

# 2 Identifying people with diabetes and a learning disability

## Five steps to developing a comprehensive Learning Disability Register

1/

Check that individuals with syndromes known to be associated with learning disability are also on the Learning Disability Register (e.g. Down's syndrome and Fragile X syndrome).

2/

See the Royal College of General Practitioners 'Health Checks for People with Learning Disabilities Toolkit' on their website and the 'Your Health Matters' website for computer based searches using Read/SNOMED codes.

<http://www.yourhealthmatters-leeds.nhs.uk/get-checked-out-resources>

3/

Use the specialist knowledge of practice staff, community nurses and Community Learning Disability Teams (CLDT).

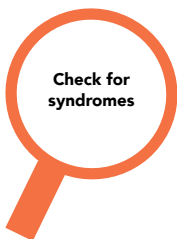
CLDTs can help practices update their registers and will know of accommodation for people with a learning disability to enable postcode searches.

4/

During a consultation consider whether the person you see has a learning disability and flag their records to update the Learning Disability Register.

5/

Conduct an annual review of your Learning Disability Register by repeating Steps 1, 2 and 3.



Adapted from Truran et al. 2013. Improving The Quality and Uptake of Annual Health Checks for People with Intellectual Disability (Learning Disabilities) in Leeds. <https://www.scribd.com/document/206004620/Pilot-Project-Report>

### Learning Disability Registers

GPs are required to hold registers of people with a learning disability. Once a person is on the register they require reasonable adjustments and may be entitled to an Annual Health Check. They can also have additional information added to their Summary Care Record, so that medical staff know more about their needs and how best to treat them.

Only around a quarter of people with a learning disability are on the register; this group are more likely to be those with moderate to severe learning disability. Those with a milder learning disability also experience significant health inequalities, especially obesity.



Only around 25% of people with a learning disability are on the register.

## Everyone with a learning disability should be on a GP Learning Disability Register

Anyone with any level of learning disability from mild to profound should be on the Learning Disability Register.

The list for people who qualify for the Directed Enhanced Service Annual Health check is shorter and includes people with a moderate to severe learning disability or milder learning disability with complex health needs. This includes young people aged 14 to 17.

### What if the person doesn't have a diagnosis of a learning disability?

A diagnosis is not important.

Services should consider all the people who may have problems managing their own health care. The 'Your Health Matters' (Leeds) website 'Get Checked Out' area has a useful screening tool to help health professionals decide if the person has a learning disability <http://www.yourhealthmatters-leeds.nhs.uk>.

Mencap and NHS England have created the 'Don't Miss Out' campaign, which states that everyone with a learning disability can benefit from being flagged with their GP on the Learning Disability Register.

Cross checking the Learning Disability Register with the Diabetes and Obesity QOF registers will identify people who need reasonable adjustments to their diabetes care or extra support with diabetes prevention.

As soon as children turn 14 years old they should be included on the Learning Disability Register.

### Learning Disability Registers need to be updated regularly

Learning Disability Registers were often created by sharing information with social services when the Directed Enhanced Services was first introduced. As a result those with milder learning disability may have been missed. People also move in and out of social and learning disability services over their lives.

A Diagnosis is not important. See Mencap's "Don't Miss Out" guide.



[Mencap's 'Don't Miss Out' guide.](#)

#### Web Resources

<https://www.mencap.org.uk/advice-and-support/health/dont-miss-out/dont-miss-out-guides>

<http://www.yourhealthmatters-leeds.nhs.uk/>

<http://www.diabetes.org.uk/learning-disability>

<http://www.rcgp.org.uk/clinical-and-research/toolkits/health-check-toolkit.aspx>

## Things you can do now

- 1) Cross check your Learning Disability Register with your Diabetes and Obesity QOF registers.
- 2) Begin to update your Learning Disability Register using the five step process.