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Speaker Key:

MA Meena Anand

IV Interviewer

MA My name is Meena Anand. I'm a GP at Brookfield Park Surgery and also the CCG Clinical Lead for Learning Disabilities and my talk was about reasonable adjustments that GP practices can make in order to help patients with learning disabilities access a service.

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IV Why is it important for GPs to carry out health checks on patients with learning disabilities?

MA Patients with learning difficulties have a significantly higher increased morbidity and mortality compared to the general population. Part of this is because there's high social deprivation within that group but it's also due to factors such as obesity. So, the health checks would certainly aim to improve patients' lifestyles and therefore reduce their risk of chronic diseases which learning disabled patients are twice as likely to have.

Females with learning disabilities have an 18-year lower life expectancy and males' 14-year lower life expectancy than the general population. They also have an increased risk of epilepsy, so it's 26 times more than the general population and eight times increased risk of mental health problems and five times increased risk of dementia. They're also twice as likely to suffer with chronic illnesses such as diabetes and strokes.

Also, in terms of screening, the breast cancer screening statistics show that one in two patients with learning disabilities will have screening whereas compared in two in three patients without learning disabilities. With learning disabilities health checks Camden CCG is within the top ten performing CCGs in the country for this indicator.

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At the moment the stats from January 2017 suggest that 54.9% of patients with learning disabilities get a health check from their general practitioner. Compared to the England average of 37.1%, Camden are doing well but the national target is 79%. So, there are things that can be done to help to improve the health checks such as making reasonable adjustments and using easy read material to invite patients to health checks, also during the health check and providing them with goals at the end of the health check and the easy read material is available on the website to download.

IV Where can GPs find out more?

MA GPs can find out more on the CCG website. If they search for learning disabilities, the page should load up and on that there should be material such as the easy read material that can be downloaded and used within each practice. There should also be links to carers' associations and hospital information for patients who are going to be using hospital services such as videos and hospital passports.

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I'm also contactable and the best way would be by e-mail. I'm happy to answer any queries and my e-mail address is meena.anand@nhs.net.