

Health Profiles

Laura Andrews

Improvement Cymru

THE HEALTH PROFILE

Laura Andrews

Senior Improvement Manager (Physical Health)

HOW MANY
PEOPLE
HAVE HEARD
OF THE
HEALTH
PROFILE?



HOW MANY
PEOPLE
HERE HAVE A
HEALTH
PROFILE?

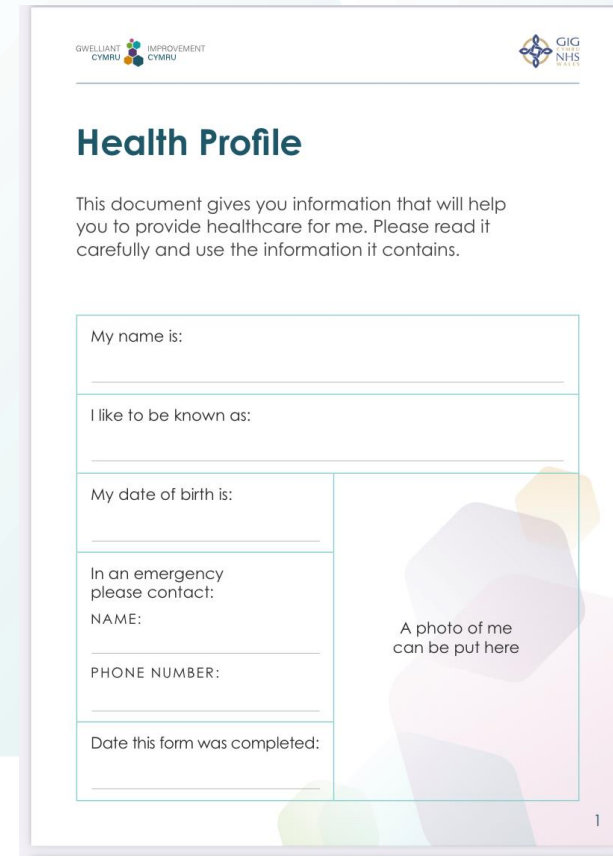




HOW MANY
PEOPLE
HERE HAVE
USED A
HEALTH
PROFILE?



WHAT IS THE HEALTH PROFILE?

- A safety tool
- It gives important information to health professionals
- Owned by the individual
- Designed in collaboration with people with LD, carers and professionals deliberately only 4 pages



GWELLIANT CYMRU  IMPROVEMENT CYMRU 

Health Profile

This document gives you information that will help you to provide healthcare for me. Please read it carefully and use the information it contains.

My name is:

I like to be known as:

My date of birth is:

In an emergency please contact:
NAME: _____
PHONE NUMBER: _____

Date this form was completed:

A photo of me can be put here

1



WHY IS IT IMPORTANT?

- The faces behind the statistics
- Dying younger male 22 females 26 years
- 6/10 people with LD die before 65 compared to 1/10 in general population
- Covid 19 was biggest killer double the general population
- 64% died with DNA-CPR in place
- 61% died in hospital
- Sepsis = 11% of deaths
- 50% deaths preventable as opposed to 25% general pop



HOW SHOULD WE USE THE HEALTH PROFILE?

- Whenever there is an appointment with a health professional
- It can be used with your pharmacist, optician, dentist, doctor and taken with you to hospital



HOW DO YOU COMPLETE IT?

- There are user guides on the public health Wales website for
 - People with a learning disability
 - Families and carers
 - professionals



THE FRONT PAGE

- Fill in all the information.
- You can put a photo of you on the front if you want to.
- Every time something changes, fill in a new Health Profile



MY HEALTH (PAGE 2)

- My health needs (your medical history) Any health conditions like epilepsy, dementia or diabetes Any things which happen often like chest infections or constipation Any major operations you've had
- Things I'm allergic to
- My medication and the support needed to take it
- How you show you are in pain or unwell

Health Profile

About My Health

My health needs (medical history):
 Down's Syndrome
 Dementia
 Epilepsy - Tonic Clonic seizures (see my Epilepsy management plan)
 I have difficulties eating and drinking - see my Plan
 Constipation
 Reflux

Things I am allergic to:
 Penicillin

Tablets or medicine that I take:
 See Medication Administration Record attached.

The support I need to take my tablets or medicines:
 Put the tablet into my hand, one at a time with a glass of water and prompt me to swallow.
 Do not leave the tablets by my bed. Make sure I have taken them all.

MY SUPPORT (PAGE 3 AND 4) BE BRIEF!

Write about any help you need with things like:

- Eating and drinking.
- Using a toilet (continence).
- Moving around safely (mobility).
- Personal care, like washing or brushing your teeth.
- Getting enough sleep.
- Remembering things.
- Walking away.
- Seizures.



If you have a care plan, you could attach it to the Health Profile.

MY COMMUNICATION

Write about things like:

- If you have any problems hearing or seeing.
- If you use anything to help you communicate, like Makaton, symbols or pictures, objects.
- If you need people to use short sentences and clear words.
- If the way you communicate changes when you get anxious or worried, and how people can help you.



ANYTHING ELSE

Write about things like:

- If you have any religious beliefs that are important to you.
- If you have any plans, like a behaviour support plan, an epilepsy plan and your health action plan.
- You might want to write contact details for any care workers, health professionals or family members who are important to you

Person-Centred Well-being Care Planning Tool

Resident Name: _____ Date: _____ Review number: _____

Any initial concerns to be highlighted/discussed in the review

WELL-BEING CRITERIA	DESCRIPTION OF THE CRITERIA	STAFF PERCEPTIONS ABOUT THE RESIDENT'S ABILITY TO ENGAGE IN THE CRITERIA	FORMULATION/ REASONS FOR BEHAVIOURS	POSSIBLE WAYS TO IMPROVE BEHAVIOURS
Personal Care	<ul style="list-style-type: none"> • Washing, dressing, bathing, toileting • Eating and drinking • Hygiene • Independence or level of assistance needed 	<p>How concerned are you about the resident's ability to keep themselves clean e.g. washing, bathing?</p> <p>A lot Quite a bit A little Not at all</p> <p>How concerned are you about the level of assistance the resident needs with personal care?</p> <p>A lot Quite a bit A little Not at all</p> <p>How concerned are you about the resident's ability to get to the toilet on time?</p> <p>A lot Quite a bit A little Not at all</p>		

How concerned are you that the resident is eating a balanced diet?

A lot Quite a bit A little Not at all

How concerned are you that the resident is able to communicate their needs?

A lot Quite a bit A little Not at all



HOW WILL IT BE USED?

Remember to take it with you if you need to go to hospital or any appointments

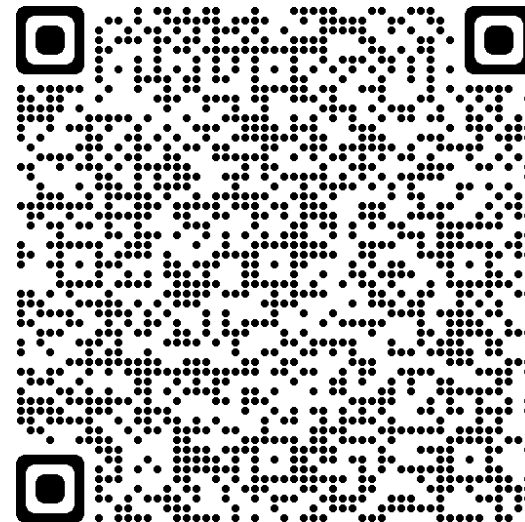
- It is designed to give key information about you to health professionals
- You can insist people take 5 minutes to read it it's to keep you safe
- You can give it to the ambulance crew.
- It should be kept with you not in the notes



HOW DO I GET A HEALTH PROFILE

You can download a copy from the public health website

[The Once for Wales Health Profile - Public Health Wales \(nhs.wales\)](https://nhs.uk/health-profile)



REMEMBER!!

**Reasonable
adjustments are
everyone's
responsibility**



RECENT REVIEW IDENTIFIED

- Families were not aware of the new profile and in particular the guidance available
- The health profile should be viewed as the red section of the old passport
- We need to focus on how it helps health professionals
- We need to develop an electronic version
- We need to promote the guidance available



WE WILL BE RE-LAUNCHING THE HEALTH PROFILE SOON!

Love your health

Learning Disability Wales
Annual Conference 2023



#loveyourhealth23



Learning Disability Wales
Anabledd Dysgu Cymru



Gyrfa Cymru
Careers Wales