

Learning Disability and Autism Team

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Primary Care Teams

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I wanted to say a huge **THANK YOU** to everyone who contributed to completing Learning Disability Annual Health Checks (AHCs) in the last QOF year. As an ICB, we managed to exceed the 75% target of LD patients having an AHC and for that we are truly grateful. People with a Learning Disability die younger than their peers and have poorer health outcomes. We know, a good quality AHC goes a long way to bridging that gap, so we are truly thankful for your efforts.

We would really like to reach the target for AHCs for 24/25 and I just wanted to reach out and offer a few tips that might make life easier for you in the coming year.

DO SOME CHECKS EARLIER THAN USUAL

(In the summer months)

We know as an ICB that the majority of AHCs are done in Quarter 4, leading up to the end of QOF year. End of year can be so stressful and so why not try to take some pressure off by doing some checks now in the summer, before flu, COVID and winter pressures start creeping up? It doesn't matter if the checks are done early, and when they are completed, the new recall for them will be for summer next year – taking the pressure off subsequent end of QOF years!

CHILDREN AGE 14-18 ARE ELIGIBLE FOR AHCs

(Helps with transition to adulthood)

We also want to highlight the need for completion of AHCs in children and young people. Patients are eligible for an AHC from age 14 onwards. As an ICB, we are consistently under target, year on year, in completing AHCs in 14–17-year-olds. It may not seem relevant to do one, especially if the child is already under secondary care teams. However, secondary care support from age 18 may need to be delivered by multiple teams, with Primary Care being the primary health contact, which may be a change from the preceding years. The person may not even reach adult Secondary Care thresholds for help and therefore, this transition period is of great value. Doing an AHC from age 14 gives you up to four years of transition of care and allows you to

get to know the child and their carers, including any possible complex health needs. You can also begin to understand and implement reasonable adjustments that a person may need to access healthcare.

THINK CANCER!

(cancer in LD can present differently and earlier)

In the annual LeDeR reports, cancer remains a high cause of death in the LD community. People with cancer and LD may present younger and in different ways to their peers. Please remember at AHCs to offer all cancer screening to people with a LD – cervical screening, mammograms, FIT and annual breast or testicular examination etc. Remember urine dips and consider bloods including fbc, PSA and CA125. People with a LD and cancer might present differently than others, such as with behaviours that challenge. Please have a low threshold to screen and investigate for cancers in these patients - consider a FIT, bloods, chest Xray etc.

FACE TO FACE ANNUAL HEALTH CHECKS

(Be sure to offer Reasonable Adjustments and Sensory and Communication Box)

Annual health checks should be done face to face so that a thorough physical examination can take place. People with LD may need reasonable adjustments for their AHCs such as longer appointment times and home visits. Remember to utilize the sensory and communication boxes that were sent out by our team earlier in the year. There are lots of fantastic resources in there to help patients communicate effectively, and to feel less overwhelmed by a busy practice environment.

YOUR LOCAL HEALTH FACILITATION TEAMS

(For additional support to meet the needs of our local LD population)

Don't forget that we have local Learning Disability Health Facilitators on hand to provide any additional advice, guidance or resources around the delivery of Annual Health Checks, Health Action Plans and reasonable adjustments, alongside the support with validation of LD Registers:

Marta Coates Marta.Coates @southernhealth.nhs.uk	Amy George Amy.George @southernhealth.nhs.uk	Julie Chapman Julie.Chapman @solent.nhs.uk	Karen Morgan karen.morgan2 @nhs.net
North & Mid Hants Southwest Hants	Southampton Southeast Hants	Portsmouth	Isle of Wight

Many thanks for your ongoing hard work and support.

Best wishes

Dr Gemma Langman

Hampshire GP

Clinical Champion LD&A HIOW ICB

Primary Care Lead for Suicide Prevention HIOW ICB