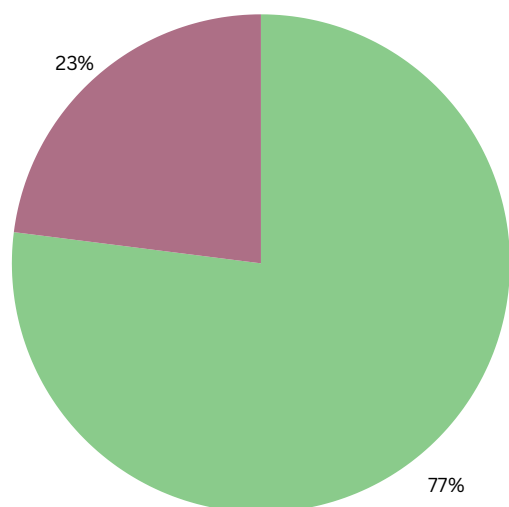


ANNUAL HEALTH CHECK PILOT PROJECT

INITIAL PILOT: FEB 2023 - MAY 2024

DATA: MARCH - DEC 2023

Annual Health Checks carried out:



Health Check - Carers

88

Health Check - Person cared for with SMI

26

Total Health Checks completed

114

Full Health Checks

65

Partial Health Checks

49

People Declined Service

12

Appointments Rescheduled

23

Project Objectives to meet by May 2024:

Objective 1: 280 Health Checks completed

114

114 Completed Health Check Nurse to complete 5-8 per week to reach target

Objective 2: Produce and deliver 4 webinars

4

All 4 webinars delivered

Objective 3: Clients contacted in 7 days

96

96% of clients contacted in 7 days.

Objective 4: 4000 resources distributed

3,836 resources distributed via physical and digital resources about various conditions and managing health.



Partnerships

- Effective partnership with Bedoc with sending an scanning Arden template
- Continual support from other NHS services who provide Health Checks. Aim to offer a reflection and supervision group in the future, to support revalidation. As Carers in Beds is not clinical organisation it is vital that clinical staff gain the skills and experience they need for revalidation.
- Collaboration with ReThink exercise scheme to support SMI

CASE STUDIES

Meeting: Ms X, The front door was unlocked and she shouted to come in. There was a key safe at the front door, but it is not locked. Ms X was in a profiling bed in the front room, curtains closed. The room was full. On her bed were boxes so that she could independently live whilst in the bed. Long discussion on her current health issues. Bloods regularly performed by GP. Under the care of Rare Neurological Conditions nurse, but she has not been seen for 7 months.

Other concerns: Husband is her main carer, but he has serious mental health illness and was currently in hospital. Ms X was concerned as she is dependant on carers, who she felt were due to finish on that day. Cardiac review not due until next year.

Nurse contacted the Carers to discuss ongoing care, as Ms X would not be able to get food or drink and needed support with personal care. Carer visited whilst nurse was there and there was a plan to continue, this was needed at least until husband came out of Hospital.

Health Check: Outcome of health check - diabetic, deformed feet, postural hypotension, high falls risk, poor mobility, bleeding retina, unstable angina and breathlessness all passed to GP.

Post Health Check: Referred to Rare Neuro Conditions Nurse for review and update on Continuing Health Care assessment. Discussed with Link Worker, and case conference planned to discuss ongoing support for carer.

Meeting - Home visit planned to see a family. On arrival the father and mother greeted the nurse and felt their daughter with SMI would not be able to cope with having Health Check that day.

Other Concerns – Both parents expressed concerns about their daughter, and her struggle to maintain good health habits, and connect with health care professionals.

Health Check - During her parents' assessment the daughter wondered in and out, and nurse started to engage her in conversation. The daughter then sat at the table with us, and we talked whilst the nurse was working with her parents. At the end of her parents' assessment, she agreed to have a Health Check. The conversation evolved and she was able to tell me about her anxiety, and that she felt she was overweight. We had a conversation about healthy eating habits, nutrition and weight management.

Post Health Assessment – Results of all Health Checks sent to GP. At the end of the assessment, she agreed to reduce the number of cans of coke per day as her first step. She sounded positive and pleased she was able to make her own choices. Her parents were also pleased that they had more information and knowledgeable about their own health and their daughters.