


**Schedule of expected health appointments
for adults with learning disabilities**

Code green = for everyone Pink=for women only Blue=men only Yellow=condition specific		
Appointment	Approximate appointment length (not including waiting times, or travelling times)	Reason  Information for Carers March 2013 pd
NB: Any pain (e.g. painful teeth etc.) may increase behaviour that can challenge. Health appointments can prevent future problems and initiate treatment before health problems become more sinister or painful.		
GP Health check	Yearly, 30mins-1 hr Possible follow ups	Identify unmet health needs Diagnosis, treatment & referral
Optician	At least 2 yearly-20mins	Sight check Eye health check 50% people with LD have eye/sight problems Sight loss will cause communication/ mobility problems. Increased risk of falls.
Dentist	6 monthly (or as advised)-15 mins	Oral health check Gum health check (should attend even if no teeth) People with LD have increased risk of dental problems.
Hearing test	Once every 3-5 years, particularly aged 50+ 30 -45 mins Follow ups if advised for aids etc	40% of people with LD have hearing problems People with Down Syndrome have small ear canals Hearing loss can increase confusion, isolation and can increase communication problems and paranoia.
Ear wax check up	Part of GP health check-5 mins Some people may need additional 3 monthly checks (e.g. people with Down Syndrome)	As above People with no back teeth/ chewing problems prone to wax build up Painful and causes hearing deficit

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Flu Jab	Yearly 5 mins	People with LD are on priority list as respiratory problems biggest killer of people with LD
Shingles vaccination	Aged 70 or aged 78. Anyone who missed vaccination since introduction aged 71/72 or 79. Single injection , once only (not yearly) 5 mins.	A vaccine to prevent shingles, a common, painful skin disease. Shingles fatal for around 1 in 1,000 over 70s. Suggest having it at same appointment as flu jab.
Breast screening	For women 47-73 20 mins, every 3 years	Early identification of breast cancer.
Bowel screening	Ages 60-74 Kit through the door 2 yearly. Support to complete -15mins. From Dec 2016 (or before) ages 55+ will be invited for one off bowel scope screening-30mins	Identifies pre cancerous problems and cancer. Gastro-intestinal cancer (including bowel cancer) higher risk in people with LD.
Cervical screening (smear)	Women 25-49, 3 yearly 50- 64, 5 yearly 10 mins	Checks cells of cervix Aim to identify pre cancerous changes.
Abdominal aortic aneurism screening	Men 65-74 15 minutes Once only if no aneurism found Yearly if small aneurism found 3 monthly if medium aneurism found	Ultrasound to check aorta, main blood vessel supplying blood to body, runs from heart to chest & abdomen. Often problems in men aged 65+ Operation if large aneurism
Medication review	6 monthly , 10-20 mins	To check effects, including side effects, administration and need to continue/ reduce /increase dose.
Epilepsy review	May take place at same time as medication review Maybe 6monthly-1 a year with Consultant/ epilepsy nurse specialist. Maybe with GP 10-30mins	To check seizure frequency, rescue protocols and treatment.
Continence aids	With District Nurse or Continence advisor, annual reassessment. 20 mins Catheter check weekly-15 mins Yearly urology appointment-2hrs	To check if aids required and to review usefulness/ amend treatment or prescription. If a catheter is used, this requires the area fully checked out for abnormalities inside and around the site area
Thyroid function test	Blood test 2 yearly for people	People with Down syndrome

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	with Down syndrome. 10 mins	prone to poor functioning thyroid. Results in tiredness, lethargy, dry skin, hair loss etc. treatment is with tablets.
Neck Xray	People with Down Syndrome, once in lifetime.15mins	Usually done in childhood. Check for atlanto axial subluxation (neck problem).
Chiropody/ Podiatry	3-6monthly, particularly people with Down Syndrome. 20-30 minutes	Foot care prevention & treatment. Toenail problems such as thickened, fungal or ingrown toenails. May also deal with orthotics.
Wheelchair clinic	One off, 60 minutes. More complex will have reviews as part of complex needs clinic	To assess type and size of wheelchair. Complex patients may require moulded inserts and regular adjustments due to changing body shape.
Complex needs clinic	30-45 mins at least annually	MDT assessment of people who have profound & multiple disabilities.
Mental health	Consultant Psychiatrist- 30 mins at least annually For some depot injection 3 monthly 15 mins For some CPN/ LDCN 3 monthly or more frequent	Initiate & review of anti psychotics/ anti depressants/ treatment plans
Orthotics	Annual or less frequent. 30 mins	Footwear/ insoles
Contraception/ menstruation management/ menopause	Women: Depot provera Injection 3 monthly 15 mins Pill-as medication review Menopause- blood test/ possible hrt treatment (see med reviews) Other-as directed by clinician	Family planning and/ or to control heavy or difficult to manage menstruation. Menopause affects many women average age 45-55, symptoms include hot flushes and night sweats, problems sleeping.
Health promotion	Smoking cessation? Weight management- weekly/ monthly 30-60 mins	75% of people with LD are obese. Government target to reduce smoking and obesity. Health gains and prevention of future ill health and immobility.
diabetes	Range of appointments expected: GP/ Practice Nurse- 3 monthly 20mins Specialist Nurse/ Hospital- yearly	Dependant upon severity, management and progress of disease As more people become obese

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	30 mins Retinal Screening- 15 mins Chiropody-3 monthly 20-30 mins Blood test-3monthly 5 mins Dietician?-yearly 15mins Renal?-3monthly 30mins Weight management (see HP)	incidence of diabetes will rise.
asthma	At least yearly review. 10-20 mins	Respiratory monitoring usually with practice nurse.
Other conditions	Hospital appointments can be 2hr or more GP appointments 10 minutes or more Practice Nurse appointments 10-30 minutes MDT appointments 30mins -2 hours	Not all conditions listed above.

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