



Leicester City Learning Disability Partnership Board

NHS

Leicester City
Clinical Commissioning Group

People with a Learning Disability

Don't Miss Out!

Your Annual Health Check



Contents

Why are health checks important?	2
What is a health check?	3
Preparing for your health check	4
While at the health check	6
After your health check	9
Summary Care Record (SCR)	10
Diabetes	12
Blood sugar	13

Why are health checks important?



It's good to have a health check even if you do not think you have a health problem.



Some illnesses do not get better on their own. If the doctor finds out you have an illness, they can help you to get better.



A health check will help you make sure you are doing the right things to stay healthy.

What is a health check?



Health checks take place at your doctor's surgery.



The doctor or nurse will check if you are healthy, examine you and ask some questions about your health.



Anyone with a learning disability, 14 years and older, should be offered a health check every year.



The health check can take up to 45 minutes. Your doctor's surgery will contact you to make an appointment.

Preparing for your health check



You can take someone with you to your health check if you want.



Let the surgery know if there is anything you need that will make it easier for you to have a health check.

If you need:

- Help to hear.
- Help to say how you feel.
- Help to be understood e.g. language
- Longer appointment times.
- Quieter waiting area.
- Someone to be with you during the appointment.
- A wheelchair to help you at the appointment.
- First appointment or last appointment in the clinic to help you cope with crowds.
- Choice of a male or female nurse or doctor
- Anything else?



If you have a health action plan take it with you. If you have any questions take a list.



Are there things about your health the doctor or nurse should know?



Tell the doctor or nurse about any illnesses that are in your family.



You can talk to your doctor or nurse if you are worried or frightened about anything.

While at the health check



If you have any questions take a list of them so you don't forget.



Ask the nurse or doctor to explain if you don't understand.



You can say **'No'** to any part of the health check if you are unhappy. It's your choice.



The doctor will ask you questions about your health and your life, you need to answer these honestly.

- Do you smoke?
- Do you drink alcohol?
- What kinds of food do you eat?
- How much do you exercise?
- Do you have any problems going to the toilet?



You might be asked about your sexual health.

- Do you need advice to help you have safe sex.
- There is no need to be embarrassed about answering these questions.



Doctor or nurse will check your:

- Medication
- Eyes, ears and skin
- Height
- Urine (wee)
- Weight
- Blood (if needed)
- Waist



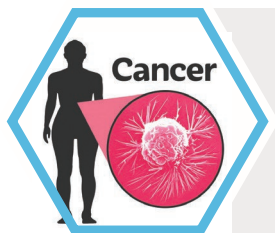
Doctor or nurse might ask you to take some of your clothes off, lift up your t-shirt or roll your sleeve up so they can check things like:

- Your chest – how you breathe
- Blood pressure
- Your tummy

Tell your doctor or nurse if you are worried about your private parts:



- They may need to check your private parts (breasts or balls)
- You can have a choice of a male or female nurse or doctor to examine you.



A doctor or nurse might ask if you have been checked for cancer:

- Cervical cancer check (for women who are 25-64 years old)
- Breast cancer check (for women who are 47-73 years old)
- Bowel cancer check (for men and women 60-74 years old)

After your health check

- You will be given a health action plan. If you are not given your action plan, please ask for a copy.
- If you already have a health action plan, this will be updated.
- Try and do the things that are written in your health action plan.

Health Action Plan



- Talk to a doctor or nurse if you want to change anything in your health action plan.



- After your health check the doctor or nurse will say if you need to go and see any other people that can help you.
- Ask your nurse or doctor to explain if you don't understand.



- Remember to ask for support with your health if you need it. Your doctor or the Learning Disability Nurses can help you with this.

Summary Care Record (SCR)



Summary Care Record is information about your health based on the health records at your GP practice.



This information is useful when you see a doctor or nurse when you are away from your own GP practice. This could be a hospital appointment or in an emergency.



Your Summary Care Record will help these doctors and nurses treating you by showing them:

- Medicines you take.
- Allergies you have.
- Any medicines that make you ill.

You can allow more information in your GP record to be added to the Summary Care Record:

- Who to contact in an emergency.
- What extra support you would like.
- How you would like to be treated.

- What illnesses or operations you have had.
- Any special wishes you have about how your health is treated.



- Please tell your GP or nurse if you are happy to share this additional information.
- Your GP can show you what is on your record at the moment.
- You can choose not to share this information if you want.

Diabetes

What is diabetes?

- People with diabetes have too much sugar (glucose) in their blood.
- Diabetes can happen to anyone.
- You can talk to the doctor / nurse about diabetes.



How to find out if you have diabetes?

- It is important to find out if you have diabetes as early as possible so that treatment can be started.
- The doctor will ask you some questions and to do a wee sample.
- Your wee sample will be tested to see if it contains sugar (glucose).
- Normally, wee does not contain sugar (glucose).
- If your wee contains sugar (glucose), your doctor will carry out a blood test. This will tell you if you have diabetes.

Blood sugar



Your blood sugar

- Sometimes you may feel unwell.
- This could be because your blood sugar is too high or too low.
- Sometimes you need a blood test to check your blood sugar.



How do you know if your blood sugar is high?

- You may feel very thirsty.
- You may wee a lot.
- You may feel more tired than usual.



How do you know if your blood sugar is low?

- You may feel very tired and unwell.
- You may feel shaky or dizzy.
- You may feel sweaty.
- Sugar can go low if you are on insulin or other medications that could lower your sugar.



What should I do?

- Eat healthy food.
- Take your medicines properly.
- Regular exercise.
- If you still feel unwell, you must see your doctor or nurse.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Acknowledgements

Photographs:



Leaflet developed and produced by:

Leicester City Clinical Commissioning Group (LCCCG)

Leicester City Learning Disability Partnership Board

Leicestershire Partnership Trust (LPT) Primary Care Liaison Nurses

With special thanks to:

LCCCG – Learning Disabilities GP Lead
GP Diabetes Mentors and Nursing & Quality Directorate
Leicestershire Learning Disabilities Partnership Board