



## Physical health briefing note

February 2019

### DATA SOURCES

Narrative	Link
<p>IHAL used to have a website but now information is scattered all around</p> <p>Data can now be found in the following places:</p> <p><b>Fingertips Profiles</b></p> <p>There is info on population, health, accommodation and social care and co-ordination and planning.</p> <p>You can search by region</p>	<p>1. <a href="https://fingertips.phe.org.uk/profile/learning-disabilities/data#page/0/gid/1938132703/pat/6/par/E12000009/ati/102/are/E06000022">https://fingertips.phe.org.uk/profile/learning-disabilities/data#page/0/gid/1938132703/pat/6/par/E12000009/ati/102/are/E06000022</a></p>
<p>NHS Digital have produced their latest report about the health and care of people with learning disabilities 2017 to 2018</p> <p>The summary report gives you a link to the interactive report which is a very useful tool for commissioners and others.</p> <p>You can search by condition, sub region and CCG (not all CCGs are included in this data set). <b>Note – you must be in full screen mode to search by condition.</b></p>	<p><a href="https://digital.nhs.uk/data-and-information/publications/statistical/health-and-care-of-people-with-learning-disabilities/experimental-statistics-2017-to-2018">https://digital.nhs.uk/data-and-information/publications/statistical/health-and-care-of-people-with-learning-disabilities/experimental-statistics-2017-to-2018</a>.</p> <p>Easy Read version  <a href="https://files.digital.nhs.uk/BC/7EC643/2017-18%20Easy%20Read.pdf?fbclid=IwAR0oPuZEzC0nBdyTaw80ojFPrxUSxyfJmmZM5NW4eLdAjgxuhgx4KD3Z_ml">https://files.digital.nhs.uk/BC/7EC643/2017-18%20Easy%20Read.pdf?fbclid=IwAR0oPuZEzC0nBdyTaw80ojFPrxUSxyfJmmZM5NW4eLdAjgxuhgx4KD3Z_ml</a></p>
<p>Reasonable adjustment guides all in one place:</p>	<p><a href="https://www.gov.uk/government/collections/reasonable-adjustments-for-people-with-a-learning-disability">https://www.gov.uk/government/collections/reasonable-adjustments-for-people-with-a-learning-disability</a></p>
<p>You can receive Learning disability health</p>	<p><a href="https://public.govdelivery.co">https://public.govdelivery.co</a></p>


intelligence network updates. Sign up using this link	<a href="https://m/accounts/UKHPA/subscribers/new">m/accounts/UKHPA/subscribers/new</a>
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### Learning Disabilities Mortality Review (LeDeR) - Learning into Action network


Narrative	Link
<p><b>Learning Disabilities Mortality Review (LeDeR) - Learning into Action network</b></p> <p><b>A new network created to meet the challenge</b></p> <p>The Learning Disabilities Mortality Review (LeDeR) Programme aims to reduce health inequalities and premature mortality amongst people with a learning disability.</p> <p>LeDeR reviews completed to date have identified key learning and recommendations that will have a higher impact if widely disseminated to enable quality improvement across the country.</p> <p>Practical resources have been developed based on learning from completed reviews that could be usefully shared nationally to prevent replication, increase impact and help share good practice - however they haven't yet been located in one central searchable resource.</p> <p>The new Learning Disability Mortality network has been developed to meet this need.</p> <p><b>Who is it for?</b></p> <p>The new 'Learning into Action network' (LiAN) has been developed with the aim to create a discussion and learning environment and repository to host resources and information connected to the learning emerging from mortality reviews.</p> <p>The network has been created so you can easily search for key information or to join in the chat forums to discuss key items of interest. It is a closed secure environment to enable national collaboration and translate the 'learning' from completed mortality reviews into 'action' to achieve service improvements across England for people with a Learning Disability.</p> <p>This is an online community for professionals and employees with a passion for improving health outcomes and reducing health inequalities and premature mortality amongst people with a Learning Disability. This network is open to all employees from health and social care organisations, education, research and third sector</p>	<p>email <a href="mailto:england.ldmortalitynetwork@nhs.net">england.ldmortalitynetwork@nhs.net</a></p> <p>And ask to join the network</p>

providers.

## Flagging of Reasonable Adjustments – National Programme NHS Digital

Narrative	Link
<p>Initially the work with NHS digital was simply to look at how to flag people with learning disabilities across NHS systems so that professionals would be able to anticipate the possible need to make reasonable adjustments. Following consultation with stakeholders it was agreed that It is the reasonable adjustment identification itself which would have the biggest impact on the persons health and wellbeing in the long term.</p> <p>The initial ask was changed from a simple learning disability flag to the following: “provide a capability for national flagging of reasonable adjustments under the Equality act (2010)”</p> <p>As such this means the work undertaken by NHS digital has a more generic application and has the potential to improve things for all people deemed to have significant disabilities under the Equality act (learning disabilities; sensory and / or physical disabilities; dementia and other long-term conditions).</p> <p>The flagging system which has been created is very simple to use and the flags and detailed reasonable adjustments can be uploaded by any health clinician in any health care setting. It doesn't matter who created the reasonable adjustment flag it can be read by any health professional in any health care setting via use of the Summary Care Record with additional information (SCRa)</p> <p>The new system will be piloted in several areas across England and should be able to be rolled out to all towards the end of this year.</p>	 <p>briefing update reasonable adjustmer</p> <p><b>Briefing paper by Michele Bering Consultant Nurse</b></p>

## Constipation

Narrative	Link
<p>Constipation can kill. And it is a condition which can affect up to half of all people with learning disabilities. That's why the Learning into Action working group on constipation wants to get more people talking about the problem.</p> <p>Unrecognised and untreated constipation in people with learning disabilities has been known to cause death. This is rare, but is an entirely avoidable, and hence unnecessary cause of death. This bulletin provides information about planned work and some learning from projects such as Project Poo in Surrey</p>	<p><a href="file:///C:/Users/Janice/Google%20Drive/LeDeR/ConstipationJANnewsletter.pdf">file:///C:/Users/Janice/Google%20Drive/LeDeR/ConstipationJANnewsletter.pdf</a></p>  <p>ConstipationJANnewsletter.pdf</p>

## The NHS Long Term Plan

Narrative	Link
	<p><a href="https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/nhs-long-term-plan.pdf">https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/nhs-long-term-plan.pdf</a></p> <p>Easy Read version</p> <p><a href="https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/easy-read-long-term-plan.pdf">https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/easy-read-long-term-plan.pdf</a></p>

## Diabetes

Narrative	Link
<p>The physical health of adults with learning disabilities (LD) is poorer than that of the general population. Obesity and low levels of exercise are a major problem, with the associated risk of type 2 diabetes.</p> <p>Health services are legally obliged to make reasonable adjustments to support access for adults with LD. However, it has been found that many mainstream services are not meeting their needs.</p> <p>REMAIN: REASONable adjustments to MAINstream diabetes and obesity care for adults with a learning disability. University of Leeds</p> <p>This project involved developing resources to help</p>	

service providers and commissioners identify people with mild/moderate LD who would benefit from adjusted services for weight management and type 2 diabetes; provide an appropriate service; and facilitate access to and engagement with services.

The resources include a five-step plan for making adjustments, with a checklist for evaluating services; easy read diabetes resources; and factsheets and online resources on the key issues for health professionals. The resources are hosted on the Diabetes UK website and referenced in the NHS RightCare pathway for Diabetes.

NHS Rightcare pathway: Diabetes

This report details the reasonable adjustments that can be made for people with a learning disability who have diabetes.

<https://www.diabetes.org.uk/Professionals/Resources/shared-practice-for-people-with-learning-disability>

<https://www.england.nhs.uk/rightcare/wp-content/uploads/sites/40/2017/11/rightcare-pathway-diabetes-reasonable-adjustments-learning-disability-2.pdf>

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