

# Health Facilitator Annual Report



## Introduction

The job of Health Facilitator started on 1<sup>st</sup> October 2007. The job is about making sure that people with a learning disability get the right help to be healthy and can use the same kind of health services as everyone else can.

Natalie is the Health Facilitator. This report will tell you about the work that has been done in the last year.

Old reports about the work Natalie does can be found on the healthy lives page of the Brightonpart web site:  
<http://www.brightpart.org/healthy.php>



Brighton & Hove  
Learning Disability Partnership Board  
[www.brightpart.org](http://www.brightpart.org)

## Main Projects/Targets

Natalie does work on different projects. All of the projects will be written about in this report.

If the work has been finished it will say '**DONE**'

If the work has been started and is still going on, it will say '**CARRYING ON**'

If the work has not been started yet it will say '**NOT STARTED**'



If you want to know more about any of the information in this report, you can ask Natalie. Her contact details are:

Natalie Winterton  
Health Facilitator  
Community Learning Disability Team,  
86 Denmark Villas, Hove, BN3 3TY  
Tel: 01273 295550  
E-mail: [natalie.winterton@brighton-hove.gov.uk](mailto:natalie.winterton@brighton-hove.gov.uk)



## Working with GP Practices

There are 47 GP practices in the City, and Natalie does different kinds of work with them.

### GP Practice registers of people with a learning disability

Natalie helps GP practices to make sure they know who all their patients with a learning disability are. **All** the surgeries had done this work by August 2010.

Natalie has helped some GP practices check their registers again in the last year. The practices also ask Natalie questions to check they are keeping their registers up to date. This is very important because practices use their register to invite people for annual health checks.

The table here shows how the total number of adults with a learning disability registered with a GP practice in Brighton & Hove has gone up since October 2007.

October 2007	February 2008	March 2009	March 2010	March 2011
637	706	873	949	1016



**DONE** – this work is finished, but sometimes there will be checking to do.

### Annual Health Checks and Health Action Plans in GP Practices

There is an extra service for adults with a learning disability that GP practices can choose to do if they want to. The extra service means that adults with a learning disability get a health check and health action plan once a year at their GP practice.

Since the last report, the practice that wasn't doing the extra service has talked to Natalie and decided they would do it.

The practice that didn't have any patients with a learning disability does have one now, and so is doing health checks.

All 47 of the GP practices in the City are doing the extra service now which is really good.

This means that every adult with a learning disability in the City can get an annual health check and health action plan from their GP practice.



# 47

**DONE** – Natalie has helped all of the practices decide to do the extra service

## Training for GP Practices

All GP surgeries that want to do the extra service have to get some training from Natalie.

All **47** practices have now had training from Natalie.

In January and February 2011 Natalie did two training sessions that anyone from any of the GP Practices could come to. This training was to give some people a reminder of how to help people with a learning disability. People who had training already could come, and people who hadn't had training yet could come too. **30** people came along.

Natalie has also been to some individual practices to give them training again. These practices asked Natalie to come back again because they wanted some more training or because they had new people working at the practice who wanted training.

**DONE** – all practices have had training at least once from Natalie.

Future plans – Natalie will carry on giving training for any practice when they want it. Natalie will also do more sessions that anyone from any practice can come to if they are needed.

## Information for GP practices

Natalie sends information to all practices that gives them extra ideas about how to help people with a learning disability. In the last year lots of different information has been sent out.

Examples are:

- Easy read information about cancer screening
- Information about on-line networks for GPs
- Guidance from the Royal College of Nursing
- Guidance from the Royal College of General Practitioners

Natalie is also going to update the information and resources that all practices got when they first agreed to do the extra service for people with a learning disability. All practices will get a new pack of information and resources they can use.

**CARRYING ON** – this work will always carry on. It is good to keep sharing useful information with the GP practices

## Audit of Health Checks and Health Action Plans

An audit is a way of checking what things are happening. Every year NHS Brighton & Hove does an audit of the extra service that GP practices do for people with a learning disability. Natalie helps to do this work, and this year she wrote the report about the audit.



There are different things that get checked. Those things include:

- The number of annual health checks and health action plans that are done by GP practices
- The number of people who don't go for their health check and health action plan
- The number of new health needs found out about at health checks
- What kind of health needs that get found out at health checks



Here are some of the things that we found out about the work the GP practices did from April 2010 to March 2011.

**40** GP practices sent information about the work they had done. **6** practices did not send any information

**453** people had a health check – this is **44%** of all the people with a learning disability in the City

**453**  
people had a  
health check

**45** people said they did not want a health check – this is **4%** of all the people with a learning disability in the City

**23** people did not turn up for their health check appointment – this is **2%** of all the people with a learning disability in the City

**200** people did not reply to their invitation to go for a health check – this is **20%** of all the people with a learning disability in the City



**389** people got a health action plan at their health check – this is **86%** of the people who had their health check

**389**  
people got a  
health action  
plan

**24** people did not want a health action plan – this is **5%** of the people who had their health check

Here are some of the things we found out about the kind of health problems that people with a learning disability have.

**30** GP practices sent in anonymous information about the health problems they found out about at people's health checks.

The most common new health problems were:

1. Ear wax = **25** people
2. Eye health/optician = **16** people
3. Obesity & overweight = **12** people
4. Oral health/dentist = **8** people
5. Foot care/chiroprody = **7** people



**DONE** – the audit of the work done by GP practices between 1<sup>st</sup> April 2010 and 31<sup>st</sup> March 2011 is finished. The report has been sent to all the GP practices

## **Access to Cancer Screening**

Natalie has been working with Margaret Felton, the Health Promotion Specialist for Cancer Prevention to make it easier for people with a learning disability to access cancer screening.



### Brighton & Hove pack for practice nurses

Natalie & Margaret developed a pack of information and guidance about cervical screening & women with a learning disability. They gave one pack to every GP practice in the City. They did this in November 2010. The aim of the pack is to help practice nurses understand how they can support women with a learning disability to take part in cervical screening.

A few months after giving out the packs Natalie asked the practice nurses if the pack had been useful. Not many nurses replied but most of the ones that did said that the pack had been useful.

**DONE** – the pack has been finished

### Easy read leaflets

In March 2011 Natalie used some Learning Disability Development Fund money to buy some easy read leaflets about breast screening, cervical screening and checking your testicles. Copies of the leaflets were sent to every GP practice in the City. The packs will be used as part of training day planned for 2012.



**DONE** – the leaflets have been sent out

### Sussex cervical screening protocol for GP practices

Natalie has also been doing some work about cervical screening with people who work in other parts of Sussex. This group of people have developed a protocol and guidance about cervical screening for GP practices. A protocol tells people how to do something in a particular way.



The protocol will help practices to understand how to make reasonable adjustments to make it easier for women with a learning disability to have cervical screening. When this protocol has been finished it will be sent to every GP practice in Sussex to use.

**CARRYING ON** – Natalie is still helping with this work

### Cancer Screening training

Natalie & Margaret did some training for staff in learning disability services about cancer prevention & screening. The training is to help staff & carers understand how important cancer screening is, and what early signs of cancer to look out for.



Not many people could come to the training. We will do more of this training, as part of the health promotion training day that is talked about at the end of this report.

**CARRYING ON** – work on access to cancer screening will continue

## Dental Services and Oral Health

Natalie has been doing some work with the Oral Health Promotion team in the City.



### Oral health promotion survey

In autumn 2010 we sent a survey to 49 residential and supported living services in the City. We asked about different things including:

- If people go to the dentist or not
- Which dentist they go to
- Service healthy eating policy
- Liquid medications
- Oral health care plans
- Oral health training for staff

We got the survey back from 35 services which is a good response.

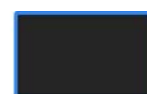


**DONE** – the survey was finished and a report written by December 2010

### Oral Health Promotion training

From the survey we found out that 25 services had staff that had never had training about oral health or it wasn't clear if they had training. We contacted all of these services and offered to give them training. The oral health promotion team do this training.

17 of those services have now had training or have it planned. Some of the other services said they didn't want training or had actually had training before so didn't need it.



Oral health training was also given at the learning disability staff conference in January 2011.



Oral health training was delivered to the Brighton & Hove City Council Shared Lives Scheme carers in September 2011. There are plans to deliver this training to other Shared Lives carers, family carers and people with a learning disability throughout the rest of 2011.

**CARRYING ON** – more training will be given to people who want it

### Oral health leaflets

Natalie and the Oral Health Promotion team found a set of 3 leaflets about oral health that were developed by another service. We thought these leaflets were good and would be useful for carers and staff. We changed the leaflets so they would be good to use in the City.



The leaflets will be available on the healthy lives page of the learning disability partnership board web site. They will also be available from the Community Learning Disability Team, Oral Health Promotion and Special Care Dentistry. The same leaflets will also be used in West Sussex too.

**CARRYING ON** – we will also see what easy read information can be developed and shared

## Healthy Weight

Natalie has been doing different kinds of work about weight.

### Health Promotion services

Natalie and David Warner have done some work together to develop training for staff that work in health promotion services. David is the Physiotherapy Team Manager at the Community Learning Disability Team.



In January 2011 we did a training session that 15 people came along to. This training was to help people understand what the needs of people with a learning disability are, and how they could help people to use their services. People who came worked in different services including:

- Health Trainers
- The HIV team
- Stop Smoking team
- Brighton & Hove Food Partnership



**DONE** – the training has been done but more can be given if it is needed

### Health Trainers

Since December 2010 Natalie has been doing some work with the Health Trainer team in the City. This is because we wanted to help people with a learning disability understand more about healthy eating and physical activity.



The Health Trainers have doing work with local day services about healthy eating and physical activity. This work will carry on.

The Health Trainers have also made reasonable adjustments so that it is easier for people with a learning disability to use their service.

**CARRYING ON** – Natalie will do more work with the Health Trainers

### Food & Cooking

Natalie has done some work to help plan a course about food and cooking for people with a learning disability.



**CARRYING ON** – Natalie will still be doing work about healthy weight

## Vision and Eye Care

Natalie went to a big conference in March 2011 about visual impairments and people with a learning disability. A visual impairment is having a problem seeing things. The conference helped Natalie learn a lot about visual impairment and some of the problems it can cause.



Natalie has been meeting with some people that work in local hospital and social services eye care teams. We want to try and make more people understand about problems people with a learning disability can have with their sight and how to help them. This will include developing resources that staff and carers can use, as well as seeing if people need training about visual impairments.



Natalie is also planning to see how good local eye care services are at helping people with a learning disability.

Natalie is going to get advice from an organisation called SeeAbility very soon to begin planning how to do some work in the City about vision and eye care. SeeAbility is an organisation that helps raises awareness of visual impairment.



**CARRYING ON** – Natalie will do more work about vision and eye care for the rest of 2011 and in 2012

### **The Big Health Service Check**

Every year NHS Brighton & Hove has to tell the Strategic Health Authority if local health services are good at helping people with a learning disability. This is called the Big Health Service Check. Natalie helps do the Big Health Service Check every year.



Natalie collects information from GP practices and from local people with a learning disability, and their staff/carers. Natalie also writes reports, and in October 2010 organised a big event about health services. Natalie also goes to meetings with the Strategic Health Authority to talk about what good things are happening in the City, and helped plan what things we need to do next to make our health services better.



Natalie helped with the 2010 Big Health Service Check from October 2010 to March 2011.

Natalie has been helping with the 2011 Big Health Service Check since April 2011.

**CARRYING ON** – this work will happen every year

### **Health Transitions for Young People with a Learning Disability**

In November 2010 Natalie organised and facilitated a work shop. This work shop was for people who work in Child Development & Disability Services and people who work in the Community Learning Disability Team.

The work shop was to explain the report about health transitions that Natalie wrote in 2010. It was also an opportunity for staff in the two



teams to meet each other.

Actions were agreed at the work shop, including developing a health transition pathway.

Natalie organised and co-facilitated another work shop in March 2011. This work shop was for people from the two teams to begin to plan their health transition pathway. The people who were at the work shop are now doing this work.



**DONE** – Natalie has finished her work about health transitions.

## Other work

### Going to meetings

Natalie goes to lots of different meetings. Some of the meetings happen regularly.

Natalie goes to the Healthy Lives meetings. This meeting helps decide what work should be done on behalf of the partnership board to make health services better.



Natalie goes to the Health Quality Forum. This is a group of people who work across Surrey, Sussex and Kent. They meet to talk about the work they do to make health services better and share good practice.

Natalie has been attending the Information Prescription Steering Group. This is to make sure the needs of people with a learning disability are included in the Information Prescription project. This project is about people being able to get the information they need about their health and social care needs.



NHS Brighton & Hove has a Long Term Conditions steering group. Natalie went to different sub-group meetings about this in late 2010 and early 2011.

**CARRYING ON** – Natalie will still go to meetings that are part of her job

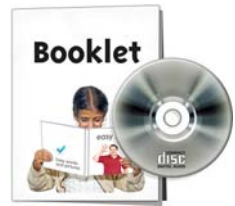
### Easy Read resources

Natalie used some Learning Disability Development Fund money to buy 'healthy man' and 'healthy woman' packs, plus easy read leaflets about breast & cervical screening and testicular examination. Some of the leaflets were given to GP practices to use. Some are for the community learning disability nurses to use.

The packs will be used in training sessions planned for 2012 about promoting good health.



Natalie used some Learning Disability Development Fund money to get 5000 'Simply Health' booklets printed. The leaflet has useful information in about being healthy and local health services. The leaflets have been sent to every GP Practice in the City, and will be used by the Community Learning Disability Team. The leaflets will also be sent to other health services that people with a learning disability go to.



**DONE** – Natalie has sent these resources out to lots of people but will carry on sending them to people who want to use them.

#### Health Promotion training day

Natalie has been working with a group of people to plan a day of training for staff and carers. The training will be about promoting good health.

The work has included finding out what training people need, and having meetings to plan what needs to be done.



**CARRYING ON** – Natalie will still be doing this work until the training happens in 2012

**Natalie Winterton**  
**Health Facilitator**  
**Brighton & Hove Community Learning Disability Team**  
**September 2011**