

Research article – Annual Health Checks and hospital admissions August 2020



This is about the health care for people with learning disabilities.

We know that people with learning disabilities do not get equal treatment from health services.



We know that people with learning disabilities are more likely to have to go into hospital for treatment than other people.



People with learning disabilities who are 14 and over can have an Annual Health Check at their GP. Annual Health Checks can help doctors work with people with learning disabilities to keep them healthy.

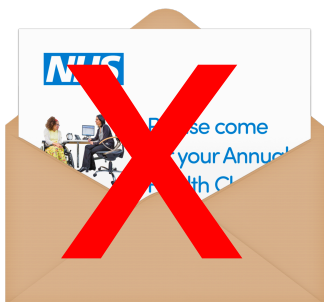


GPs get money if they know the people over 14 years old in their practice who have a learning disability.

This is called the **learning disability register**.



People on the learning disability register should be invited to an Annual Health Check and then have a Health Action plan.



Less than half the people on the learning disability register have an Annual Health Check.



Kent County Council and Kent and Medway Clinical Commissioning Group want to make sure that more people with learning disabilities get an Annual Health Check.



Kent is a County in the south East of England and has 1.5 million people living there.



A team of people from Kent County Council wanted to know if people with learning disabilities have to go into hospital as an emergency.



They wanted to find out whether people who had an Annual Health Check were more or less likely to go to hospital as an emergency.

This is called research.



In October 2019 the Kent team looked at information from 163 GP Practices.

This is on a computer database called the KID.



There are 5759 people over 14 with learning disabilities at these 163 GP practices.



They looked at whether any of those people had gone to hospital in Kent in an emergency.

They looked at the 12 months from **1st April 2018 to 31st March 2019.**



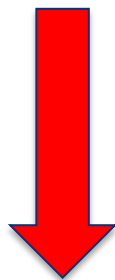
They found that emergency admission to hospital could be because of physical health problems....



....or mental health problems.



They looked to see if people admitted to hospital in an emergency had an Annual Health Check in the last 3 years.



They found that people with learning disabilities who had an Annual Health Check were less likely to have to go into hospital as an emergency.



They found that people with learning disabilities under 30 years old were less likely to have an Annual Health check.



They think that more work is needed to make sure people with learning disabilities get an Annual Health Check.



More people with a learning disability who have depression have to go to Hospital in an emergency.

This was because more people with depression seemed to have an emergency admission to hospital.



The research showed that having an Annual Health Check can help people with learning disabilities get better health and mental health care.

This means less people with learning disabilities go into hospital with an emergency.



This is because people can get help to stay well and treat illness quicker.