

Doctor Examination

You will be asked questions about your general Health, Including:

- Have you any pain or discomfort?
- Have you Epilepsy?
- What tablets are you on and if any changes need to be made?
- How you feel, is your mood good or do you feel anxious or depressed?
- Do you sleep well?

The Doctor will also offer to examine your:

- Chest and lungs and listen to your heart
- Abdomen
- Breasts (female)
- Testes (Male)
- Feet

If a follow-up investigation is necessary, your GP will refer you to a Specialist

Following your Health Check

A Health Check Action Plan will be written up for you to take home and this will include:

- Any health issues you have.
- What Investigations and treatment are necessary?
- Appropriate health education, advice and support to help you improve your health and wellbeing.

Comments

We would like to hear your comments about the quality of this service or if you have any questions regarding your Health Check. Please contact

Health Facilitation Team:

Brea Crothers (SHSCT) – 02830256780

Jayne Campbell (N&M)

02830835460

Roisin McShane (Temporary): (A&D) 028

37565145

Cherith Farrell (C&B – maternity leave)

028 37 564563

Steven Clarke – (Trust wide

(028 37565145)

Ellen Despard - (Trust wide 028 37565145)

Annual Health Check



An Information Leaflet for Adults with a Learning Disability and their carers

Why do I need an Annual Health Check?

The Equal Lives (2006) and Health Care for All (2008) reports state that ‘people with a Learning Disability have poorer health and do not visit their GP or use other health services as often as the rest of the population’

All adults with a learning disability are entitled to an Annual Health Check, investigations and treatment.

The Community Learning Disability Teams can be contacted as follows:

Armagh and Dungannon (A&D)

Theresa Kerr 02837564688

Louise Davis 02837564646

Craigavon and Banbridge (C&B)

Andy Hayward 028 37 564539

Maggie Hughes 028 37 564250

Newry and Mourne (N&M)

Sonya McCusker 02830256780

Aoife Finnegan (Temporary) 028 30256780

What will happen at the Health Check?

Your GP Practice will invite you to attend for a routine Annual Health Check to make sure you are well.

When you attend for your Annual Health Check you will meet the receptionist, the nurse and the Doctor

You can bring a parent or carer with you if you wish

You will be asked some questions including:

- Where you live
- Where you work or which day care facility you attend or daytime opportunities in which you participate
- Who gives you help and support?
- Is there any family history of any illness?
- Is there anything worrying you?
- Does your carer have any concerns about your health?

Nurses Assessment

You will be asked questions about your lifestyle:

- What foods do you eat and are they healthy?
- What exercise do you take?
- Have you opportunities to see your friends and do you do things that you enjoy?

The nurse will also check your:

- Height
- Weight
- Blood Pressure
- Pulse Rate
- Ears (to check for ear wax)
- Urine (please bring a sample with you)
- Attendance at screening programmes.

You may be given the opportunity to have a sample of blood taken to check your blood sugar or cholesterol etc