

Physical Health of People with an Intellectual Disability: a key priority for NHS England

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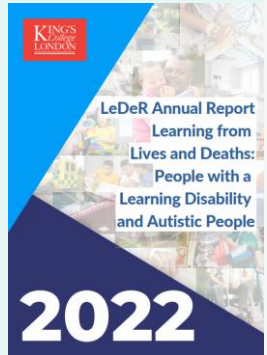


People with a learning disability experience significant health inequalities

- There are approx. **1.3m** people with a learning disability in England
- In March 2024, there were **303,419** people with a learning disability on GP registers (about 25% of the estimated learning disability population)
- People with a learning disability are more likely than the general population to have certain health conditions such as **epilepsy** and **diabetes**
- Children with a learning disability have less healthy lives and are more likely to die in childhood than their non-disabled peers

The LeDeR 2022 report tells us that:

People with a learning disability have higher rates of death from **avoidable causes** than for the general population (42% vs 22%)



- People with a learning disability die younger than the general population; an even bigger gap for people with a learning disability from an ethnic minority background
- People with a learning disability are more likely to be living with more than one health condition (Kinnear 2018)
- 25% of people with a learning disability who died in 2022 lived in the most deprived neighbourhoods compared to 10% in the least deprived

Why are health inequalities continuing?



- Reasonable adjustment
- We need to focus on prevention so that people's health conditions are identified early - Annual Health Checks
- Care is not always joined up around children and young people
- Applying learning e.g. from LeDeR - and what people tell us about their experiences of care for service improvement and care quality

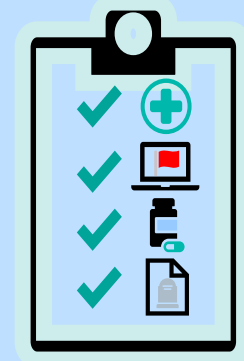
Improving health outcomes (1/3)

Priorities

- Narrowing the gap in **mortality** between people with a learning disability and the general population
- Improving **access** to mainstream health services through reasonably adjusted care
- **Early intervention** through screening, vaccination, primary care support and supporting healthy lifestyles

Action: Annual Health Checks

- Delivering Learning Disability **Annual Health Checks** to support early identification of health needs and provide an opportunity to take a holistic view of someone's physical, mental and emotional and social wellbeing.
- As of 31st March 2024, **78%** of people aged 14 and over on a GP learning disability register had an annual health check, 76% with an accompanying health action plan.



Action: LeDeR reviews

- Learning from Lives and Deaths of Autistic People and People with a Learning Disability (**LeDeR**) programme: supporting service delivery and quality improvements in local health care systems
- 2022 LeDeR report showed an improvement in the median age at death of 1 year 2018 - 2022 for people with a learning disability who had a LeDeR review, and a reduction in the % of avoidable deaths between 2021(49%) and 2022 (42%)

LeDeR supports actions to reduce premature deaths

Actions for providers and systems

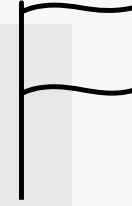
- 1 Make sure that the deaths of people with a learning disability and autistic people are notified to LeDeR
- 2 Engagement with the local LeDeR governance group to understand local factors contributing to health inequalities and premature mortality.
- 3 Timely implementation of service improvements in response to insights from local LeDeR reviews, to ensure improvement and reduce the frequency of deaths that are potentially avoidable.

Resources available to support improvements :

- Acute care toolkit 16: Toolkit for all staff in acute medical units
- Right Care learning disability and aspiration pneumonia scenario
- BTS Clinical Statement on the diagnosis and management of community acquired pneumonia for people with learning disability
- LeDeR Resource Bank: helpful resources for clinicians focusing on the main causes of premature mortality and morbidity for people with a learning disability and autistic people
- [NHS England » Constipation resources](#)

Action: Reasonable Adjustment Digital Flag

- We have built the **Reasonable adjustment Digital Flag** to enable health and care professionals to record, share and view details of a person's disability and the reasonable adjustments that disabled people may need across the NHS, wherever the person is seen or treated.
- Training on the reasonable adjustment digital flag is now available for all front-line staff in health and social care: [Reasonable Adjustment Digital Flag - elearning for healthcare](#)

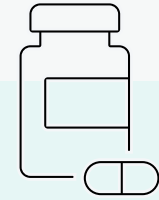


Action: Guidance for health staff

- Publication in June 2024 of health and care passport guidance for ICBs as well as for people and families: [Health and care passport NHS England » Health and care passports](#)
- Guidance for staff working in acute hospitals: [Clinical guide for front line staff](#)
- Developing guidance for frontline staff on using the Mental Capacity Act



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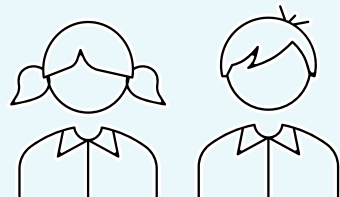


- People with a learning disability are thought to be 16 times more likely to be prescribed an antipsychotic than the general population
- Resources for professionals and people and families re stopping overmedication / supporting appropriate prescribing of antipsychotic medication
- [MindEd Training on](#) inappropriate prescribing for anyone supporting someone with a learning disability or an autistic person

Children and young people and SEND

Key priorities

- Supporting local systems to deliver SEND health responsibilities.
- Embedding new models of care for children and young people's mental health services.
- Working across NHS England and with Government and statutory partners to ensure needs of disabled children are included in all children, young people and families' initiatives and policy.



Our actions

- The Children and Young People **Keyworker programme** was delivered 1 year ahead of plan.
- Partnerships for Inclusion of Neurodiversity in Schools (**PINS**) supporting schools in 40 ICB areas reporting positive feedback from schools and partners.
- Supporting local systems deliver legal requirements for SEND and health elements of SEND and Alternative Provision Improvement Plan
- Sensory checks (hearing, sight and dentistry) now offered to all special residential schools and colleges reaching around 18,000 children and young people

Emerging Government vision for NHS

Health mission:

“Build NHS / a health and social care system fit for the future”

Strategic aims:

There when people need it

Fewer lives lost to biggest killers

Fairer Britain

Where everyone lives well for longer

Measured as:

Increased access

Improved health outcomes

Greater equality

Improved recovery

This will be achieved through 3 shifts:

1

From Hospital to Community

2

From Analogue to Digital

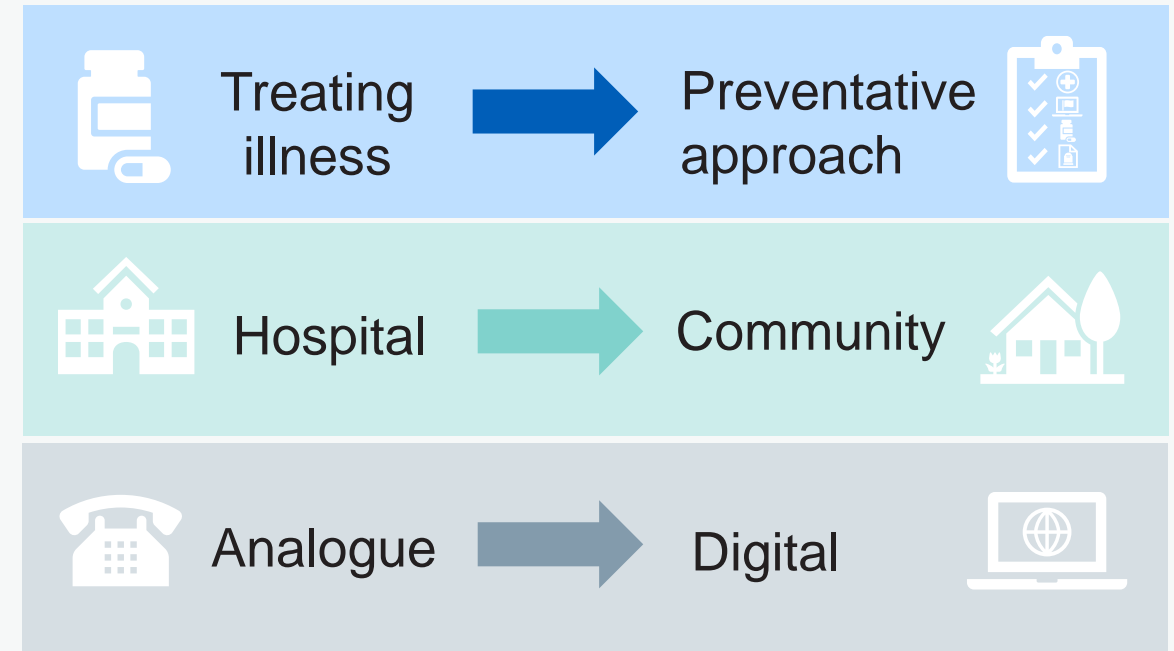
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From Sickness to Prevention

Looking forward

- A new 10-year plan for the NHS and launch of Change NHS engagement with public and NHS staff
- The Darzi Review (2024) reconfirms our priorities of improving health outcomes and reducing waiting times for autism assessment services
- Supporting delivery of health aspects of SEND and Alternative Provision plan
- LD Physician

3 shifts for the NHS



Underpinned by the right workforce with the right skills, making best use of financial resources, evidence and research underpinning our actions

Learning Disability Physician

RCP London & Edge Hill University (www.rcplondon.ac.uk / www.edgehill.ac.uk)



Royal College
of Physicians

Events and education ▾ News and media ▾ Policy and campaigns ▾ Improving care ▾ Membership ▾

Education and learning >> Clinicians as clinicians >> Training programme to meet the medical needs of adults with a learning disability

**Training programme
to meet the medical
needs of adults with a
learning disability**



Together we will work to support people with a learning disability and autistic people live longer, happier and healthier lives.



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