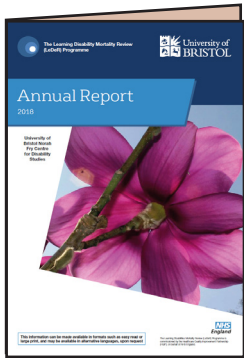


Get  
Checked  
Out

North Wales

# Annual Health Check

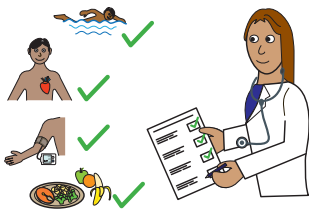
## Information for families and carers



The Learning Disability mortality review programme (LeDeR) is an ongoing study that looks into the causes of death of individuals with learning disabilities. According to the 2018 (2017-2018) report, people with learning disabilities die at an earlier age compared to the general population. The table below shows the average age of death for a person with a learning disability compared to those who do not have a learning disability

Men with a learning disability	Men -general population	Women with a Learning disability	Women -general population
59 years	81.8 years	56 years	85.3 years

Many of these deaths are because people with learning disabilities often experience poor access to health services.



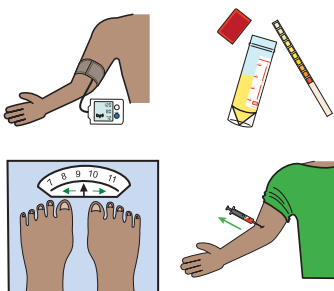
Annual health checks are completed at your doctor's surgery and are a way to ensure that health issues are being diagnosed and addressed.

Annual Health checks are being offered to people with learning disabilities aged 18 and over. They are a way to support positive health and wellbeing and help to reduce health inequalities.



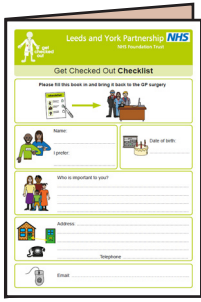
The annual health check is a top to toe review of health and should include a physical examination. It should last for a minimum of 30 minutes in total. It may be that you see more than one professional to complete the check.

The Annual Health Check should include these tests:



- ✓ Blood pressure check
- ✓ Weight / Height / BMI calculation
- ✓ Blood tests (if needed)
- ✓ Check of eye and ear health
- ✓ Review of medication – this may include prescription for new medication
- ✓ Referrals to other services (if needed)

Items you should take to the annual health check may include;

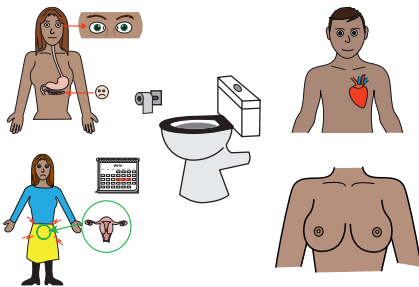


- ✓ A completed 'Get Checked Out' checklist
- ✓ A urine sample
- ✓ Monitoring charts for bowel care, epilepsy etc.
- ✓ Medication sheets

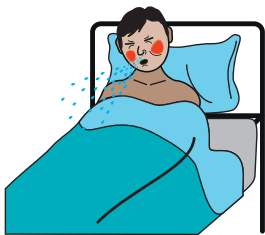
Before the appointment you should spend time completing the 'get Checked Out' document with the patient. This is to ensure all appropriate information is brought to the appointment.

During the appointment the Doctor may ask the person if they have been invited for appropriate screening tests.

**These might include:**



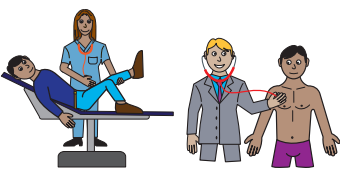
1. Diabetic eye retinopathy – for everyone with Diabetes
2. Breast screening – For women aged 50 – 70 years old
3. Cervical screening (smear) – For women and people with a cervix aged 25 – 64
4. AAA screening for men
5. Bowel screening for everyone aged 60-74



If it is appropriate, then immunisation such as shingles or flu may be offered. If the patient is needle phobic, talk to the Doctor about the nasal spray flu vaccine.

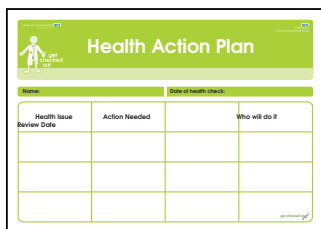
More information on this can be found on the following website:

<https://www.gov.uk/government/publications/flu-vaccinations-for-people-with-learning-disabilities/flu-vaccinations-supporting-people-with-learning-disabilities>



Following the check, the Doctor will give you a copy of the Health Action Plan, telling you all the points discussed in the health check.

A Health Action Plan might include the results of the health check. It will detail actions you need to take to support the patient. For example an appointment at another service. If there are no follow up tests or appointments to be made after the Annual Health Check, then the patient will be invited back in a year's time for another health check.



If you have any problems accessing an Annual Health Check with the Doctor, please get in touch with the Health Liaison Team on the details below.

**Health Liaison Team Tel: 01978 2985484 or 01824 706016**

Website: [www.getcheckedoutnorthwales.org](http://www.getcheckedoutnorthwales.org) Email: [kim.scandariato@wales.nhs.uk](mailto:kim.scandariato@wales.nhs.uk)