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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

## Initial Health Assessment

*This leaflet is to explain, the purpose and process of the Looked After Children Initial Health Assessment (LAC-IHA), also known as LAC medical.*

## Looked after Children Team



### **Why do I need a LAC medical?**

A health assessment helps you to stay healthy, by having positive physical, emotional and mental health.

Staying well means that other things in your life can be easier, for example making friends, learning and working through difficulties.

### **What happens in a LAC medical?**

A children and young person's doctor will be there to talk to you and your carer about how you have settled into your current placement. We will ask you about your health and how you are growing and learning (development), to see if there is anything we can help you with.

So, make sure you benefit from staying healthy, by letting us help you to look after yourself.

***Remember your doctor is there to help you, not to judge you!***

This appointment is your chance to discuss with your doctor or nurse things like:

- n How you are growing
- n What makes you happy or unhappy
- n Make sure that you are getting the right care
- n A chance to talk about keeping yourself safe
- n Knowing about other health services and how to get the best out of them

### **What happens after the examination?**

If you have any physical or emotional health needs we will work with you to support you further.

If the doctor is not able to fully answer your questions or concerns at the time, they will help you to find the right person or place that can.

### **What happens to my measurements and information from my LAC Medical?**

A health report is prepared following the health assessment and this is then shared with your GP, Social worker, and health professionals who are involved in your care. You can let us know if there is anything you would not like to be included and it will not go in the report.

### **When will the next examination LAC Medical be?**

The next LAC medical (or health assessment) will be done by a qualified nurse or a medical practitioner in one years time. However, if you have any physical or emotional health needs, you will be seen earlier by an appropriate specialist doctor, nurse or a psychologist.



Children's Community  
**Health HUB**

**Your one stop  
contact point**

**Tel: 0300 555 0606**

### **Who can come with me?**

Usually, it's your carer who comes with you, sometimes you may also be accompanied by your social worker or sometimes you can come on your own if you are old enough to do so.

### **Can I see the doctor alone?**

We treat all children and young people as individuals, and respect your dignity and privacy.

Whilst having your examination, you can choose not to have anyone else in the room. You will then be given the option of having an impartial observer (a chaperone) present wherever possible. This is usually another health care professional.

We do think it's important for the doctor to talk to both you and your carer, to work together to help you feel healthy and well.

Your dignity and privacy will always be respected.

### **What all can I discuss at this appointment and will it kept confidential (private)?**

We know a lot of young people and have come across a lot of situations. So whatever you tell us won't surprise, shock or embarrass us.

**We treat everything you tell us with the utmost confidentiality, unless what you tell us puts your or somebody else's safety at risk.**

Confidentiality is central to trust between doctors and patients, but appropriate information sharing is essential to the efficient provision of safe, effective care, both for the individual patient and for the wider community of patients.

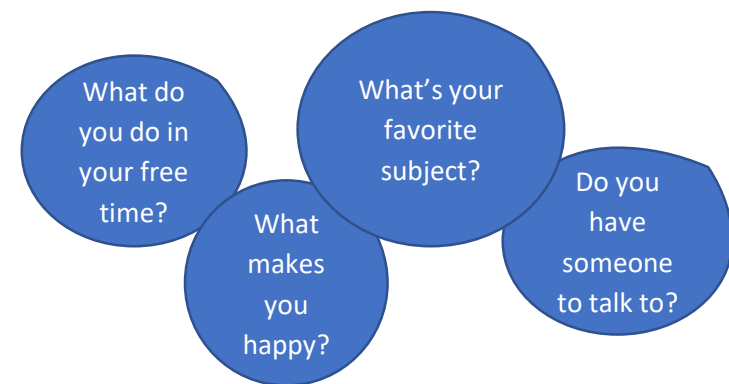
You might want to ask about any worries that you or your carer have, we can answer questions on things such as:

- Diet (what you eat)
- Sleep
- School/education
- Hearing
- Eyesight
- Dental history

Or anything else you would like to talk about.

Following these discussions, the doctor would like to give you a check up including measuring your height and weight

We can also help you with questions on other things, such as about skin or hair care, diet, exercise, relationships, sex, smoking, alcohol, or street drugs, etc.



The Doctor would also like to assess various areas of how you are growing and learning (development) including:

- Attention, concentration and communication skills
- Self-care skills (dressing, personal hygiene, toileting, etc)
- Independence skills in daily living (telling the time, handling money, preparing simple food, road safety, stranger awareness)

This section is for you to make notes and bring along to the appointment, if there is there anything else you would like to say or ask?



***Remember, this appointment is all about you and for you.***

To help us make our service better, would really appreciate if you could kindly answer the following questions.

Please circle the chosen option:

1. As the person completing this section, are you the Child/Young Person (or) the foster carer?
2. Did you find this leaflet helpful? Yes / No
3. If you had an option, would you prefer this appointment as a: Virtual/Telephone appointment (or) Face-to-Face appointment.

THANK YOU!