs-in-covid-v4.docx>

Useful Resources

MENCAP Annual Health Check Guide



Mencap Dont Miss
Out 15.03.17 - Annua

EASY READ Letter for LD & A patients

The easy read letter has been developed with people with lived experience and can be adapted to help explain to people with learning disability and their family and carers that the way health checks are carried out. [easy read letter](#)



Mencap Annual
health_check_Easy_Re

Tips and best practice from other areas

- Support people to have an annual health check somewhere that does not normally do health services.
- Find out about people who did not attend their annual health check appointment to see what needed to be done differently.
- Use some of the money available to pay someone whose job it will be to work with people who are involved in doing annual health checks.
- Look for people who have not been to their annual health check in the last two years and what can be done to support them to have their review.
- Develop how annual health checks can be done using both face-to-face and phone and video services.
- Look at how GP practice learning disability registers can be improved at the same time as looking at other information the practice has about the health of people with a learning disability. This will help practices to decide who need to have an annual health check most urgently.
- Look at supporting people who are not registered with a GP practice and children and young people who are turning 14 to get an annual health check
- Develop ways to focus on training and work more closely with staff and people with a learning disability to improve annual health checks
- Work with people with a learning disability to test annual health checks to make sure any reasonable adjustments are identified and made.
- Make learning disability registers and other information you hold about people with a learning disability better so that more staff understand the health needs of people with a learning disability.

- Develop the role of a primary care learning disability champion who can co-ordinate annual health checks.
- Pay for dedicated Administration support to record HC and co-ordination with the DES.
- Offer Saturday clinics.

Get in touch

We are looking forward to working with you over the coming months to explore sharing examples of best practice of high quality health checks undertaken and supporting the uptake pathway. If you have any queries, please do not hesitate to contact us:

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