

UK Primary Health Care and Learning Disabilities Network

17th October 01

Present:

Janet Cobb - North West Training & Development Team.
Sally Broughton - Lifespan Healthcare NHS Trust, Cambridgeshire.
Karen Thompson - Lifespan Healthcare NHS Trust, Cambridgeshire.
Judy Johnson - – Wirral PCT.
Sally Broughton – Community Nurse, Cambridgeshire.
Kay Graham - Yorkshire Wolds & Coast PCG.
Glyn Jones – Wales.
Anne Bygrave – York Learning Disability Services.
Julie Mason – Leeds Community and Mental Health Services.
Trish Bailey - Hull & East Riding Community Health NHS Trust.
Peggy Fray – Author and sister of Kathleen.
Dave Hanson – Bolton LD Service.
Chris Dale – South Staffordshire LD services.
Vicki Stobbart - Hounslow and Spelthorne Community & Mental Health NHS Trust
Sandra Dawson – Chester & Wirral LD & PCTs
Maria Nelligan – Wirral LD service & Bebington and West Wirral PCT
Alison Williamson – Wirral LD Service.
Lesley Russ – Bristol PCT & LD Service.
Robert Macfarlane - Lomond & Argyll PHC Trust
Martin Bollard - De Montfort University, Leicester.
Lyn Hannon – Blackburn with Darwen learning disability service.
Karina Adamson

Apologies:

Sue Carmichael – Department of Health, Nursing Division.
Jacquie Howard - NHS Executive Northwest
Sue Denny - Community Care Development Centre & Barnet PCT
Margaret Gregory - Community Care Development Centre.
Libby Kitt - National Development Team
Colin Beacock – RCN National Learning Disability Nurse Representative.
David Charnock - Learning Disabilities Service, Nottingham.
Jo Darrow - Hillingdon CTPLD.
Dr Geoff McLardy – Bolton PCT.
Mary Render - Ellesmere Port & Neston PCG
Gill Gates - Leicester Frith Hospital.
Sarah Ellison – Nottingham PCT.
Sue Bickerton – Worcestershire.
Jan Large - Worcester Community & Mental Health NHS.
Herbie Weoh – Hertfordshire.
Karen Morgan - Mid Surrey PCG
Phil Boulter - Surrey Oakland's NHS Trust.
Lisa Harrington – Kent.
Luke O'Byrne – Bracknell.

Carol Onyewu – Bracknell.
Michael Brown - Lothian Primary Care NHS Trust
Linda Allan – Glasgow.
Fiona Parley - Aberdeen
Wendy Ingham – Bolton PCT.
Christian Fluet – Bedfordshire LD Service.
Sue Richards - Calderdale & Kirklees LD Service
Brickchand Ramruttun - Calderdale & Kirklees LD Service.
Julie Fitzpatrick - Lomond & Argyle Primary Health Care Trust.
David Marshall - Ulster Community & Hospitals Trust.
Alison Pointu - Barnet LD Service.

◆ **Welcome and Introductions.**

Welcome, introductions and brief discussion from participants regarding local initiatives relating to Primary Health Care.

Mailing list updated and to be circulated with notes.

◆ **Presentations:**

‘Health Action Plans’ – Lesley Russ (Representing Jackie Rogers – Norah Fry)

Slide 1.

Who are we?



- Norah Fry Research Centre



- Home Farm Trust
- Bristol South and West Primary Care Group

plus:

- individual expert advisers
- an advisory group

Slide 2:

Health Action Plans:

what 'Valuing People' tells us:



Slide 3:

Everyone with learning disability to be offered a
Health Action Plan by June 2005



Health facilitators, primary care nurses and GP's to make sure Health Action Plans are completed

Slide 4:

Health Action Plans will be:

- part of the Person Centred Plan
- an *action* plan that says what needs to happen to improve a person's health



- to be offered at different stages in peoples' lives



Slide 5:

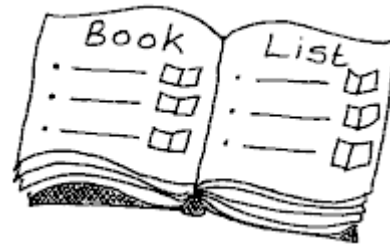
Learning disability Partnership Boards should agree a framework for bringing in Health Action Plans by June 2003.



Partnership Boards to make a plan to support health care services to work with people with learning disabilities.

Slide 6:

Challenges



- research that we can learn from



- lots of changes happening
- fitting in with what is already happening

Slide 7:

How we will do the work:

- ✓ talking to people who will be involved in Health Action Plans
- ✓ writing the guidance
- ✓ checking the guidance with people who will be using it
- ✓ making changes
- ✓ letting everyone know about it

Taking on the role of Health Facilitator in practice - Martin Bollard.

What does facilitation mean?

Individual level:

Supporting the individual to “navigate” their way around services:

- Educating people with learning disabilities about PHC and hospital system.
- Understanding their own health needs.
- Ensure any advice and support is in line with their needs.

Organisational level:

Building bridges with PHC services ; PC Trusts; Acute Hospitals; Dentistry and Optometry:

- Developing ongoing training and training materials.
- Facilitate their own understanding enough to enable PHCTs to take ownership of people with learning disabilities on the registers.

Barriers to Accessing Services.

- Lack of awareness of and education for PHCTs & Acute Hospital Staff.
- GP's are unfamiliar with services for people with learning disabilities.
- Communication Difficulties.
- Current PHC system itself that demands self-recognition of need with short appointment times.
- Lack of education & preparation that assists individuals to negotiate GP practices.
- Limited development of information leaflets and documentation about people with learning disabilities and associated health needs.
- Inequitable judgements made about quality of life issues that determine pre and post treatment.
- Social exclusion of people with learning disabilities.

Meeting Health Needs

The role of the health facilitator: “the local community learning disability team will need to take on the role of health facilitator to support people with learning disabilities to access the health care they need from primary care and other NHS services. This role might be taken up by any CLDT member, but the learning disability nurse will be well placed to fulfil this role”

The Health Facilitator role.

The task of the health facilitator will be to **facilitate, advocate** and to **ensure** that people with learning disabilities **gain full access** to the health care they need, from primary or secondary care. The role should embrace mental as well as physical needs.

- Complete HAPs with the primary health care team.
- Facilitate access to secondary care.

Improving Health

Current Scene;

- Good health is an essential pre-requisite for achieving independence, choice and inclusion.
- People with learning disabilities have poorer health outcomes than non-disabled population.
- People with learning disabilities have poor uptake of screening and mainstream health services.
- Some specialist services have tried to provide an all-encompassing service of their own.
- Wider NHS failed to develop necessary skills.

Why the need for ‘Health Facilitation’?

- **Access to basic health care is poor:**

Lower rates of tetanus immunisations, assessment of urinalysis, lower levels of blood pressure monitoring, height/weight measurement etc (Kerr et al, 1996)

- **In community based studies, deficits in recognising health needs**

And reduction in applying general health promotion procedures (Howells 1986; Wilson & Haire 1990; Beange et al 1999)

- **Evidence of Social Exclusion:**

30,000 people with physical and mental disorders being removed from GP lists. (Brindle 1994)

- **The necessity for sustained liaison**

Between specialist services and other NHS services.

Adopting the role of Health Facilitator

Worker / Role example	Levels of facilitation	Intended outcome.
<p>Acute liaison role</p> <p><i>Organisational</i></p>	<p>Provide information & training to acute hospital staff.</p> <p>Ensure the client journey is smooth from pre-admission to discharge package.</p>	<p>More informed hospital staff about learning disability should assist access.</p> <p>Demonstrates effective care management that minimises client / carer stress.</p>
<p>Community learning disability nurse.</p> <p><i>Organisational</i></p>	<p>Assist GP practices to identify clients on their register.</p> <p>Provide training sessions and support for primary health care teams.</p>	<p>Provide an accurate database to assist planning / screening activities.</p> <p>Enables Primary health care teams to begin to take ownership of the clients registered to their practice.</p>
<p>Support Worker</p> <p><i>Individual</i></p>	<p>Liase with appropriate professionals to gain health data for HAP process.</p> <p>Ensure review dates for HAPs are set at an appropriate stage.</p>	<p>Action plans are based on the best available documentation.</p> <p>Monitoring system is in place which can link in with Person Centred Plans.</p>

Essential knowledge base for Health Facilitators.

Knowledge base:

- Thorough understanding of people with learning disabilities.
- Health related difficulties and their prevalence.
- Understanding of structure and function of primary health care teams and local mainstream services.
- Processes to identify people with learning disabilities outside of specialist services.
- Person Centred planning.
- Quality assurance methods used in NHS.
- Local advocacy groups.
- Multi-disciplinary working for people with learning disabilities.

Conclusion

- Provides a recognition of the contribution that the learning disability nurse can make.
- Improving access is beyond the realms of a single worker.
- Health facilitator can be a crucial catalyst to facilitate a sustained ownership by primary health care.
- Working with people with learning disabilities to identify their own health needs.

Essential skills for Health Facilitators

- Inter-personal skills.
- Good communication skills
- Presentation skills.
- Working well with groups and individuals.
- Leadership
- Teaching / training skills
- Assessment
- Profiling
- Multi-tasking
- Audit skills
- Creative skills
- Networking
- Diplomatic skills.

◆ **Making information accessible via NWTDT website.**

Information regarding primary health care initiatives should be available from Jan 2002 via NWTDT website: www.nwtdt.com ; individuals wishing to send information for website need to do so via e-mail to : janet.cobb@nwtdt.com

◆ **Information / Items of interest.**

1. Across England and Wales have been established Special Educational Needs Partnerships. The website for the NW Partnership is:
www.sen-northwest.org.uk
2. A learning disability research site has been established in the NW:
www.ld-research-nw.org.uk
3. A special Interest Group for the development of 'Integrated Care Pathways' in learning disabilities has been established.
For more information contact Gill Isherwood at Warrington Community Trust on 01925 664056 or gillian.isherwood@which.net
The National Pathway Organisation website is: www.the-npa.org.uk
4. NHS workforce & development confederations: www.wdconfeds.org

◆ **Future dates; venues and topics.**

Dates	Venues	Topic's
23 rd January	Birmingham Mosley Hall (£5 per participant – on the day)	1. Integrated Care Pathways 2. Funding Opportunities.
17 th April	Nottingham	Person Centred Planning Martin Routledge / Helen Sanderson.
17 th July	Manchester Adamson House Pomona Strand Manchester	Regional Development Jacquie Howard (to be confirmed)
23 rd October	London	Primary Health Care and Children with learning disabilities.

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