Resource 9

easy read

NHS
Suffolk and North East Essex

Gold Standard Health Check

What the Health Check should include



Print version

Ace Anglia

Your Annual Health Check



An Annual Health Check is a yearly check up at your doctor's surgery.



Having a health check every year with the doctor, nurse or health care assistant can help you find out if you have any health problems you need help with.



It is a good way of helping you to stay healthy.



This booklet is a guide to let you know what to expect in your Annual Health Check, and the things the doctor, nurse or health care assistant should check.

What happens at an Annual Health Check?



The Annual Health Check involves going to your GP Surgery and a doctor, nurse or health care assistant checking things about your health.



It is a good time for you to talk about anything that is worrying you.



The Health Check usually takes around 1 hour.



It is usually half an hour with a health care assistant and half an hour with a practice nurse.

What happens at an Annual Health Check?



During the health check, the doctor, nurse or health care assistant will carry out the following:

An overall check of your body:



The doctor, nurse or health care assistant will look at your physical health.

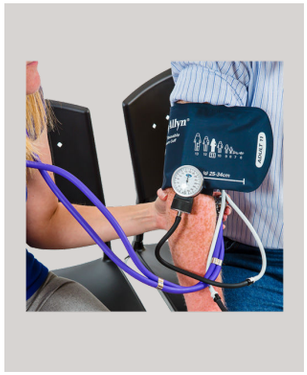
The doctor, nurse or health care assistant will:



Check your weight



Check your heart rate



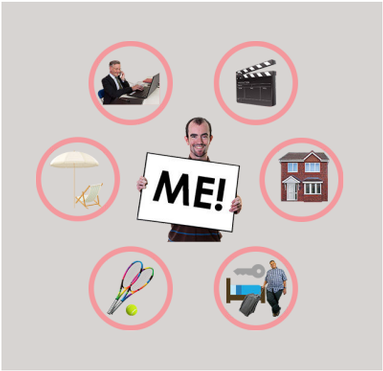
Check your blood pressure



Take a urine (wee) sample

What happens at an Annual Health Check?

The doctor, nurse or health care assistant should also:



Ask questions about your lifestyle



Ask questions about your mental health



Ask about other health professionals you may see



Check on any prescribed medicines



Check on whether any long-term illnesses are being well managed



Review of any arrangements with other health professionals

Extra tests

Extra tests



If your learning disability has a specific cause, the doctor, nurse or health care assistant will often do extra tests for particular health risks.

What happens at an Annual Health Check?

Blood tests



Sometimes the doctor, nurse or health care assistant will take blood. This will be to check for infections or other conditions. Please make sure you have had plenty to drink as this will help to make taking your blood easier.

Information

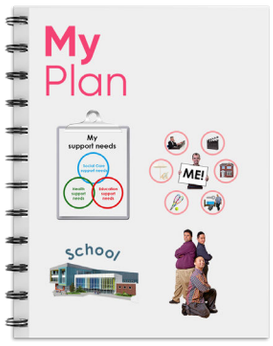


The doctor, nurse or health care assistant will also provide you with any health information, such as advice on healthy eating, exercise, contraception or support to stop smoking.



The information you get should be accessible to you, as GP's have to follow a law called the Accessible Information Standard.

Younger People

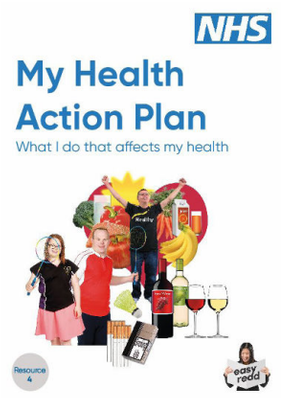


The Health Check is a good place to have some of the planning conversations when you are moving from child to adult services.

How will the Annual Health Check be tailored to meet my needs?



People with learning disabilities have lots of different needs.



Sometimes these are written down in a Health Action Plan that the doctor, nurse or health care assistant can look at.
(if you want them to)



Putting **reasonable adjustments** in place can help you to have a successful health check.

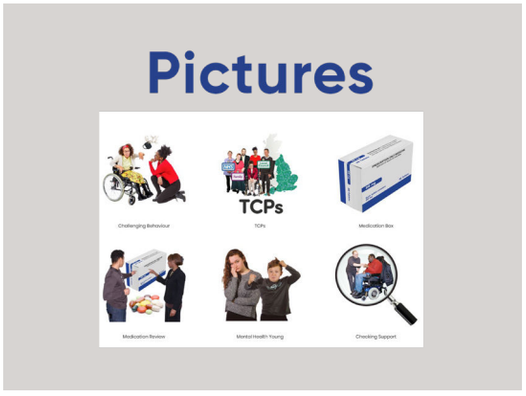


Reasonable adjustments mean changing services so they are easier to use.

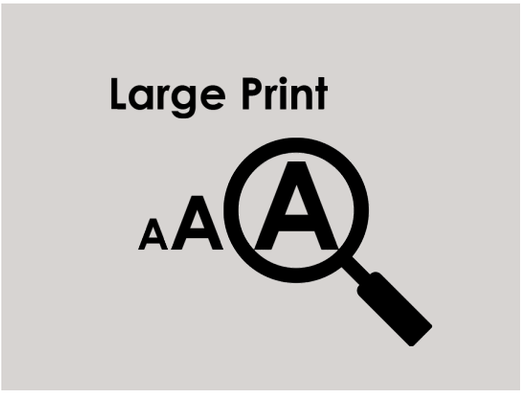
Reasonable Adjustments



These adjustments can include:



Using pictures



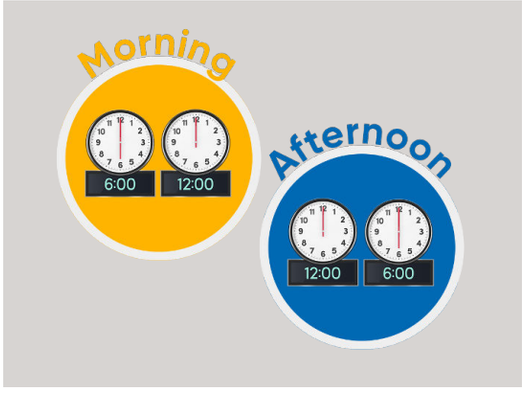
Large print



Simple language to help explain what is happening



Booking longer appointments



Having your appointment at the start or the end of the day



Talking to your doctors how they can best meet your needs

Do I have to have an Annual Health Check?



No, you don't have to have an Annual Health Check. You can say no to **all** or **parts** of the health check. Although you dont have to, its a really good idea to have your check.



You, or your carer, can ask the doctor, nurse or health care assistant for more information about the process.



You can then give your **consent** before any tests or procedures are carried out.



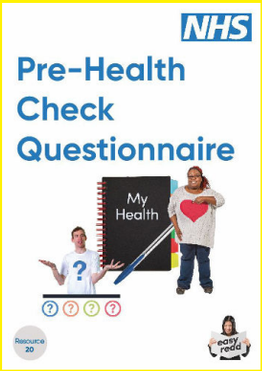
Consent means giving your permission for something to happen.

Can I request who I see?



You can ask to see someone in particular, but it might not be possible.

Is there anything I need to take with me?



Please bring your completed pre-health check questionnaire.



If you don't have a pre-health check questionnaire you can download and print one from the Suffolk Learning Disability Partnership website: **suffolkordinarylives.co.uk**



You can also ask your GP Surgery for a copy.

Is there anything I need to take with me?

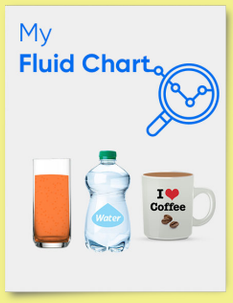


Please also bring a urine (wee) sample.

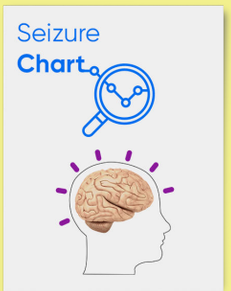
(If you have them) please also bring:



Bowel charts



Fluid charts



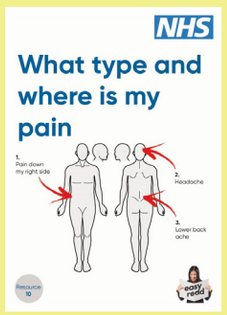
Seizure charts



Dietry intake charts



List of medication



What type & where is my pain booklet

This will all help your check to go smoothly and help to make sure the doctor, nurse or health care assistant has all the information they need.

Primary Care Accessible Resources

Resource 9: Gold Standard Health Checks

Made in co-production

This booklet was made in co-production between Ace Anglia and members of the 'Staying Healthy, Safe & Well' Workstream of the Joint Suffolk Learning Disability Strategy 2015-20.

NHS Suffolk and North East Essex

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This booklet is **Resource 9** & forms part of a number of projects that help to explain things about Primary Care services.

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