

Looking After Your Health

Information about your
Initial Health Assessment (IHA):
an appointment with us about
supporting your health and wellbeing

Community Paediatric Department

This document can be provided in different languages and formats. For more information please contact:

Children in Care & Adoption Health Team
Child Development Centre
Nottingham City Hospital, Hucknall Road,
Nottingham, NG5 1PB



Nottingham
Children's
Hospital

We Listen
We Care

A logo consisting of three overlapping circles in purple, orange, and green, positioned above the text 'We Listen We Care'.

We are specialist doctors (paediatricians) from Nottingham Children's Hospital. We support children and young people who have just entered care. Our team will help you to stay healthy and well. We will also support the adults looking after you to keep you in good health.

What is an Initial Health Assessment?

This review is not because you are sick. It is a chance to talk with a doctor who has special training around children and young people who enter care, and the worries or difficulties you may have questions about. They will look at your physical health (your body), development (learning) and mental health (feelings and emotions). Usually you will come with whoever is looking after you which may be a foster carer or support worker. Sometimes your social worker or a member of your birth family may come - but if there is anyone you do not want to be there please tell your social worker.

What to expect first



We look at your growth by measuring your height, weight and blood pressure (an armband that squeezes, not a blood test!). This helps us to better understand your health.

If you are old enough, the doctor will ask you for your consent (permission) to see you. You have the right to say 'no' at any stage or to ask questions.

What can I talk or ask about?

Anything! We are here to help you. You are welcome to ask or talk about whatever is worrying you, and if we are not the best person to advise then we will help you find the right person.



What happens in the appointment?

The doctor would like to talk with you about how you are doing, and usually also with the adult you have come with. This may be about any medical problems or medicines you are taking, if you are eating and sleeping OK, or have any aches and pains. We may need to ask a bit about when you were younger or if anyone in your family has health problems.

We would like to chat about how you feel you are doing at school or college, if you have any worries or think you may need more help. We would also like to ask about what you like to do and who you like to spend time with.



We need to examine you to check you are healthy. This means listening to your heart, checking your tummy, eyes, ears and so on. We will not look anywhere you do not want us to. We will ask another adult to be in the room with you for the examination to make sure you are OK.

How long will it take?

About an hour but can be longer if there are lots of important things for you to talk about.

We know that children and young people who come into care have had a lot happen and you may still have a lot to deal with. We always like to talk to you by yourself for at least part of the appointment if you are OK with this. You may wish to be seen alone for the whole appointment.

Common things we chat about:

- Health, weight, or medicines
- Where to get health advice and support
- Relationships, sexuality and gender
- Sexual health, contraception, problems with periods
- Smoking, alcohol or drugs
- Feeling sad, angry or scared
- Self-harm or feeling hopeless

Confidentiality

There may be things you want to talk about that you do not want other people to know. If you want the doctor not to tell anyone (called 'keeping it confidential') we won't—unless you or someone else is in danger. We would then have to tell someone else to keep you and/or the other person safe.

What happens next?

The doctor will usually explain to you anything that they think needs doing in order to help you be healthy and well. Some things we recommend for everyone we see: like brushing your teeth, being up to date with eye tests, eating well and getting enough exercise.

Sometimes it may be that you need a medicine, to see a dentist, or help with feelings. Sometimes we may refer you for things - perhaps a hearing test or to see another type of doctor. Sometimes we need help to find out about more about you and your family before we can give advice.

What happens after that?

The doctor will write a report.



It will include:

- Background from old medical records (if available)
- Family history (if available)
- What was talked about at the appointment and your examination (see *'Confidentiality'* on page 4)
- At the end it will list the things that are affecting you now or may do so in the future, and what needs to be done for you to be as healthy as possible
- A copy goes to your social worker and your GP (your doctor near where you live). It does not go to family or foster carers, but if there are things that they need to do (e.g. book an eye test for you) then the social worker will share that with them.
- You can ask your social worker if you want to see your report as it is also information for you in the future.

If there are any health worries that develop after your IHA please see your GP (general practitioner).

You can also get medical help and advice via calling **111** or via the website **<https://111.nhs.uk>**

The website **www.nhs.uk** also has lots of information and advice, including how to find a GP, dentist, chemist or pharmacy, urgent treatment, and sexual health support.

Useful links

Scan the QR codes below with your phone for some useful links to help you with your health and wellbeing:

Health for Kids

www.healthforkids.co.uk



Health for Teens

www.healthforteens.co.uk



Headspace

www.nuh.nhs.uk/childrens-leaflets



CoramVoice

www.coramvoice.org.uk



Notes

(Use this space to write down anything you want to remember or ask about your appointment)

Feedback

We appreciate and encourage feedback.

We will ask you (and any adult with you) to give feedback on the day. This will help make sure we offer the best possible service for the children and young people we see. You don't have to write your name when giving feedback.

If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone: 0800 183 0204

From abroad: +44 115 924 9924 ext 85412 or 82301

Deaf and hard of hearing: text 07812 270003

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

www.nuh.nhs.uk



You can also scan the QR code to leave patient, family or carer feedback. After scanning the QR code please go to 'How can I leave my feedback' and select the service that you have accessed and then follow the on screen prompts.

The Trust endeavours to ensure that the information given here is accurate and impartial.