Annual Health Check resources guide
This information sheet lists sources of guidance and resources relevant to the Annual Health Check.

General Health Check advice and resources
- Learning disability charity Mencap offer resources for healthcare professionals here. These include easy read guides to health checks with or without symbols, and guides for relatives.
- The resources page of Leeds & York Partnership NHS Foundation Trust includes an excellent GP starter guide from Dr Sam Browning the Citywide Clinical Lead for Learning Disability for Leeds CCGs.
- Oxleas NHS foundation Trust offers a resources page focussed on the steps for primary care staff to complete LD checks.
- NHS England Choices website
- Public Health England’s Improving Health and Lives Learning Disabilities Observatory website is useful for fact sheets, summary of evidence of health care and local Learning Disability health profiles at your local authority level.
- Easy Health offer a range of online resources for the Annual Health Check.

Videos/animations
- Learning Disability advocacy group Manchester People First’s video ‘So what’s stopping ya?’ looks at what people with LD think about health checks
- NHS Lambeth CCG have made two animations to support practices in delivering health checks for people with learning disabilities:
  o Video one, for healthcare professionals (GPs and Nurses who conduct health checks). This can be viewed here or downloaded from here.
  o Video two, for patients with learning disabilities and their carers can be viewed here or downloaded from here.
- The charity Learning Abilities TV has created video on the Annual Health Check consultation aimed at people with LD.
- Annual Health Check, a video people with learning disabilities.
- A guide to your LD health check - for adults with learning disabilities, a video from Kent Community Health NHS Foundation Trust.
- How to get a health check up for people with learning disabilities, a short film about what happens at a NHS health check - aimed at people with learning disabilities. From Hounslow and Richmond Community Healthcare NHS Trust.
- A video about a project at Leeds and York Partnership NHS Foundation Trust to increase the uptake of Annual Health Checks at GP practices in Leeds.
Syndrome specific guidance

- Autistic Spectrum Disorder
  - RCGP Autistic Spectrum Disorders Toolkit

- Cerebral Palsy
  - Guidance on the different classification methods for types of cerebral palsy
  - NICE guideline [NG62] Cerebral palsy in under 25s: assessment and management (Published date: January 2017)
  - Selective dorsal rhizotomy for spasticity in cerebral palsy, Interventional procedures guidance [IPG373] (Published date: December 2010)
  - The charity CerebralPalsy.org.uk provides support by offering impartial information on a broad range of subjects that people affected by CP should find useful.

Constipation

- Public Health England produced this useful summary of reasonable adjustments for constipation for people with learning disabilities in the management of constipation in 2016. The full report is available to download here.
- Bowel Management: Constipation - Clinical Link Pathway (CLiP) from Tees, Esk and Wear Valleys NHS Foundation Trust. This pathway was developed in Adult learning disability services. It begins with part one screening assessment on entry to in-patient services. The pathway is designed to be used at any time with any adult where constipation is a concern. Appendices include embedded documents to be used as part of the pathway. The assessment tools on Page 12 are useful.

Dysphagia

- Guidelines for identification and management of swallowing difficulties in adults with learning disabilities.
- Pamis leaflet on respiratory health for people with learning disabilities.
- Guideline for the identification and management of swallowing difficulties in adults with learning disability working party guideline produced by a multidisciplinary panel - Wright, Beavon, Branford, Griffith, Harding, Howseman, Rasmussen, Sandhu, Shmueli, Smith & White.
- Information on mortality among people with a learning disability
- Public Health England resources
  - Making reasonable adjustments to dysphagia services for people with learning disabilities.
Education, Health and Care Plan
- Education, Health and Care Plan Checklist.

Medication
- STOMP LD Guidance, Reducing inappropriate psychotropic drugs in people with a learning disability in general practice and secondary care.

Mental Health
- Relevant Nice Guidelines include:
  - Mental health problems in people with learning disabilities.
  - Challenging behaviour and learning disabilities.
  - Depression in children and young people, depression in adults and depression in adults with a chronic physical health problem.
  - Generalised anxiety disorder and panic disorder in adults.
  - Antisocial behaviour and conduct disorders in children and young people.
  - Autism spectrum disorder in under 19s: recognition, referral and diagnosis, autism spectrum disorder in under 19s: support and management and autism spectrum disorder in adults.
  - Attention deficit hyperactivity disorder.
- The Royal College of Psychiatrists website has useful information for people with learning disabilities about mental health issues.

Obesity
- Public Health England resources:
  - Obesity and weight management.
  - The full report Making reasonable adjustments to obesity and weight management services for people with learning disabilities can be downloaded here.

Mortality surveillance
- CIPOLD
  Funded by the Department of Health, CIPOLD is the Confidential Inquiry into premature deaths of people with learning disabilities.
- LeDeR