Get Checked Out **Checklist**

Please fill this book in and bring it back to the GP surgery

Name:

....

I prefer:

....

Date of birth:

....

Who is important to you?

....

....

....

....

Address: ....

....

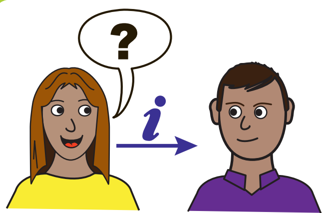
....

....

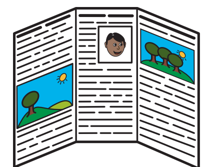
.................................Telephone ....

Email: ....

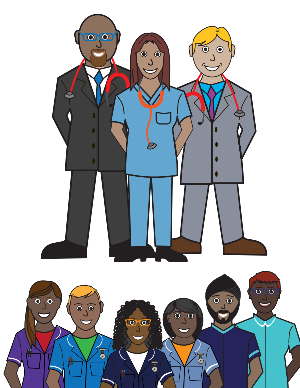
Consent for Summary Care Record and additional information



Your Doctor will have your basic summary care record.
It has information about your health, the medications which you take and any medications which might make you ill (allergic reaction)



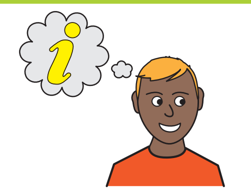
A doctor or nurse who doesn't know you very well, might ask to look at your Summary Care Record, this gives them the right information to care for you.



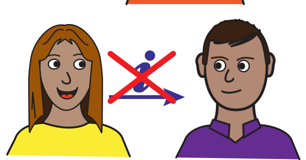
Only people like a doctor or nurse who are treating you can see your summary care record.

The Doctor can add extra information to your record with things like a history of your health problems, operations, or an illness you've had. It can include information about who supports you and what help or type of information you might need at appointments.

The extra information can help doctors and nurses, no matter where you are treated, look after you and help keep you well.



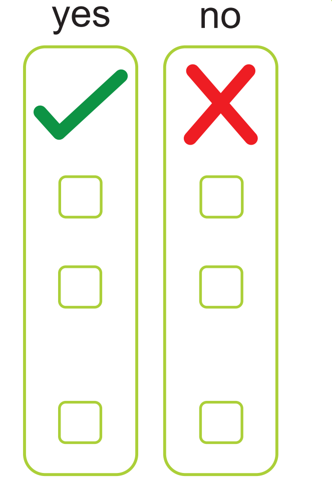
If you would like extra information adding to your summary care record about your health and what support you need let your Doctor know.



If you don't want your information on your Summary Care record you can ask your doctor to remove it.

https://digital.nhs.uk/binaries/content/assets/legacy/pdf/p/6/scr_ai_easy_read_patient_leaflet.pdf

Do you consent to sharing information

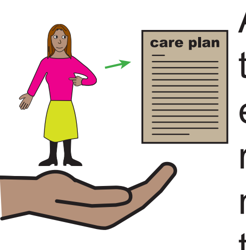


1. Consent for electronic record sharing?

2. Consent for summary care record with additional information?

3. Consent to share data with another professional? (specified third party)

The Equality Act (2010) - Reasonable Adjustments Alert



A reasonable adjustment is a small change your Doctor can make, to make your Annual Health Check easier for you. Below are examples of reasonable adjustments. Below are examples of reasonable adjustments. You can get help to write down what you need in the blank section at the end of this document.You can ask for these reasonable adjustments to be available for you at your annual health check.

Reasonable Adjustment	How you can help me	Yes ✓	No ✗	Comments
	I need easy read documents.	☐	☐	
	I need information in Braille	☐	☐	
	I need information in large print.	☐	☐	
	I need information in another language – if so what language?	☐	☐	
	I use a wheelchair and will need a hoist if I need a physical examination. I may need a home visit in this instance.	☐	☐	
	I find it difficult to wait in the doctors for my appointment, as it may make me anxious. I may need to wait outside until you are ready to see me.	☐	☐	
	I get very nervous at appointments and need my carer to help me understand what is happening.	☐	☐	

Reasonable Adjustment	How you can help me	Yes ✓	No ✗	Comments
	I may need to visit the surgery before my appointment to feel comfortable in the environment.	☐	☐	
	I need a longer appointment.	☐	☐	
	I need time to process information and answer questions.	☐	☐	
	Bright lights or loud noises may affect me.	☐	☐	
	My carer will support you to understand my needs.	☐	☐	
NHS	Please also alert my carer of any appointments.	☐	☐	
Plan	Other reasonable adjustments?			

	Flu	Yes ✓	No ✗	Comments
	Have you had your nasal spray or flu vaccine injection?	☐	☐	

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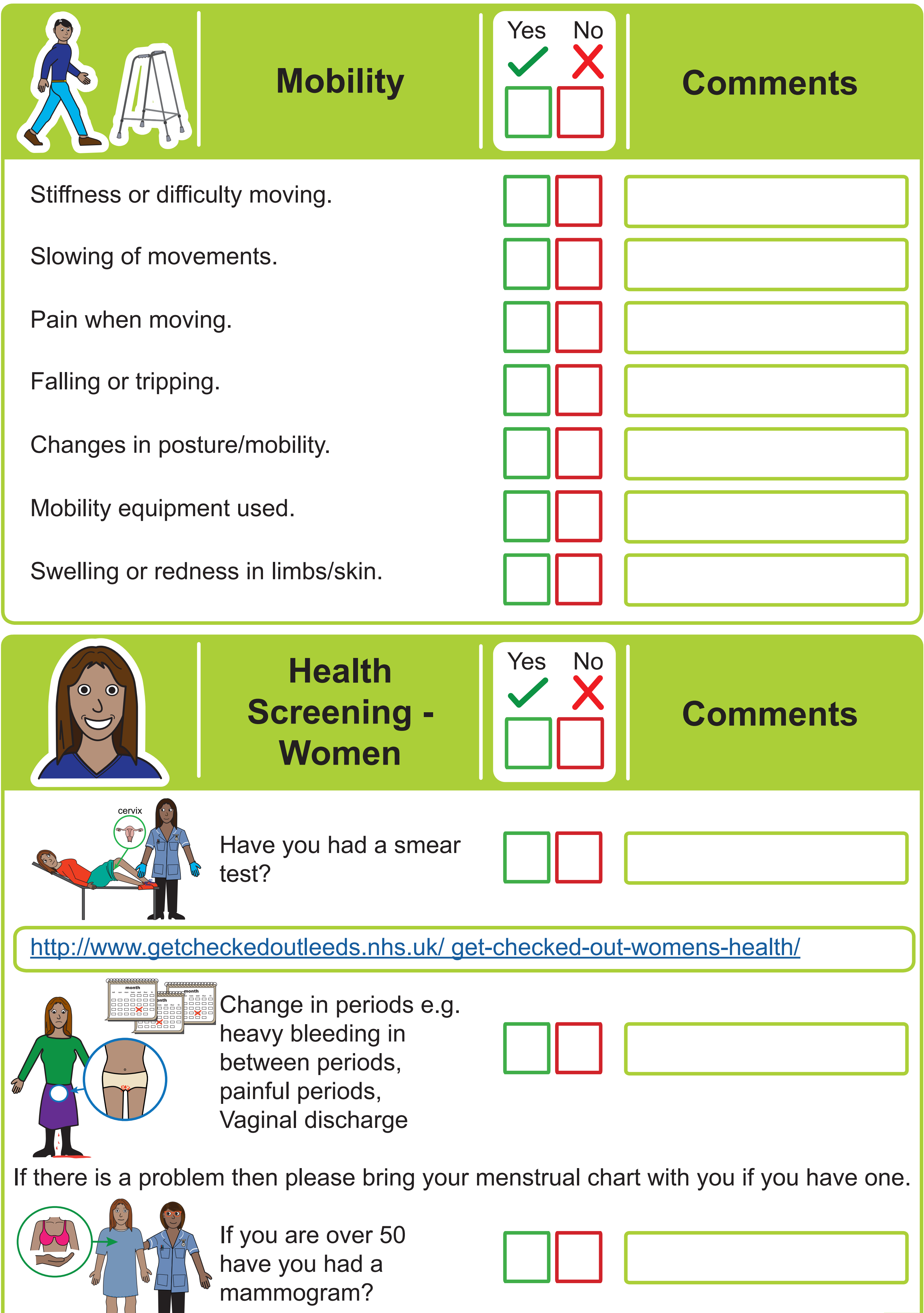


Mobility	Yes	No	Comments
Stiffness or difficulty moving.			
Slowing of movements.			
Pain when moving.			
Falling or tripping.			
Changes in posture/mobility.			
Mobility equipment used.			
Swelling or redness in limbs/skin.			

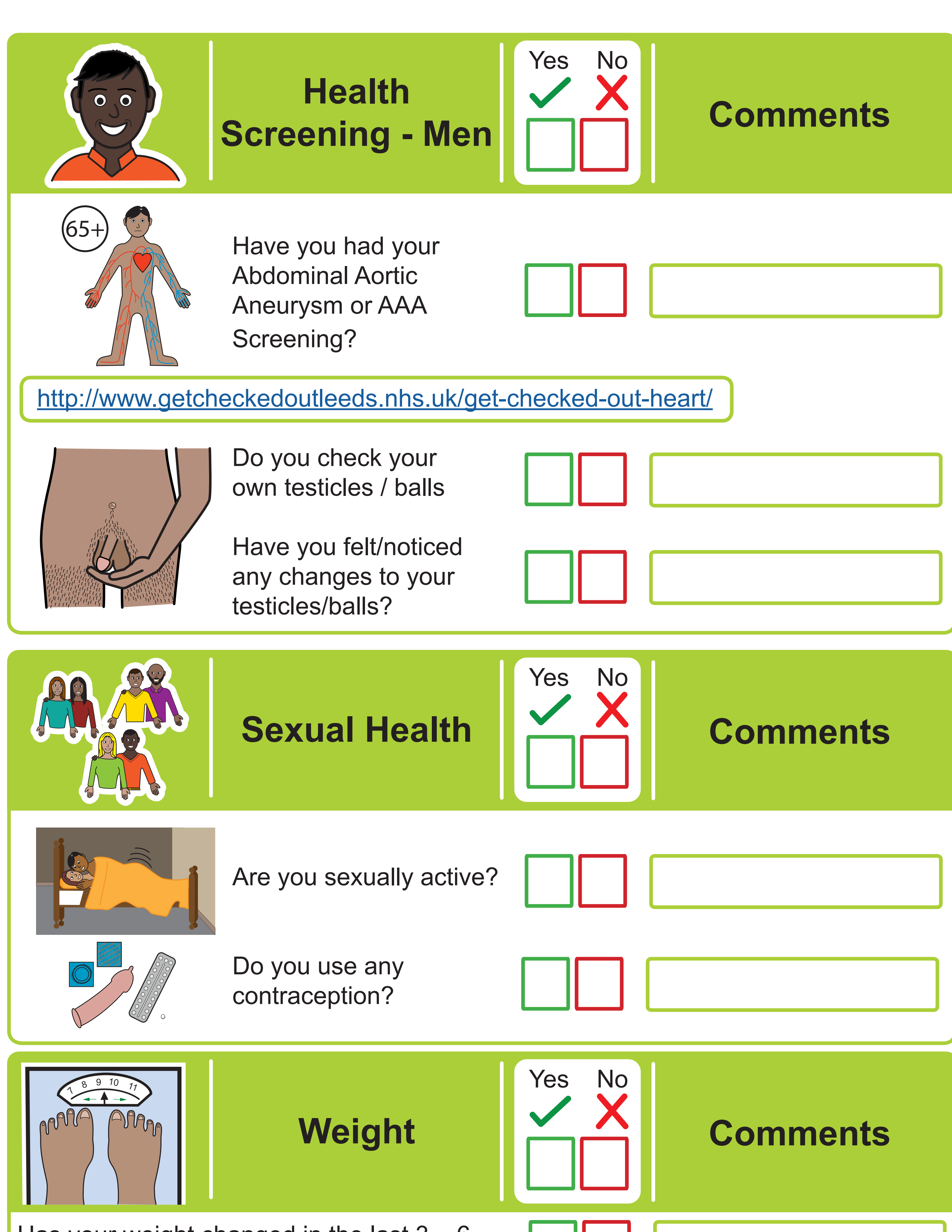
Health Screening - Women	Yes	No	Comments
Have you had a smear test?			

http://www.getcheckedoutleeds.nhs.uk/ get-checked-out-womens-health/

	Yes	No	Comments
Change in periods e.g. heavy bleeding in between periods, painful periods, Vaginal discharge			

If there is a problem then please bring your menstrual chart with you if you have one.

	Yes	No	Comments
If you are over 50 have you had a mammogram?			



Health Screening - Men

	Yes	No	Comments
Have you had your Abdominal Aortic Aneurysm or AAA Screening?			

http://www.getcheckedoutleeds.nhs.uk/get-checked-out-heart/

	Yes	No	Comments
Do you check your own testicles / balls			
Have you felt/noticed any changes to your testicles/balls?			

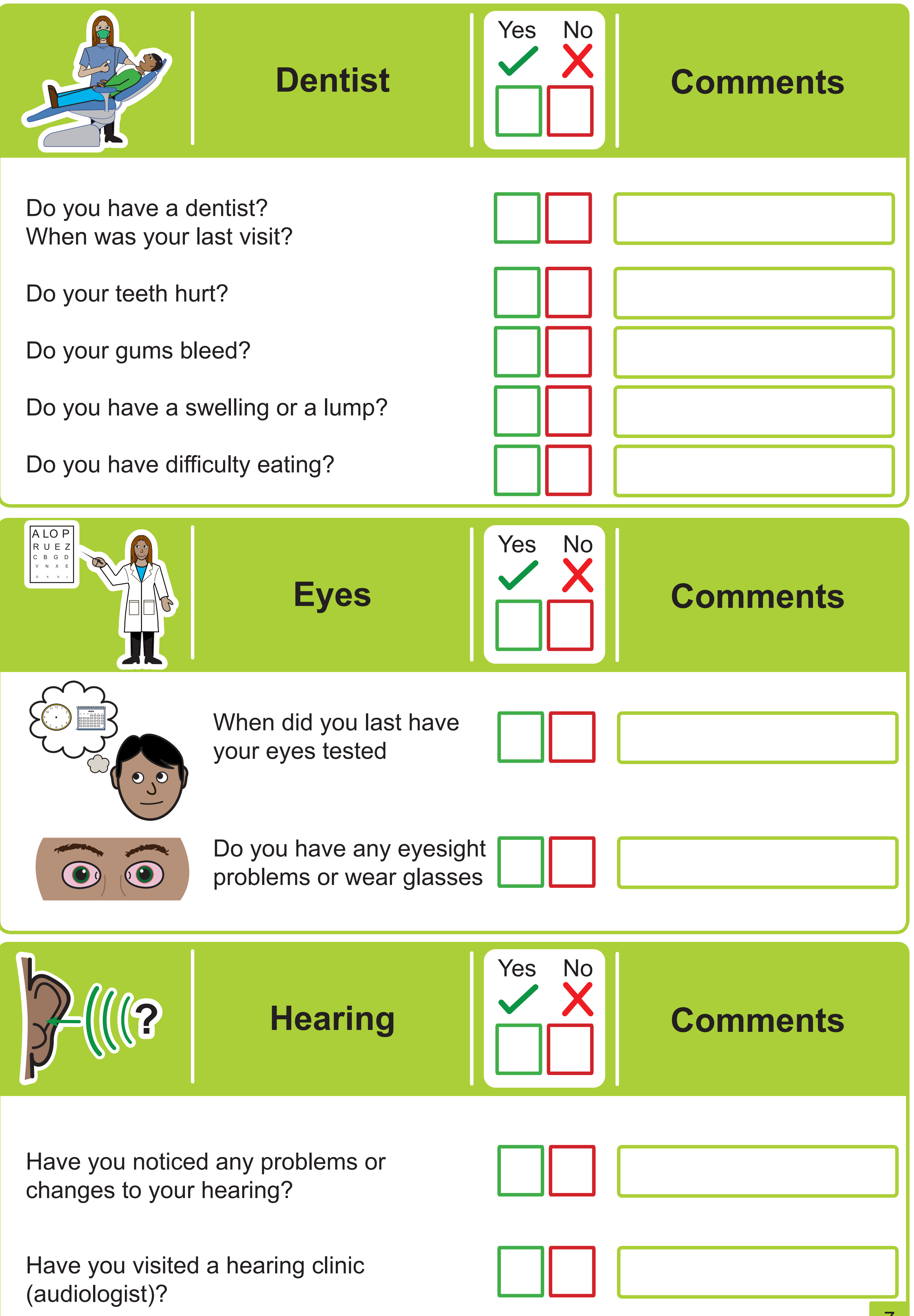
Sexual Health

	Yes	No	Comments
Are you sexually active?			
Do you use any contraception?			

Weight

	Yes	No	Comments
Has your weight changed in the last 3 – 6 months?			
Do you need specialist equipment to weigh you?			

If there is a problem with your weight then please bring your weight chart



Dentist	Yes	No	Comments
Do you have a dentist? When was your last visit?			
Do your teeth hurt?			
Do your gums bleed?			
Do you have a swelling or a lump?			
Do you have difficulty eating?			

Eyes	Yes	No	Comments
When did you last have your eyes tested			
Do you have any eyesight problems or wear glasses			

Hearing	Yes	No	Comments
Have you noticed any problems or changes to your hearing?			
Have you visited a hearing clinic (audiologist)?			

Breathing	Yes ✓	No ✗	Comments
Coughing that won't go away (more than 3 weeks)	☐	☐	
Chest infection	☐	☐	
Coughing up blood	☐	☐	
Unusual coloured spit	☐	☐	
Wheeze	☐	☐	
Hay fever, allergies, asthma or chronic obstructive pulmonary disease	☐	☐	
Breathlessness	☐	☐	
Do you smoke?	☐	☐	

Eating and Drinking	Yes ✓	No ✗	Comments
Does eating make you feel unwell?	☐	☐	
Food allergies/intolerances	☐	☐	
Being sick	☐	☐	
Do you have any changes to your appetite/hunger?	☐	☐	
Do you eat things that are not food?	☐	☐	
Difficulty swallowing	☐	☐	
Coughing when eating or drinking	☐	☐	
Do you use any supplements like multi vitamins, fish oils, Complan etc.?	☐	☐	

Bowels	Yes ✓	No ✗	Comments
Constipation – hard poo or can't go to the toilet			
Diarrhoea– watery poo and going too much			
Bleeding from your bottom			
Difficulty getting to the toilet on time			
Changes in bowel pattern			
Fatigue			
Are you aged 60-74? Have you received your bowel screening kit?			

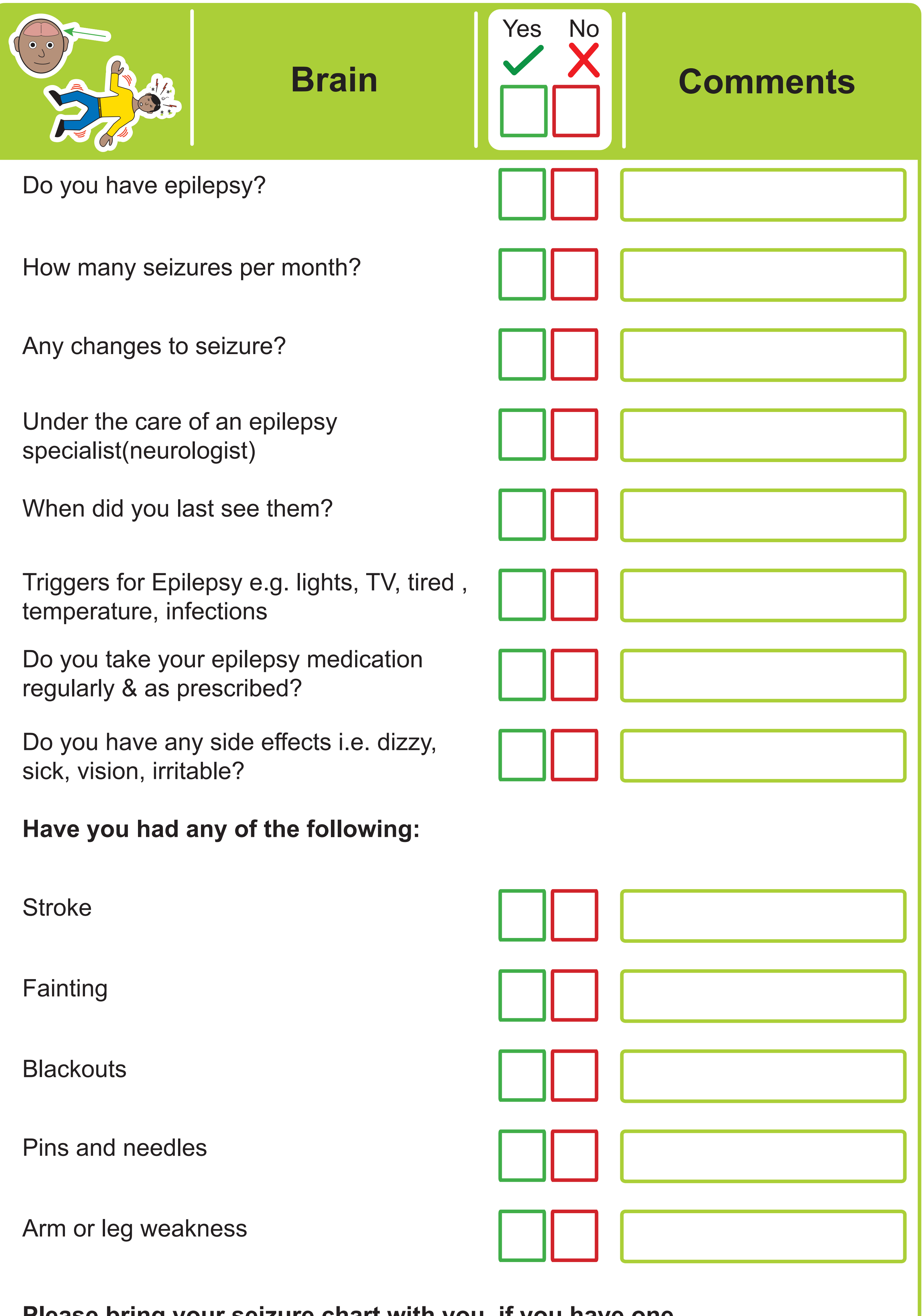
http://www.getcheckedoutleeds.nhs.uk/get-checked-out-bowels/

Urine	Yes ✓	No ✗	Comments
Pain when you wee?			
Urine infection			
Wee more often?			
Do you find it difficult to start weeing?			
Does your wee start and stop when you are weeing?			
Blood in your wee			
Difficulty in getting to the toilet in time?			

Breasts	Yes	No	Comments
Any lumps in breasts or armpits?			
Any liquid from your nipple?			
Any changes in the shape of your breasts?			
Any changes to the skin on your breasts?			
Any changes to shape of your nipples?			
Do you have a change in colour to your breasts or nipples?			
Do you get tired more easily?			

http://www.getcheckedoutleeds.nhs.uk/get-checked-out-breasts/

Menopausal symptoms	Yes	No	Comments
Do you feel tired?			
Do you have mood swings?			
Do you feel sad?			
Do you feel irritable?			
Do you have hot flushes?			



Brain	Yes ✓ / No ✗	Comments
Do you have epilepsy?	☐ ☐	
How many seizures per month?	☐ ☐	
Any changes to seizure?	☐ ☐	
Under the care of an epilepsy specialist(neurologist)	☐ ☐	
When did you last see them?	☐ ☐	
Triggers for Epilepsy e.g. lights, TV, tired , temperature, infections	☐ ☐	
Do you take your epilepsy medication regularly & as prescribed?	☐ ☐	
Do you have any side effects i.e. dizzy, sick, vision, irritable?	☐ ☐	
Have you had any of the following:		
Stroke	☐ ☐	
Fainting	☐ ☐	
Blackouts	☐ ☐	
Pins and needles	☐ ☐	
Arm or leg weakness	☐ ☐	

Please bring your seizure chart with you, if you have one.

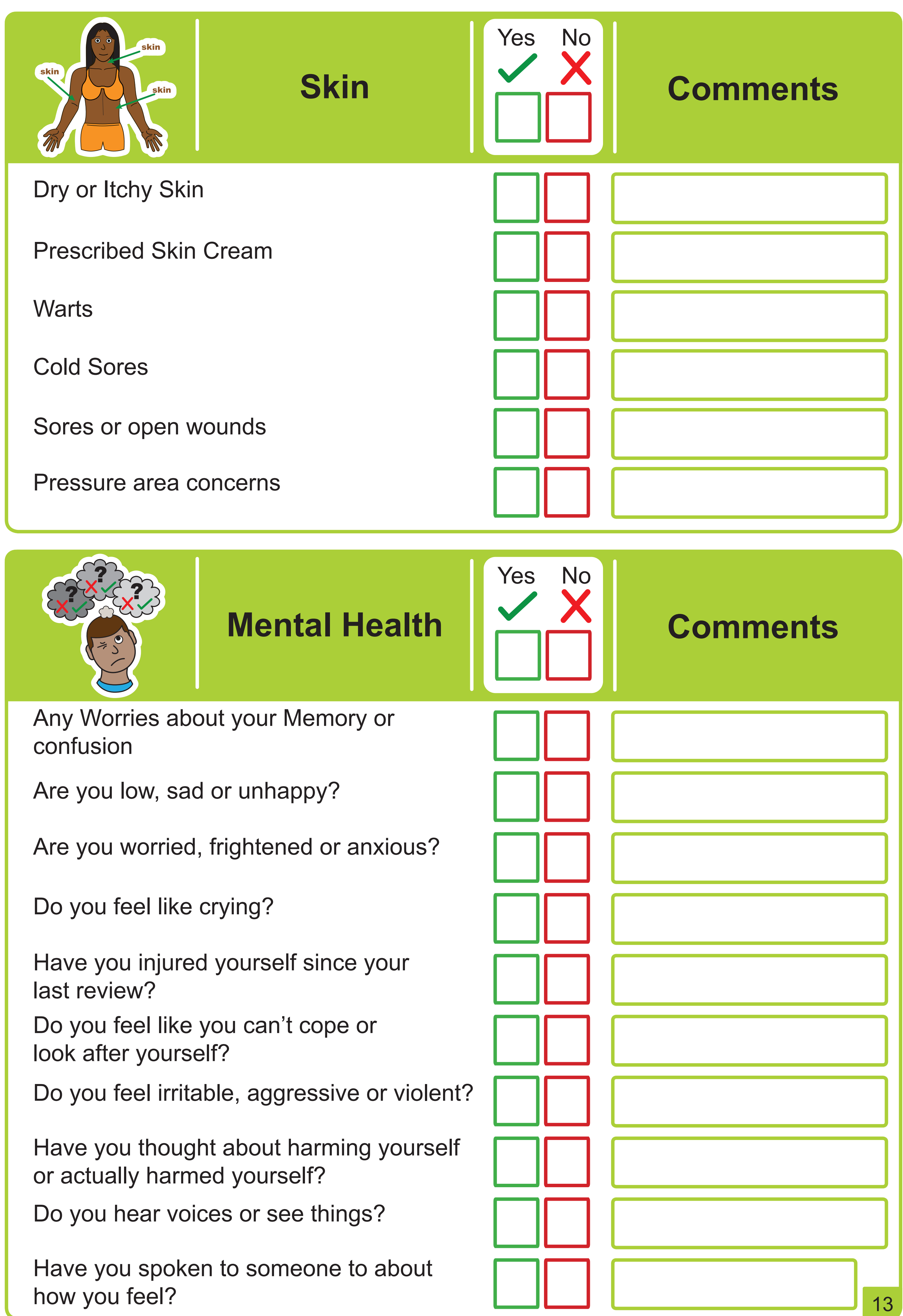
Heart	Yes ✓	No ✗	Comments
Difficult or labored breathing during the day and at night			
Chest pain when exercising			
Palpitations – feeling your heart beat			
Any swelling to the ankles, hands or body?			

Diabetes	Yes ✓	No ✗	Comments
Do you test your blood sugar regularly?			
Please bring your blood sugar charts if you have them			
Do you have any problems with your eye sight?			
Have you been for your diabetic eye screening?			

When you have eye screening, we put drops in your eyes and take photographs of them.

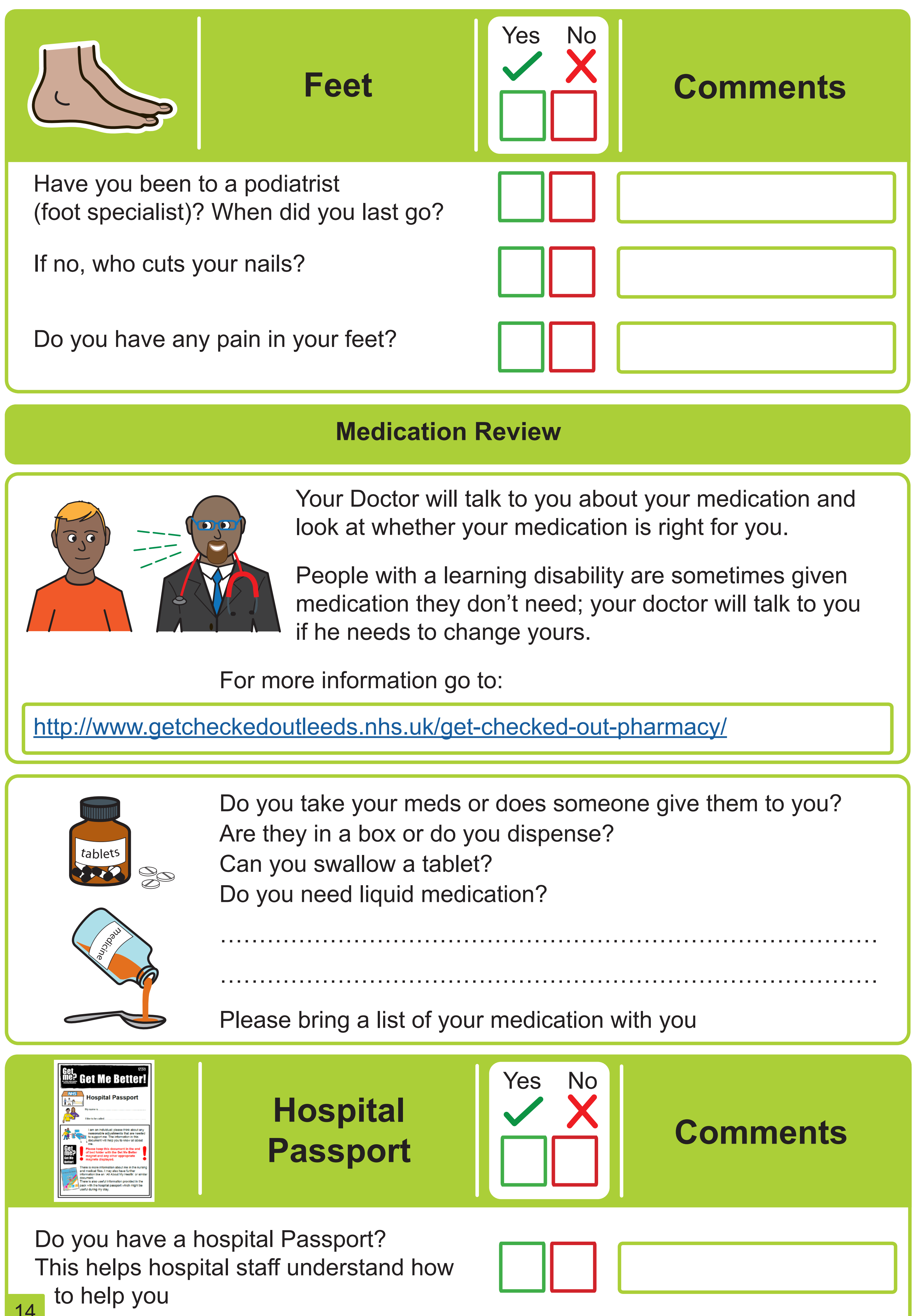
http://www.getcheckedoutleeds.nhs.uk/get-checked-out-national-screening-partners/

Pain	Yes ✓	No ✗	Comments
Do you have any pain?			
Does your pain relief medicine help to stop or reduce the pain?			



Skin	Yes ✓	No ✗	Comments
Dry or Itchy Skin	☐	☐	
Prescribed Skin Cream	☐	☐	
Warts	☐	☐	
Cold Sores	☐	☐	
Sores or open wounds	☐	☐	
Pressure area concerns	☐	☐	

Mental Health	Yes ✓	No ✗	Comments
Any Worries about your Memory or confusion	☐	☐	
Are you low, sad or unhappy?	☐	☐	
Are you worried, frightened or anxious?	☐	☐	
Do you feel like crying?	☐	☐	
Have you injured yourself since your last review?	☐	☐	
Do you feel like you can’t cope or look after yourself?	☐	☐	
Do you feel irritable, aggressive or violent?	☐	☐	
Have you thought about harming yourself or actually harmed yourself?	☐	☐	
Do you hear voices or see things?	☐	☐	
Have you spoken to someone to about how you feel?	☐	☐	



Feet	Yes ✓	No ✗	Comments
Have you been to a podiatrist (foot specialist)? When did you last go?	☐	☐	
If no, who cuts your nails?	☐	☐	
Do you have any pain in your feet?	☐	☐	

Medication Review

Your Doctor will talk to you about your medication and look at whether your medication is right for you.

People with a learning disability are sometimes given medication they don’t need; your doctor will talk to you if he needs to change yours.

For more information go to:

http://www.getcheckedoutleeds.nhs.uk/get-checked-out-pharmacy/

Do you take your meds or does someone give them to you?
Are they in a box or do you dispense?
Can you swallow a tablet?
Do you need liquid medication?

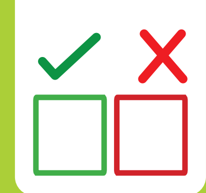
....

....

Please bring a list of your medication with you

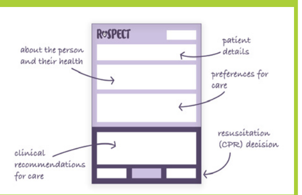
Hospital Passport	Yes ✓	No ✗	Comments
Do you have a hospital Passport? This helps hospital staff understand how to help you	☐	☐	

Palliative Care

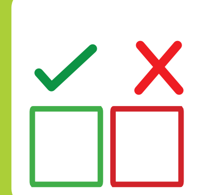


Comments

Are you receiving support from palliative care services like a hospice or Marie Curie Nurse?

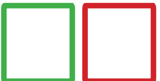


End of Life Gold Standard Framework

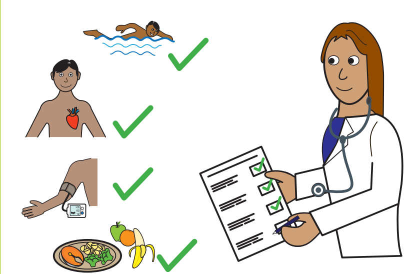


Comments

Do you have a 'DNAR' (Do Not Attempt Resuscitation) or 'ReSPECT' Document. Any concerns or questions about these documents?



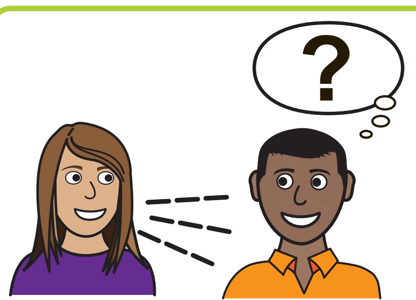
Bring a helper

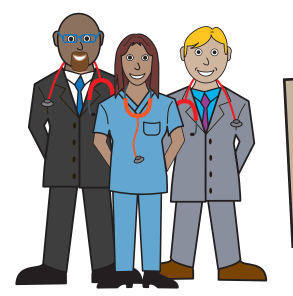


You can ask questions at your health check.

You can bring someone with you who can help you in the appointment. You can decide if they will stay with you for some or all of the appointment.

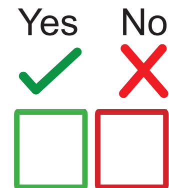
Do you have any questions?





At the end of your Annual Health Check you should receive a copy of your Health Action Plan.

Did you receive yours?

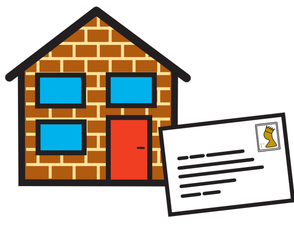


Thank you for completing this form.

Please bring it with you to the health check appointment along with any other important documents

The Health Facilitation Team is available to support Health Professionals to improve and increase access to quality, effective health for people with a Learning Disability.

Should your require any FREE resources, advice or support to help you meet your obligation as a Health Care Provider then please contact us.



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www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/

review date: Jan 2022