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

- Consider how you want to stage your AHC invites. You may
 wish to target first those that are currently overdue, those
 with multiple comorbidities or those who have had recent
 admissions.
- SEND OUT EASYREAD LETTER [see attached] EXPLAINING THE
 NEW PROCESS OR TELEPHONE TO EXPLAIN THE PROCESS.
 [The need to prepare using the Carers Preparation tool and
 the easyread prep tool is referenced in the template letter]
- SEND OUT EASYREAD ON IMPORTANCE OF LOOKING AFTER YOUR HEALTH DURING COVID 19. ['Check it out']
- Send out carer guide to checking if the person has the capacity to understand the concept of consultation via video link

Request the carer prep tool is returned to the practice. Review the tool to help prioritise your focus during the AHC on identified or unaddressed health issues.

SCHEDULE A VIDEO CONSULTATION OR Telephone if Video isn't feasible. [Follow MCA to Video consultation guide provided]

IF THE PERSON HAS NO SUITABLE CARERS OR FAMILY YOU CAN SEEK LD NURSING SUPPORT

PHASE 1 – VIRTUAL CONSULTATION OCCURS USING

INFO ON CARER PREP TOOL
 SERVICE USER EASYREAD TOOL
 DISCUSSION WITH SERVICE
 USER AND CARER
 4 VISUAL CHECKS VIA VIDEO
 CALL.

[Following the MCA Video consultation guide]

TRIGGERS FOUND DURING CONSULTATION?

YES

PRIORITY PHASE 2

ARRANGE FACE TO FACE REVIEW TO SUPPORT INVESTIGATION OF IDENTIFIED HEALTH CONCERN IN LINE WITH PRIORITY, SEVERITY AND ISSUE. CLAIM ONCE COMPLETE

ROUTINE PHASE 2

NO

Arrange FACE TO FACE to complete Clinical actions on action plan ONLY IF FELT ABLE TO DELIVER THIS SAFELY

CLAIM ONCE COMPLETE

If the risks outweigh the benefits of completing <u>clinical actions</u> at present go to Delayed Phase 2

DELAYED PHASE 2

SCHEDULE FACE TO FACE REVIEW WHEN AGREED APPROPIATE AT A LATER DATE

A DETAILED, TIME FRAMED ACTION PLAN MUST BE COMPLETE with a named person / service accountable for each action

COMPLETE HEALTH CHECK ACTION

PLAN AND SEND THIS TO THEM. ENSURE THE ACTION PLAN has specific, time frames actions with a named person/ service accountable for each action

- DIRECTS THEM TO BOOK AN
 APPOINTMNET WHEN AGREED
 APPROPRIATE FOR PHYSICAL
 EXAMINATIONS AND ANY BLOODS

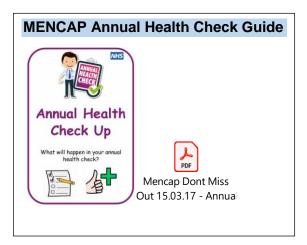
'CHECK IT OUT'

What this should include

- 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
- 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



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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