



York Parent Carer Forum

Vale of York CCG Health Checks

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Health Checks

- LD register
- Annual health check 14+
- 45 minutes



Barriers

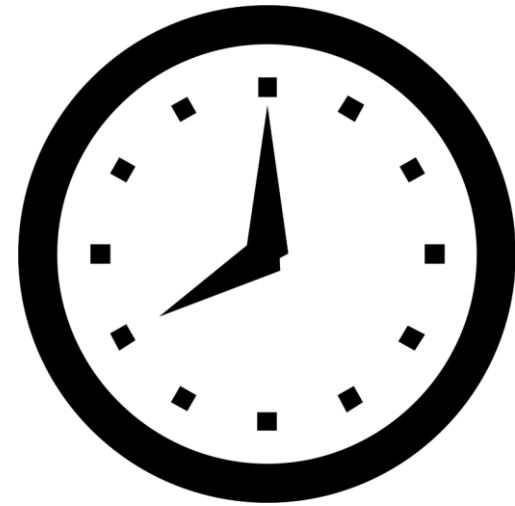
- Length of GP appointments.
- Accessible information.
- Easy read invite/recall letters.
- Not communicating well.



Make the most of the time


To make the most out of the time with the doctor:

- A template
- Body map
- Visual pain score
- Get checked out checklist
- Remind GPs they should offer 45 minute appointments for the annual health check.




Invitation


- Easy read invite letter tested at LD Forum and shared amongst GP surgeries.
- Easy read recall letter is being worked on.

 Invitation for:
Your Annual Health Check and Health Action Plan


Dear.....


Please come for your **Annual Health Check** on:


 **Date:**.....


 **Time:**.....


At: ...

 **Tel:**.....

 1 of our nurses will do your health check.
Your health check is very important.
It will make sure you stay fit and healthy.

 You can bring someone with you.
Your appointment will be for **45 minutes**.

 **Important:**
Please bring a urine sample to your appointment.

 At the end of the appointment, you will get a **Health Summary**.
Keep it with your **Health Action Plan**.

Symbols used with permission: www.mayer-johnson.com

... or this



Dear Jo



We are offering health check appointments at your surgery.



The date of your appointment is

Wednesday 3 rd March 2018
.....



The time of your appointment is

2pm
.....



If this is not a good time or day, or you have any questions or worries about attending you can ring the surgery.


















The surgery telephone number is
01904 781423

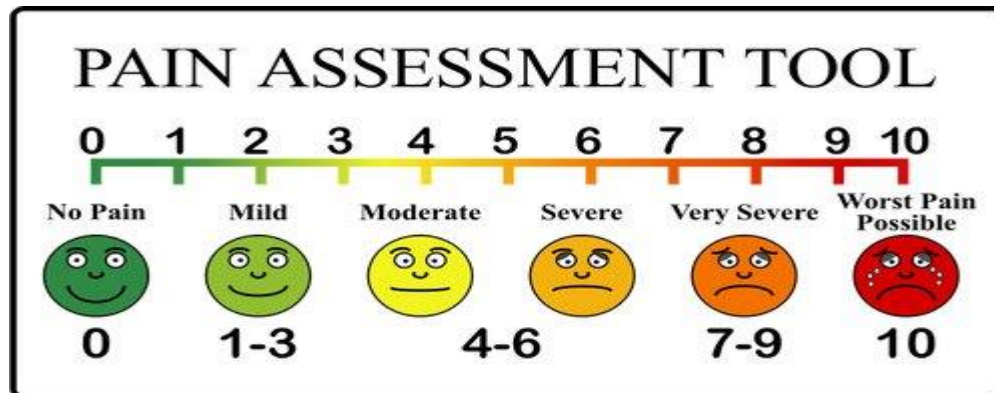
Checklist

- To help explain
- Fill in and take to surgery

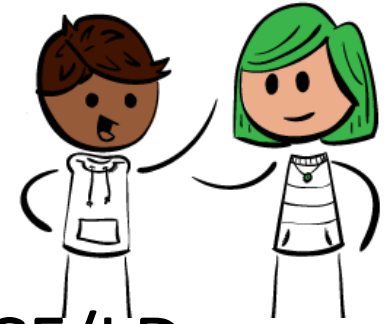
Question	Please write your answer here
What is the problem?	
Did it come on quickly or has it developed slowly?	
How long have you had the problem (such as minutes, hours, days , weeks or months)	
What bit of your body is affected?	
Does it happen anywhere else?	
Is there anything that makes it better?	
Is there anything that makes it worse?	
Does anything else happen with it such as feeling sick, being sick or having a head ache?	
Is it always the same?	
Have you had it before?	
Do you take any medication?	
Are you allergic to anything? (including any medication)	

Body map and pain index

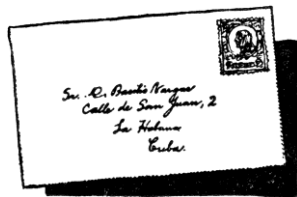
 yes	 I have a pain	 no	
 in my head	 in my stomach	 in my chest	 in my breast
 in my back	 in my bottom	 in my penis	 in my leg
 in my arm	 in my foot	 in my hand	 I don't know



Communications



- Continued engagement with the YPCF/LD forum
- Send helpful information to GP surgeries.
- ? Make a video and share.
- Electronic communications: Nurse Engagement, CCG website, Practice Nurse Forum.



Any questions?

