



Somerset Learning Disability Mortality Review

Newsletter

November 2018 – Number 1



Message from Dr Amelia Randle (Learning Disability GP lead)

I am excited to be involved with the Somerset Learning Disability Review programme. We want to make things better for people with a learning disability.

We know that people with learning disabilities die about 20 years sooner than people who don't have a learning disability.

We know that people with learning disabilities are more likely to die from something that could have been made better.

We are trying to change this.

We are talking to the families of people with a learning disability who have died. We are asking them what we could have done differently.

We use this information to make sure doctors and nurses know what they can do to be better when looking after people.

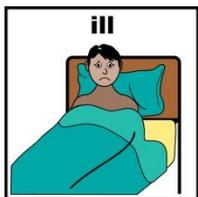
I look forward to working with you. A huge thank you to those who have already spoken to us and those who will speak to us in the future.

National update



The government has talked about making all doctors, nurses and carers trained on how to care for a person with a learning disability.

The government has an action plan for carers. It says how they plan to support carers over the next two years.



The Learning into Action Bulletin in November will look at how to spot when someone is getting ill. Other bulletins looked at work across the country about **Sepsis** and **Aspiration Pneumonia**.

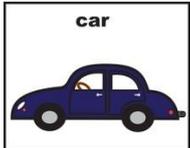
Sepsis is a bad complication of an infection. It can make someone's breathing quicker, make their heart beat faster, give them a high or a low temperature and feel very unwell. Sepsis needs urgent treatment as it can get worse very quickly and someone may die.

Aspiration Pneumonia is an infection from germs getting into the lungs. The germs are found in food, drink and spit that goes down the wrong way and is breathed in instead of swallowed this can make someone cough or choke when eating and drinking, find it hard to breathe and have a gurgly voice.

What we have learnt



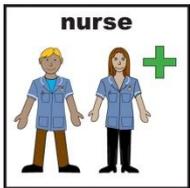
Good care



There were no buses or taxis because of the snow. People at the care home drove to the house of the parents to pick them up.

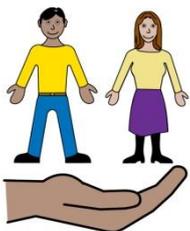


Doctors helping someone to stay at home at the end of their life. Not sending everyone to hospital.



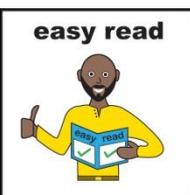
A hospital with a **Learning Disability Liaison Nurse** to make things easier for the person.

A Learning Disability Liaison Nurse is someone who had been taught the best way of helping someone with a learning disability.

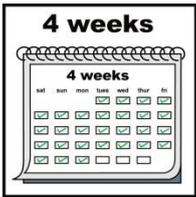


Shared Lives carers helping people with a learning disability.

Shared Lives carers are people who have someone with a learning disability move into their house. They give the care that they need. They also support the person to join in with community and family activities.



Doctors using Easy Read information for someone's Annual Health Check.

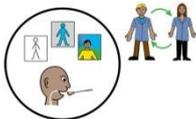


A carer helping someone who is in hospital for a long time. Sometimes they even go to the hospital on their days off. This makes staying in hospital much better for people.

Using **Hospital Passports** makes a big difference.



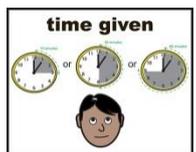
A Hospital Passport is used to record important information about a person. This can be things like what they like to be called, what food they like and don't like. They also give doctors and nurses important information about the person in an emergency.



Different types of nurses that can help check things like if a person can swallow safely or helping with epilepsy.



Bad care



Carer's not given enough time to stay with someone when they go to hospital.



The people who look after someone at home and the people who look after someone in hospital don't always talk to each other enough.



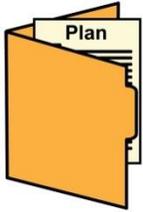
Hospital Passports aren't always read by people at the hospital.



Family, friends and carers know the person best. People from the hospital need to ask them what they think about things.

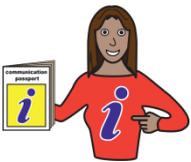


The hospital thought that the person's home had nurses. They sent the person back there but they were wrong. There were no nurses at the home to look after them.



Health Visitors and hospitals need to write down information better. This is things like what decisions have been made for the person because they can't make some decisions on their own. This includes things like what should happen if the person's heart stops.

Hospital passports



The reviews have shown that a **Hospital Passport** is really important when somebody goes into hospital.

They are very helpful if someone needs to communicate in a particular way.

They also help if someone is worried about going to hospital. Hospital Passports are written before going to hospital. This means that they are already there if there is an emergency or if someone needs to go to hospital.

The person and their carers must make sure that the passport is kept up to date if things recorded in it change.

You can find a copy on the internet:

<http://www.sompar.nhs.uk/media/2670/hospital-pasport-july-2015.pdf>

Flu Vaccinations



Everyone with a learning disability can have a free **flu vaccination**.

A flu vaccination is a quick injection that a person can have to help stop them from getting flu.

Family, carers and paid supporters of a person with a learning disability can also have a free flu vaccination.

Problems with breathing are a major cause of death for people with a learning disability.

Catching the flu can make it more difficult for a person to breathe properly.

We need to support everyone who is eligible for a free flu vaccination to get one..

You can find more information on the Public Health England website (<https://www.gov.uk/government/publications/flu-vaccinations-for-people-with-learning-disabilities/flu-vaccinations-supporting-people-with-learning-disabilities>) or you can talk to your GP or Pharmacist.

Annual Health Checks



Everyone with a learning disability should have an Annual Health Check at their GP practice.

Some of the reviews have shown that this doesn't always happen.

Annual Health Checks help people stay well by talking about their health and finding any problems early, so a person gets the right care and advice about looking after themselves.

Do you know someone with a learning disability who doesn't get an Annual Health Check? Tell them to ask their GP to put them on the "Learning Disability Register." This means that the GP will invite them every year for a health check.

You can find out more about Annual Health Checks by watching this video: https://youtu.be/C8R_bJdLSQ

Health Action Plan



GPs should help to draw up a Health Action Plan.

This gives the person information about things they should do to stay healthy and how carers and families can help.

A Health Action Plan might have information about what food they should eat, smoking, and exercise.

We think that giving people a Health Action Plan is something that Somerset needs to get better at.

Contact details

The local area contact at Somerset Clinical Commissioning Group is:

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The LeDeR Programme contact details are:

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0117 331 0686

Definitions (what things mean)

?	What it means
Aspiration Pneumonia	Aspiration Pneumonia is an infection from germs getting into the lungs. The germs are found in food, drink and spit that goes down the wrong way and is breathed in instead of swallowed this can make someone cough or choke when eating and drinking, find it hard to breathe and have a gurgly voice.
Disability Liaison Nurse	A Learning Disability Liaison Nurse is someone who has been taught the best way of helping someone with a learning disability.
Flu vaccination	A flu vaccination is a quick injection that a person can have to help stop them from getting flu.
Hospital Passports	A Hospital Passport is used to record important information about a person. This can be things like what they like to be called, what food they like and don't like. They also give doctors and nurses important information about the person in an emergency.
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