

Adult Health NHS Screening Programmes:

A Guide for Carers' Supporting Adults with Learning Disabilities.



Public Health Screening Programmes

Regular NHS screening prevents ill health and death from cancer and other diseases. Screening can find disease early, before you know it's there. The earlier disease is found, the better the chance of surviving it. Carers should check the person they support has been invited to all screening they are entitled to. If service users have any unusual symptoms always support them to consult their GP immediately.

Additional support and advice about access, preparation for and attending appointments can be accessed via contacting the appropriate screening service (details below) or your local Community Learning Disability Team

There are 5 National Screening Programmes:

1. Cervical Screening
2. Breast Screening
3. Bowel Screening
4. Diabetic Retinopathy Screening
5. Abdominal Aortic Aneurysm Screening

Service users should be encouraged and supported to attend all age, gender and condition appropriate screening programs unless:

- I. They are ceased for clinical reasons by a doctor.**
- II. Have the capacity to decide to withdraw (which must be confirmed in writing).**
- III. For those who lack capacity, a multidisciplinary 'Best Interests' process needs to be followed to inform the decision.**

For information regarding the Southern Health Strategic Health Facilitators please go to:

<http://www.southernhealth.nhs.uk/services/learning-disability/strategic-health-facilitators/>

NHS National Cervical Screening Programme

All women registered with a GP are eligible for cervical cancer screening every 3 years (aged 25-49 yrs) or every 5 yrs (aged 50-64). Cervical screening involves an internal vaginal exam to take a cervical smear which is done in the GP practice by a nurse or doctor. Invitations for the screening are sent out from a central screening hub.

The results of your screening test will be sent in the post, with a copy sent to the GP. The Cervical Screening Programme aims to notify people of their results within 14 days, you may need to contact the GP or clinic to get the results.

If the smear indicates a potential problem an invite will be sent by the colposcopy unit at hospital for further investigation/treatment.

The colposcopy service will liaise with the central screening hub and the GP practice to ensure the patient is put back on the call/recall system.

If you have any queries about cervical screening, or have not received an invite please ask your GP or practice nurse.

Easy read cervical screening resources are available at:

<https://www.gov.uk/government/publications/cervical-screening-easy-read-guide>

NHS National Breast Screening Programme

All women registered with a GP aged 50-70 are eligible for breast cancer screening every 3yrs. Since Sept 2011 the programme was extended to some women aged 47-49 and 71-73 years.

The screening consists of an X-ray of breast tissue (mammogram).

Screening is offered at the following static units:

Southampton and Salisbury Breast Screening Service	North and Mid Hampshire Breast Screening Service	Portsmouth Breast Screening Service
Breast Imaging Unit Princess Anne Hospital SO16 5YA	The Breast Unit Royal Hampshire County Hospital Romsey Road Winchester	Queen Alexandra Hospital, Cosham. PO6 3LY
Tel: 02380 794959	Tel: 0196 2824841	Tel: 023 9228 3613 or 023 9228 3614

If an invitation is received for screening at a mobile unit, and you do not feel that it will be possible to access the mobile unit, please contact the static breast screening service (number above) and arrange an appointment at the hospital site, where there is easier wheelchair access, and better provision for a supporter to accompany the woman if she wishes. More time is allowed for the appointment than on the mobile unit and are also able to review mammograms as they are taken.

All women will receive their results via a letter within 3 weeks.

If women have an abnormal result, they will be invited back to the breast clinic for further investigation.

If you have any queries about breast cancer screening, or have not received an invite please contact the appropriate breast screening unit.

Easy read Breast Screening resources are available at:

<http://www.cancerscreening.nhs.uk/breastscreen/publications/easy-guide-breast-screening.pdf>

NHS National Bowel Screening Programme

There are two arms to the Bowel Cancer screening programme:

- I. Faecal Occult Blood (FOBt) Programme- all adults aged 60-74 years registered with a GP, every 2 years (with those aged over 74 years able to 'opt in' by calling the number below).
- II. As well as sending out bowel cancer screening tests, some screening centres are trialling Bowel Scope screening with some people aged 55.

FOBt

Screening consists of taking a sample of faeces using a kit at home which is sent in the post.

If the test indicates a potential problem the person will be sent an appointment to discuss their options for further tests.

Bowel Scope

Screening consists of a camera examination up the bottom to look at the bowel.

Participants are posted an enema to use at home prior to the appointment.

Sedation is not usually required for the test, although Entonox is available for those who need it.

Participants are required to provide written consent prior to the test taking place.

If you have any queries about either arm of bowel screening, or have not yet received a screening pack or invitation please call 0800 707 6060 or contact your local bowel screening programme clinic:

Southampton	Portsmouth
Royal South Hants Hospital	Queen Alexandra Hospital
Tel : 023 8082 5070	Tel: 02392 286167

Easy read bowel screening resources are available at:

<http://www.cancerscreening.nhs.uk/bowel/publications/information-leaflets.html>

NHS Diabetic Retinopathy Screening Programme

All adults with a LD who have diabetes and are registered with a GP are eligible for annual eye screening from age 12yrs. Screening consists of taking images of the eye. You will receive a letter inviting you to attend for screening.

Photographs taken during a routine eye sight test are NOT the same as Diabetic Retinopathy Screening.

If the person is being monitored elsewhere regarding Glaucoma or Macular Degeneration, they still need to attend for diabetic eye screening.

Screening will either take place in a static site such as hospital clinics, or mobile sites, often GP practices or local community centres.

Screening is provided by:

Southampton Diabetic Eye Screening Program Royal South Hants Hospital Southampton Tel: 0300 123 3937	Royal Hampshire County Hospital Winchester Tel: 01962 683535	Portsmouth & South East Hampshire Diabetic Eye Screening Programme Somerset House, Waterloooville, Tel: 02392 984455
Some outlying areas of West Hampshire and the New Forest may have Diabetic Eye Screening provided by Dorset Health Care. The Dorset diabetic screening admin office can be contacted on 01425 891139		

If further assessment is requires the program refers the patient directly to their local ophthalmology department at their local general hospital. Both the patient and the GP will be sent the results by letter. If you have any queries about the programme or have not received an invite please call the appropriate screening department.

Easy read diabetic retinopathy screening resources are available at:
<http://www.gov.uk/topic/population-screening-programmes/diabetic-eye>

NHS Abdominal Aortic Aneurysm (AAA) Screening Programme

In England, since 2013 all men in their 65th year have been eligible for AAA screening.

Men are automatically invited for screening in the year they turn 65. Screening is run in community-based clinics.

Men over 65 years who have not previously been screened or diagnosed with an aneurysm can request a scan by contacting the local programme office on 01865 572636.

The screening test for AAA is a simple pain-free ultrasound scan of the abdomen. It takes about 10 minutes.

The result is given straight away and information sent to the GP.

Finding an aneurysm early means it can be checked regularly / treated if necessary.

If your abdominal aorta is not enlarged you don't ever need to be tested again.

<p>The Hampshire programme covers Southampton and surrounding areas, Portsmouth, the Isle of white and the south of the county, and can be contacted at:</p> <p>AAA Screening Manager Southampton General Hospital</p> <p>Tel: 02381 206 279</p>	<p>North Hampshire is covered by the West Surrey and North Hampshire Programme, and can be contacted at:</p> <p>AAA Screening Programme Office Ashford Hospital</p> <p>Tel: 01784 884 859</p>
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If you have any queries about AAA screening or have not yet received an invitation please call your local screening office.

Easy read AAA screening resources are available at:

<https://www.gov.uk/government/publications/abdominal-aortic-aneurysm-screening-invitation-leaflet>

Screening Record

	Year 1 Date:	Year 2 Date:	Year 3 Date:	Year 4 Date:	Year 5 Date:
Cervical Screening 25- 49: 3 yearly 50- 64: 5 yearly					
Breast Screening 50- 70: 3 yearly					
Bowel Screening FOBT: 60-74 years: 2 yearly					
Bowel Scope: one off at 55					
Diabetic Retinopathy Yearly from 12					
Abdominal Aortic Aneurism One off at 65					