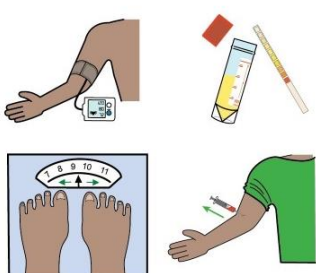# Top tips for GP Practices – Engagement with the Annual Health Check

**health check**

People with **learning disabilities are more likely to die** from a preventable or avoidable condition. Many of these deaths are because people with learning disabilities often experience **poor access to health services**. https://www.kcl.ac.uk/research/leder

Annual Health checks are offered to people with a learning disability aged 14 and over. They are a way to support positive health and wellbeing and help to reduce health inequalities. To support people with a learning disability to access their Annual Health Check reasonable adjustments may be needed to usual processes and environments. **10 steps to successful Annual Health Checks** can be found here https://www.learningdisabilityservice-leeds.nhs.uk/wp-content/uploads/2024/12/Ten-Steps-to-Annual-Health-Check-Success-1.pdf

**accessible information standard**

Think about how you **communicate with the patient**. Try sending an easy read letter and following up with a phone call. Easy read letter templates can be found here https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/nhs-in-leeds/gps-and-practice-staff/annual-health-check/ **The Health Facilitation Team can support with making easy read resources.**

If this has been unsuccessful, has the patient given consent for you to contact a family member or carer about their care?

Does the patient have any **Reasonable Adjustments** noted on their record? If so, have these been followed? Remember Reasonable Adjustments must also be made for a family member or carer of the patient if they need to bring the patient to an appointment. If there are no Reasonable Adjustments noted, you can ask the patient about Reasonable Adjustments using this form https://www.learningdisabilityservice-leeds.nhs.uk/wp-content/uploads/2023/03/Reasonable-adjustments-Alert-updated-March-23.pdf

Place an **alert on the patient's record** that the practice is trying to contact them to book their Annual Health Check. By using an alert, if the patient contacts the practice for any other reason, **staff are aware** to book a double appointment so that the clinician can also discuss the Annual Health Check with the patient.

Does the patient need a **repeat prescription or medical statement**? If so, the patient should be **seen in person** before these are issued. As part of that appointment the Annual Health Check can be completed at the same time.

Is the patient engaging with the practice at all? If the patient is **attending the practice for a different reason**, book an annual health check appointment. You can **complete the AHC alongside** discussing the reason the patient wanted to be seen.
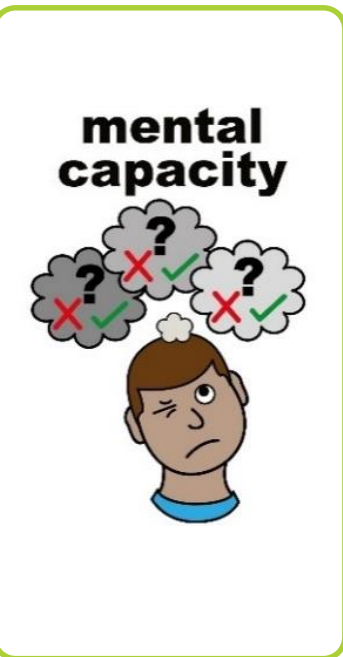
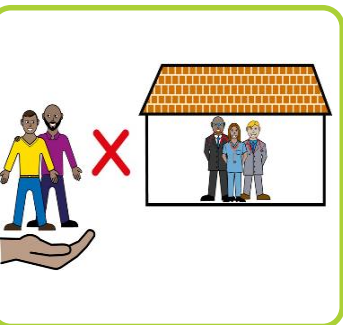Does the patient have the **mental capacity** to consent to or refuse the Annual Health Check?

Patients aged 14-16 may have capacity to consent or refuse if they have sufficient understanding known as Gillick competency.

Patients aged 16 and over can consent to or refuse treatment if they have mental capacity.

A parent can consent to an Annual Health Check on behalf of a patient under the age of 18 who does not have mental capacity.

**Family and carers cannot decline an Annual Health Check on behalf of a patient aged 18 and over**. If you have any concerns around Mental Capacity please contact the ICB Mental Capacity Act Lead whose details can be found here https://www.learningdisabilityservice-leeds.nhs.uk/wp-content/uploads/2022/04/Lets-talk-Mental-Capacity.pdf

**Consider 'was not brought'** if patient does not attend an appointment. Is the patient able to understand and access their appointment without support? If not then think 'was not brought' rather than 'did not attend' and question if any **safeguarding considerations** need to be made. Code appropriately on your clinical system as 'adult not brought to clinical appointment' **do not code as 'did not attend'.**

**Check** if any other health or social care **professionals are involved** with the patient. If so contact them to see if the patient is engaging with their service.

For support with GP Practice or LYPFT contact the Health Facilitation Team on 0113 8555049 or getcheckedout.lypft@nhs.net

For support in LTHT contact the LD and Autism Team on 0113 2066836 or Leedsth-tr.ldautism@nhs.net

For support in LCH services contact Lead Nurse for Learning Disabilities Lisa.smith31@nhs.net