

Your Annual Health Check



How to use your annual health checklist



The checklist has most of the things the Doctor or Nurse should talk to you about at your Learning Disability Annual Health Check



Remember, some illnesses hide so it is important to Check it out. The Check it Out symbol on the checklist means that you might be asked to go to a screening test to make sure you don't have illnesses hiding




Before you go to your Annual Health Check look at all the boxes on the checklist and highlight anything you want to talk to the Doctor or Nurse about. You can write some notes to help you remember what you want to ask them about


You can write some notes to help you talk to your GP




how I like to be communicated with




changes in the way I move about (my mobility)



Issues to do with how tall I am and how much I weigh (some people call it BMI)



Important injections I might need like the flu jab and COVID-19 vaccinations



My blood pressure (BP) and pulse
This can check my heart

You can write some notes to help you tell your GP



Whether your eyesight has changed



have there been any changes to your hearing?



your teeth and dentist and the health risks of having bad teeth and gums



The GP can check your feet and toenails



The GP can check your skin for sores and moles

You can write some notes to help you tell your GP



The foods I eat and any health risks in my diet



The exercise I do and how to get fitter



You can talk about whether you cough when you eat or drink or find it hard to swallow



Talk about healthy bowels and bowel screening



Has your bladder (weeing) changed – do you need to wee more often? Is your wee dark and smelly?

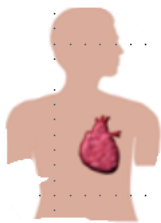
You can write some notes to help you tell your GP



The GP can listen to your chest and talk with you if you have been coughing



If you have epilepsy you can talk about how many seizures you get and how often



The GP can check your heart and lungs (AAA screening)



.see if you are at risk of diabetes or if you already have it you have had Diabetic Eye Screening



Check your muscles and skeleton (bones) because they can get weak as we get older

You can write some notes to help you tell your GP



Whether I smoke, drink alcohol or take drugs. I want to talk about ways to help me stop



Things I might be allergic to



You can talk with your GP about your feelings and well being



See if you are at risk of getting dementia and whether you need an assessment



you can talk about the medication you take and if it should be reviewed (STOMP LD)

You can write some notes to help you tell your GP



for women – talk about checking breasts for lumps and about periods and having cervical screening



A chance to talk about men's health including prostate screens



.You can talk about safe sex and sexual health with the GP



Anything else you want to talk to your GP about



Do you have any questions about your transition to Adult services.



At the end of the Annual Health Check you should be given a **Health Action Plan**



If you want to talk to someone about Annual Health Checks you can contact the Learning Disability Primary Care Liaison Nurse



You can contact the Primary Care Liaison Nurse on **020 7059 6600**
Based at
29 Romford Road
Stratford
E15 4LY



Please fill in the feedback form this will help the team understand how we can improve services