



Health Assessments for Children Looked After

Information for Young People



Hello.....



This leaflet has been produced with the help of Care Experienced Young People who are part of Room 42 Hull City Council, it provides a clear understanding about what a young person should expect about their initial health assessment. Most of your questions should be answered by this leaflet. It is not intended to replace the discussion between you and your health professional, but may act as a starting point for discussion. If after reading it you have any concerns or require further explanation, please discuss this with a member of the healthcare team who have been caring for you.

What is the Initial Health Assessment (IHA)?

You are entitled to have an Initial Health Assessment within 20 working days of being Looked After. This is a legal requirement. The IHA will be carried out by a Doctor who works for Hull University Teaching Hospital (HUTH), which is also known as Hull Royal Hospital.

A Health Assessment is a check-up that all Children and Young People who are Looked After are offered once a year (0-5 year old twice a year). You may feel you do not need a health check-up as you feel well in yourself. However, this is an opportunity to not only talk about your physical health but it is also for us to ask about how you are feeling. The appointment will cover your emotional and mental well being; the interests you like to do and what you want to do in the future with the help of a reliable adult.

How do I prepare for the assessment?

You can read this leaflet. This leaflet will have been sent to you when the appointment was made. There is a section which can be detached for you to write on, which you can share with the doctor before the health assessment. For example, you can use this, for information you do not want to talk about for example the reasons why you have come into care or you might not want to talk about your sexual health. You can hand this page to the admin person you will see when you arrive at your appointment. They can give this page to the doctor to read before you go into your appointment.

Before your appointment our admin staff will ring you and/or your carer to confirm your attendance. The admin staff will tell you what time your appointment is and who you will be seeing.

If it helps you can talk to our Named Nurse for Children Looked After over the phone before your appointment who will be happy to talk through your health assessment and any worries you may have. You can either ring the HUTH CLA Health team on **01482 315583** or you can ask your carer to ring and the Named Nurse can ring you back.

Your carer and social worker will attend your IHA with you so you won't be on your own. They are required to attend to support you and to talk about any health concerns they have about your health.



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Handwriting practice lines consisting of alternating light blue and white horizontal bands.



What will happen at the IHA?

We understand coming to a health appointment can make you feel nervous for various reasons; the unknown: What is going to happen? Where is the health centre I need to get to? Who will I be seeing there?

We are on floor 3 of the Wilberforce Health Centre.

If you take the lift; come to floor 3. Come out of the lift turn right and then on the left hand side will be one of our friendly admin people who will be happy to help you. If you have detached the page from the leaflet this is when you can give it to the admin person so they can hand it to the doctor. There will be plenty of seats available outside the clinic room for you to sit down while you wait. The page that can be detached is also an opportunity for you to think about your health and write down any questions before the appointment as you may forget when you are in the appointment which will come to your mind after you have left.

It is important to let the health care team know if you are unable to attend the appointment offered so that an alternative appointment can be made.

You will be seen by a paediatrician who is a doctor and sometimes a nurse may be present. They are human too, believe it or not! So there is no need to worry.

They are there to help you and to make sure you get the health services you need. The doctor will check your health, hearing, eyesight, weight and height and teeth. You will have the opportunity to ask questions about your health and anything that is worrying you.

Your appointment is confidential, you will have the opportunity to see the doctor on your own if you wish to do so.

The IHA will become a written summary of your appointment. This will include a detailed health plan, which will tell you what happens next and who will help you access any further health appointments or referrals if needed.



Wilberforce
Health Centre

Story St, Hull, HU1 3SA

What happens afterwards?

The information gathered during the assessment is reviewed and a plan to meet your health needs is identified and typed up. A copy of this plan is sent to the following people:

- Your social worker
- Your Carer
- Your GP
- The 0-19 Public Health team.
- Your independent reviewing officer
- You can have a copy if you like, but you must remember to keep this safe as this is confidential information about you.

The full health plan will be sent to the CHCP (City Health Care Partnership) Child Looked After team. This team consists of Children Looked After Nurses. They will come and visit you once a year, a year after your IHA. They usually visit you at home to complete the Review Health Assessment (RHA). The RHA is the same as an IHA however you will not have a physical examination but you will be asked if you want to be weighed and measured.

The health plan from the IHA will be uploaded on to your electronic health record. This is for the Nurses at CHCP to view so they are aware you have had an IHA.

Once you turn 18 years old you will no longer have RHA's. You should receive A Leaving Care Health Passport prior to your 18th birthday which will be a summary of your health needs.

Your IHA health plan will be discussed at your next CLA review, which are held at regular intervals by the Local Authority.

Most of your questions should have been answered by this leaflet, but remember that this is only a starting point for discussion with the healthcare team.

Should you require further advice on the issues contained in this leaflet, please do not hesitate to contact the
Looked After Children Team
Telephone: (01482) 315583

Q&A

How long is the appointment?

The appointment will generally last no longer than one hour.

Do I have to undress for the physical examination?

No you are not required to take your clothes off during the physical examination. The doctor will ask you if you are happy with your chest being listened to. If you are, the doctor will place the stethoscope on your chest to listen to your heart beat and the doctor will also place the stethoscope on your back to listen to your lungs (breathing). This will not cause any pain, the stethoscope may be slightly cold. The doctor will also check your tummy, by pressing down on your tummy using their hands.

Do I have to get weighed?

No, it is completely up to you if you do not feel comfortable with this.

What happens if I do not know what the doctor is asking me?

That's ok, if you don't know, you don't know, If it is related to any family medical history, your social worker can find this out and let the doctor know at a later date.

Do I need to bring anything to the IHA?

No just come along with your carer and social worker.

If you have any paperwork that mentions any upcoming appointments, medications, diagnosis or treatment, then please do bring these with you. They may hold important information that may not be accessible for the doctor you will see for your IHA. However, most of your information will be on your electronic health record.

What happens if I am running late?

Don't panic, please ring our admin team on **01482 315583** to let them know that you are running late.

Helpful QR codes



The Warren Youth Project

www.thewarren.org

Specific projects - The Curve (advance tech and software project ages 16-25), Warren Records (record label and music studio for ages 16-25), Scrان (cooking skills)

Counselling (free to access)

Flip side - 1:1 support for anyone aged 11-19 who is involved in criminal activity, at risk of being criminally or sexually exploited or groomed, low level controlling behaviour towards partners or family or neurodiversity

LGBTQ - youth groups



Shout

giveusashout.org

Free confidential 24/7 text support service for anyone in UK struggling to cope.



Shore

shorespace.org.uk

Safe space for teenagers worried about anything to do with sex or sexual behaviour, email advice and online chat service available.



Refresh Hull

www.refreshhull.org.uk/young-people

Children aged 12-18 years affected by drug and alcohol use – advice, contact pages, advice over phone, by email or face to face.



Winner, the Preston Road Women's Centre

www.purplehouse.co.uk

Women's centre, domestic violence support and advocacy. Also has:

Nursery provision - play practitioners, doing therapeutic talking and playing sessions

Girls only project - for girls 10-18 years affected by domestic violence (own relationship or in family home), can self-refer or have a professional referral. Also youth club on Wednesdays and Thursdays 16:30-18:30

info@purplehouse.co.uk

01482 790310



How Are You Feeling Today?

howareyoufeeling.org.uk

Thrive Hull - advice and resources for parents/carers, young people and professionals.



Corner House

www.wearecornerhouse.org

Young People's support in Hull and East Yorkshire offering:

Flipside (for young people at risk of entering the criminal justice system)

LGBTQ support



The Blue Door

www.thebluedoor.org

Support for anyone that has experienced DA/sexual violence/rape/sexual offences. Can self-refer but professional referral preferred.



Childline

www.childline.org.uk

Confidential call, online or email about any problem big or small.



The Crisis Pad

Working together to provide a sanctuary for adults in emotional distress.

01482 301701



CHCP Looked After Children's Health Team

The Looked after Children's Health Team are responsible for leading and developing on health improvement and reducing health inequalities for Looked after Children (LAC, also known as Children Looked After -CLA and Children in Care) and Care Leavers.

01482 335887



Room 42

Room 42-The place young people meet to have their voices heard and make positive change for Care Leavers in Hull.

qrco.de/bdO7NW

This leaflet was produced by the Children Looked After Team at Hull University Hospital alongside the help of the Care Experienced Young People from Room 42 Hull City Council.

Ref: (Supplied by Patient Experience Team)