Improving access to Health Checks

The Learning Disability CQUIN & identifying people with a learning disability in general practice

Sheila Truran, Janet Tsiga and Julie Royle-Evatt
In July 2014, a two year CQUIN was agreed between Leeds North CCG’s and Leeds and York Partnership Foundation Trust's Learning Disability Service, to improve the health of people with learning disability in Leeds.

Three community learning disability nurses have been seconded for 2 days a week to improve the quality and uptake of Annual health checks in Leeds and to support Learning Disability Enhanced Services in general practice.

The nurses have initially worked with 3 practices (1 in each CCG area of Leeds) each quarter.
Aims of the CQUIN

- To work with the GP practice in line with the LD ES guidance
- To review the existing LD register and to ensure that the register is as comprehensive as possible
- To look at the current process for offering health checks and health action plans.
- To look at barriers to health care and ways to improve the health check process by making reasonable adjustments.
- To provide information and resources to improve access to health care.
- To be involved in delivering learning disability specific training to practices who have signed up for the ES
Requirements:
- The practice will establish and maintain a LD health check register of patients 14 years and over with LD
- The practice will invite all patients on the register for an annual health check and produce a health action plan
- The practice will be expected to have attended a multi-professional educational session
## Plan for practice engagement

1. **intro letter**  
   • initial meeting with practice  
   • pre questionnaire  
   • goal setting

2. **review of current practice in offering and recording health checks and health action plans**  
   • review of current register

3. **run searches using recommended read codes to identify people to include on the register**

4. **Arrange an interim meeting to discuss above and suggest possible changes and reasonable adjustments**  
   • confirm new register and changes to practice  
   • Observe and monitor progress

5. **Arrange a review meeting to discuss changes and plan for the future**  
   • review of goal settling  
   • feedback report
Reviewing the LD register

People who live in accommodation specifically for adults with LD
People who have used LD services such as CLDT, who are known to Adult Social Care, attended LD schools or children’s respite
People with conditions associated with LD such as Downs Syndrome, fragile X, Cri-du-Chat, Prada-Willi
How to identify eligible people

Read code searches for Indicators of learning disability

- E3 mental retardation,
- PJ0 down syndrome
- PKyz5 Angelmans syndrome

Possible indicators:

- Eu81z development disorder of scholastic skills
- 9F8 statement of education need
- 13z4E learning difficulties
People found in searches

Maureen

- Read Code E3
- Aged 82, lives alone
- History of depression following death of husband and son
- Search of records shows no involvement with mental health or LD services

Jonathon

- Read Code PJ0
- Diagnosed with Down’s syndrome and dementia
- Lives in an LD specific nursing Home
- Long history of input from the CLDT
People found in searches

**Kelly**
- Learning difficulties
- Diagnosis of dyslexia and ADHD
- Went to main stream school with a statement of educational need
- Lives independently
- History of drug and alcohol use

**Simon**
- Learning difficulties
- Diagnosis of Autism
- Lives with family
- Attended special education and used children’s respite services
- Uses PECs communication
Points to consider

Educational achievement:
  – If a person has attended mainstream school, gained GCSEs, A levels or is at university, they are unlikely to have an LD

Social Functioning:
  – People who have support for daily living or supported education/employment are more likely to have an LD

Beware of coding errors and misleading codes such as learning difficulties ADHD or Asperger's Syndrome

A search of medical notes and paper notes may be needed and discussion with practice staff to see if person is known
The Health Check

Information to be requested before a Health Check:

“My Yearly Health Check” is promoted in Leeds as a tool for gathering health information prior to a health check. The Cardiff Health Check or Hospital Passport could also be used.
Identified Health Needs

- Diet, exercise and weight loss
- Ear wax
- Blood and urine tests
- Constipation
- Medication reviews
- Referrals for optician and dentist
Findings

Health action plans not always completed
Invite letters too wordy
Learning difficulties/learning disabilities: These terms are used interchangeably and cause diagnosis issues
Asperger's and ASD
Read codes are used inconsistently and people have been wrongly coded
Challenges

There are 2 main computer systems EMIS and Systemone
Each practice has a different way of offering and recording AHC and HAPs
Use of Read codes and diagnosis of LD is not consistent
Sometimes the person is not accompanied by a familiar member of staff
There is a lack of understanding and different expectations of health checks
Good Practice

Health checks have been most effective where the practice have assigned a lead GP, and a dedicated person to manage the register and invite people for health checks.

Computer templates provide a consistent way of recording the health check and will provide a health action plan

Lead gp/practice staff attending the education session

Liaison with CLDT for support
Reasonable adjustments

Not just about access to buildings, but about how you treat people, communications, building and maintaining relationships
GP Training sessions

Training sessions have been arranged for GP practice staff
Case studies have helped to highlight the need for health checks and provided insight into assumptions made regarding people with a mild LD
Provides opportunity for peer discussions and support
Helps to support a consistent approach to health checks
We have developed a range of resources using the “Get Checked Out” logo

- Invitation letters
- Fact sheets for Families and support services
- LD or not LD screening tool
- Health check questionnaire
- Health check flyer
Dear………………

You are invited for an Annual Health Check

Phone your Doctor and ask for a double appointment for an Annual Health Check

Fill in your My Yearly Health Check booklet
Bring the booklet to the appointment

Thank you
Health Checks for People with a Learning Disability

Information for service providers

As a service provider you may be requested to support a client to an appointment with their GP to undertake a Learning Disability annual health check. It is important that you undertake this task appropriately to ensure that the health check is carried out in a timely manner and to ensure that health needs are being identified and met appropriately.

This leaflet will help you to understand your role and responsibility as a service provider within the Health check process.

Health Checks, Health Action Plans and Health Facilitation were first discussed in 2001 in the government white paper Valuing People as a way of addressing health inequalities faced by people with a learning disability. It is proven that people with Learning disability have poorer physical and mental health and experience greater health inequalities than the general population. Annual health checks are a way to ensure that health issues are diagnosed and addressed, improve health and wellbeing and reduce health inequalities. **If you feel that someone needs to see the GP between health checks, make an appointment.**

Following the implementation of the General Medical Services Contract Enhanced Service in April 2014, GPs are now offering health checks and Health Action Plans for people with learning disabilities aged over 14 years. Health checks are usually completed by the practice nurse and then the GP.

The GP will usually invite you for an appointment by telephone or a letter. The letter may contain a health questionnaire and a urine sample bottle. Discuss any reasonable adjustments with the GP surgery, such as level access, longer appointment times or the first or last appointment of the day.

The GP may ask you to complete a health check questionnaire prior to the health check such as the “My Yearly Health Check” booklet or a questionnaire that the GP has produced.

Please complete the GP questionnaire or booklet and return it as per instructions within the invitation.

Items to take to the appointment include:
- Health questionnaire
- A urine sample
- Monitoring charts for bowel care, epilepsy etc.
- Medication sheets

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# Learning Disability or not LD? Screening Tool

This is a checklist for GPs to assist them in identifying a learning disability. This is not intended as a diagnostic tool so always apply sound clinical judgement.

## Definition of a learning disability:
A significantly reduced ability to understand new or complex information, to learn new skills (Significantly impaired intelligence) **AND**

A reduced ability to cope independently, (Impaired social / adaptive functioning) **AND**

Which started before adulthood (onset before aged 18) with a lasting effect on development

## Questions to consider

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>NO</th>
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<tbody>
<tr>
<td>Has anyone ever told the person that they have a learning disability?</td>
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<tr>
<td>Is there a diagnosis of a learning disability/mental handicap in any notes? IQ under 70</td>
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<tr>
<td>Did person attend any special schools (SILC) or were they statemented in mainstream school?</td>
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<tr>
<td>Did the person achieve qualifications at school? (GCSE at low grades could indicate LD but high grade GCSE, A Levels or university education LD is not likely)</td>
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<td>Is person known to the Community Learning Disability Team?</td>
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<td>Does person have a consultant psychiatrist for learning disabilities?</td>
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<td>Does person need assistance with transport? (unable to get around independently?)</td>
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<tr>
<td>Does person have problems with simple numerical calculations? (i.e. 'If I gave you £5 to buy milk. Milk costs £1.50 - how much is left?')</td>
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<tr>
<td>Does person have problems reading? (reading a novel or newspaper usually rules out a learning disability.)</td>
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<tr>
<td>How does the person function in society? Does the person need support with activities of daily living?</td>
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</table>
Does person have difficulty with:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes</th>
<th>No</th>
</tr>
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<tbody>
<tr>
<td>Communicating needs</td>
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<tr>
<td>Writing</td>
<td></td>
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<tr>
<td>Self-Care</td>
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<tr>
<td>Living independently</td>
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<tr>
<td>Interpreting social clues</td>
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<tr>
<td>Controlling behaviour</td>
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<tr>
<td>Co-ordinating movement</td>
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<tr>
<td>Learning new skills</td>
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<tr>
<td>Understanding new or complex</td>
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<td>information</td>
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Several ‘YES’ answers will often indicate the presence of a Learning Disability

<table>
<thead>
<tr>
<th>Factors which MAY NOT indicate a learning disability</th>
<th>Factors which MAY indicate a learning disability</th>
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</thead>
<tbody>
<tr>
<td>• Normal development until other factors impact (before 18).</td>
<td>• Record of delayed development/difficulties with social functioning &amp; daily living before 18.</td>
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<tr>
<td>• Diagnosis of ADHD, dyslexia, dyspraxia or Asperger’s</td>
<td>• Requires significant assistance to provide for own survival (eating &amp; drinking, keeping self clean, warm and clothed) and/or with social/community adaptation (e.g. Social problem solving/reasoning).</td>
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<tr>
<td>• Successfully attend mainstream education without support.</td>
<td><strong>NB</strong> need for assistance may be subtle.</td>
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<tr>
<td>• Gained qualifications (GCSE and/or A ‘Levels)</td>
<td>• Presence of all three criteria for LD i.e. Impairment of intellectual functioning/social adaptive functioning and age of onset.</td>
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<tr>
<td>• Able to function socially without support</td>
<td>• Range of information presenting a picture of difficulties in a number of areas of function, not explainable by another ‘label’.</td>
</tr>
<tr>
<td>• Able to complete complex purchases e.g. buying a house.</td>
<td>• Contact with specialist Learning Disability consultant.</td>
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<tr>
<td>• Able to drive a car.</td>
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<tr>
<td>• Contact with mental health services</td>
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<tr>
<td>• Recorded IQ above 70.</td>
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Web Site
Thank you for listening

Contact details

sheila.truran@nhs.net
Tel: 0113 8557050

janet.tsiga@nhs.net
Tel: 0113 8550700

julie.royle-evatt@nhs.net
Tel: 0113 3055369
References

CQUIN - improving the health of people with a learning disability General Medical Services Contract 2014/15
Going for Gold : Improving the uptake, quality and outcomes of the Annual Health Checks. Hertfordshire Partnership (December 2013)
Valuing People, 2001