

Primary Care Resource Pack Covid-19

Background & context

The North East and Cumbria Learning Disability Network strives to be the best place in England for people with a learning disability to live. Following on from the letter that was sent by Sir Simon Stevens on 29 April 2020 ([click here](#)) outlining the second phase of the NHS response to Covid – 19 and the actions needed to be taken. We have collectively met with our CCG learning disability clinical leads from across the North East and Cumbria to develop a resource pack to support our primary care colleagues and learning disability patients whilst we are living with Covid-19.

The purpose of the resource pack is to:

- Support primary colleagues in delivering learning disability annual health checks whilst we are the restoration phase of Covid -19
- Supporting primary care colleagues in supporting people with learning disability to access the service
- Supporting primary care colleagues with a range of information and resources that will help them support patients with a learning disability
- Support primary care colleagues to access further advice or information if needed from other colleagues within your local areas

Health inequalities facing people with a learning disability

Through the Learning Disability Mortality Review Programme ([LeDeR](#)) we know that people with learning disability die up to 30 years sooner than that of the general population of preventable causes. We know from the [LeDeR annual report](#) that people with learning disabilities are dying from a range of health inequalities with some of the most common being around constipation, pneumonia and aspiration pneumonia, sepsis, epilepsy, dementia, ischaemic heart disease and inappropriate use of DNA CPR. The North East and Cumbria learning disability network work programme aims to tackle the health inequalities people with learning disabilities face by working with our partners across health and social care, the community voluntary sector and people and families.

Learning Disability Annual Health Checks

As outlined in the Sir Simon Stevens second phase of the NHS response [letter](#), there is an expectation that Annual Health Checks should continue to be completed. Whilst we are living with Covid-19 we need to ensure that these are carried out safely for staff and patients and in line with social distancing measures. We expect they will be carried out via blended approach of face to face and virtual consultations appropriate to the needs of practices and patients. We know there will be challenges around people with learning disabilities having access to digital technology, consent and capacity, communication, PPE and a fear for people to access health settings. There are a range of resources available that might be useful in supporting AHC's to be carried out. We have developed a range of resources to support AHC's being carried during the pandemic.

- **Easy read AHC invite letter** access via the document below.



DRAFT NEC AHC
COVID LETTER.docx

- **Easy read AHC pre questionnaire** a series of questions for patients and or carers to complete ahead of the AHC appointment which will support the check can be accessed via the document below.



Draft NEC AHC pre
questionnaire.pptx

Keeping People Connected Project

Keeping People with Learning Disability/Autism Connected is an ICS (Integrated Care System) project covering the North East and North Cumbria. It is a co-ordinated approach to help people with a learning disability/autism stay safe, well and connected during the Covid-19 Coronavirus emergency. The project is being co-ordinated by the North East & Cumbria Learning Disability Network and Inclusion North and is delivered in every Local Authority area by a local self-advocacy or other CVS organisation. More information and a list of contact details for each locality can be found via the documents below.



KEEPING PEOPLE
CONNECTED SUPPO



LOCALITIES ORG
CONTACT V5.docx

Stopping overuse of psychotropic medication (STOMP)

STOMP is a national NHS England and NHS Improvement programme looking to stop the overuse of psychotropic medication in people with a learning disability. Public Health England data shows 30,000 – 35,000 people with a learning disability are being given psychotropic medication with no mental health diagnosis and often to manage challenging behaviour. Annual Health Checks provide an opportunity to review people's medication. Primary care can support the STOMP programme by:

- Knowing your patients on these medications, audit records, provide case note reviews, identify links to pharmacists and NECS
- Prioritise cases that need referral to STOMP clinics or Positive Behavioural Support (PBS)
- Raise the awareness of STOMP with colleagues, patients families / carers

More information about STOMP can be found [here](#) from RCGP.

Mental Capacity Act, Best Interest and DNA CPR

Through the learning disability mortality review programme (LeDeR) we know a range of issues have come to light which include inappropriate use if DNA CPR and the correct

documentation and evidence around MCA and best interest. Guidance on MCA and best interest decision making for people with a learning disability can be found by accessing the document below.



Clinical-decision-al
gorithm-MCA-v30 Bt

Prof Stephen Powis Medical Director for NHS England and NHS Improvement has sent a letter and supporting guidance on DNA CPR and people with a learning disability during Covid-19 following the release of the NICE guidelines. The document can be found below.



C0166-Letter-DNAC
PR.pdf

Improving Learning Disability Registers

Nationally we expect that around 2.5% of the population have a learning disability. Through our learning disability register we know around 0.5% of people with a learning disability have been identified in the North East and Cumbria. We are working to hard to try and identify the missing 2% so we can ensure people have the right support and access to services. Primary care can support with this and a guide can be found by accessing the document below. This includes updates to learning disability coding.



Improving
identification of ind

Resources and information

Contact details – Please access the document below to find the contact details of your locality learning disability primary care facilitator, learning disability CCG clinical lead or learning disability acute liaison nurse.



NHS contact
details.docx

Accessing services – An easy read document by NHS England to help people with a learning disability access services during the coronavirus outbreak. Access the document below.



C0525_Accessing
services easy read_.p

Covid – 19 information sharing guidance – A letter sent by the Department of Health and Social Care outlining the Covid-19 – Notice under Regulation 3(4) of the Health Service Control of Patient Information Regulations 2002. Access via the document below.



COVID 19
Information Sharing

Why we wear PPE - An easy read guide to why we wear PPE can be found [here](#).

North East and Cumbria Dysphagia Network bulletin June 2020 – access the document below.



Dysphagia bulletin
edition 1 June 2020.

Looking after yourself – A range of website links to help look after yourself can be found by accessing the document below.



Looking after
yourself - links for st

Saying goodbye when someone dies of coronavirus – An easy read guide to support people with a learning disability losing a loved one to coronavirus. The document can be accessed below.



Saying goodbye
when someone dies

Useful websites

NHS England Primary Care Covid – 19 bulletin -

<https://www.england.nhs.uk/coronavirus/primary-care/other-resources/primary-care-bulletin/>

Learning Disability Matters for Families – A range of resources have been put in one place to support family resilience and health and wellbeing during Covid – 19.

<https://learningdisabilitymatters.co.uk/covid-19/>

Stop and Watch – A tool that can be used by anyone to help spot the signs that a persons condition is deteriorating <https://northcumbriaccg.nhs.uk/your-health/campaigns/stop-and-watch-resources>

Easy read information about Covid – 19 – A range of resources developed by Mencap for people and professionals <https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19>

RCGP Learning Disability page – A range of information from RCGP about learning disability can be found here: <https://www.rcgp.org.uk/learningdisabilities/>

Improving Cancer Services for People with a Learning Disability – The North east and Cumbria learning disability cancer project can be found here. This includes the cervical screening easy read pack: <https://www.northerncanceralliance.nhs.uk/?s=learning+disability>