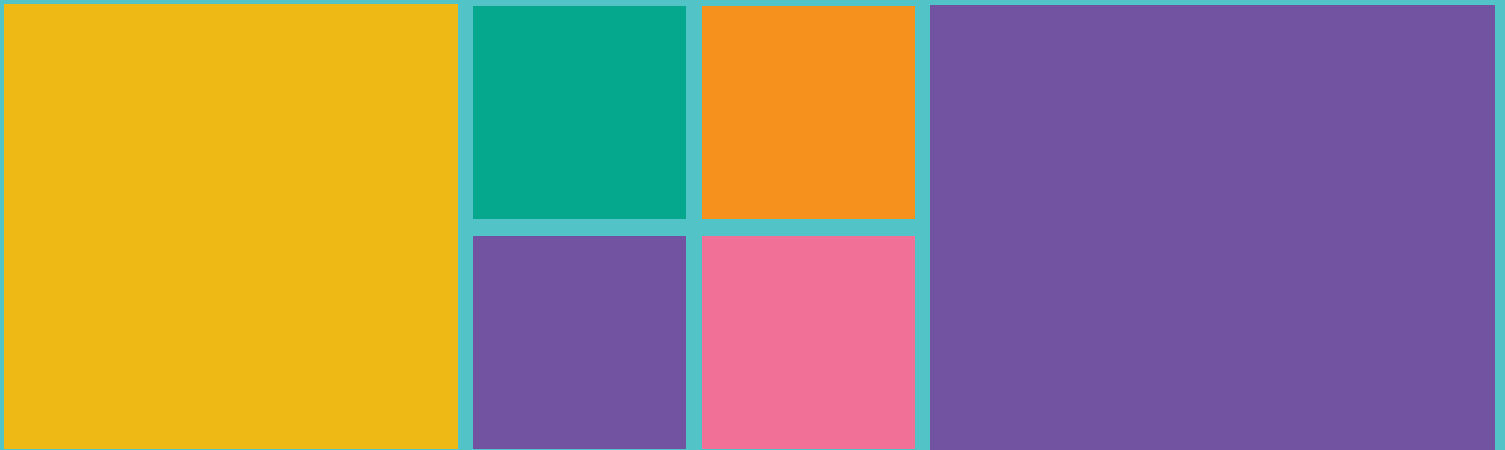




Northamptonshire
County Council



HEALTH SUMMARY



Working together to make a difference:
Corby Clinical Commissioning Group
Nene Clinical Commissioning Group
Northamptonshire Healthcare NHS Foundation Trust

MUST KNOW ABOUT ME

WHAT IS A HEALTH SUMMARY?

A health summary is a brief history of your health care since you became a Looked after Child. It is your information and can be updated by you from the time it is given to you.

Please keep this document safe as it may contain sensitive and confidential detail about you. We would prefer to give this to you electronically but understand if you'd prefer to have a paper copy. Please ask your nurse who will discuss this with you. You can nominate a trusted professional (usually your social worker) to hold this information for you.

Once you turn 18 we will transfer your care to your registered GP (Doctor) visit <https://www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/> for more information on how to register with a GP.

This health summary will be shared with your GP and social care support worker with your consent:

Do you consent to us sharing your health summary?

Yes, I consent (sign below)

Print your name below:

No, I don't consent (sign below)

Completed by	
Contact details	
Date of completion	
Your signature	

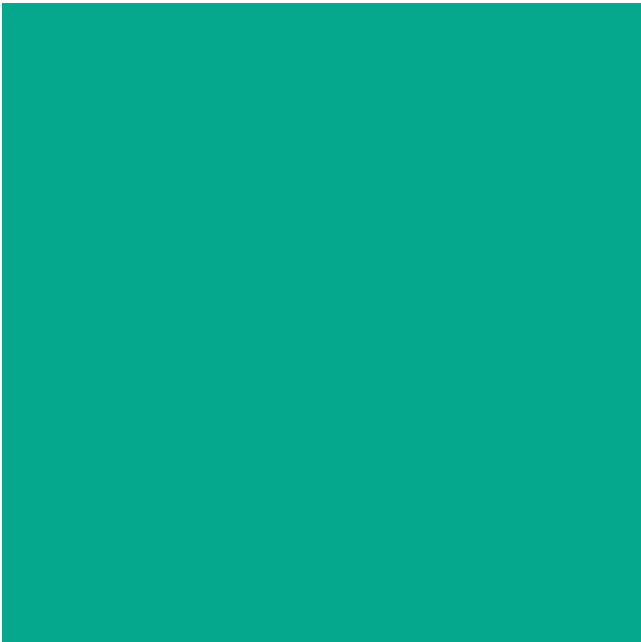
If you have been known by any other name(s) please complete.

Name:

Date of change:

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MY DETAILS

Name:

Date of Birth:

National Insurance Number

NHS Number*:

NATIONAL INSURANCE (NI) NUMBER

You have a National Insurance number to make sure your contributions and tax are recorded against your name only. It's made up of letters and numbers and never changes.

NHS NUMBER

An NHS Number is a 10-digit number, like 485 777 3456.

Your NHS Number is unique to you. It helps healthcare staff and service providers identify you correctly and match your details to your health records.

You can get free NHS prescriptions if, at the time the prescription is dispensed, you:

- are under 16 years old
- are 16-18 years old and in full time education
- are pregnant or have had a baby in the previous 12 months and have a valid maternity exemption certificate if you have certain medical conditions
- **OR** you receive:
 - income based jobseeker's allowance
 - income related employment and support allowance
 - universal credit

YOUR DOCTOR'S INFORMATION

Doctor's surgery:

Doctor's name:

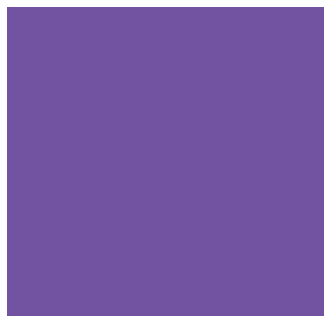
Website address:

Telephone number:

Date of registration:

If you want to access your medical records follow the link to find out more:

www.nhs.uk/using-the-nhs/about-the-nhs/how-to-access-your-health-records/



YOUR HEALTH HISTORY

Which city / country were you born in?

What was your birth weight?

Were you born on your due date or were you early or late?

After your birth, how many days did you stay in hospital?

Other important information about your birth?

As a child did you have any common childhood illnesses such as chicken pox?

Family health history (if available) for example a history of Diabetes, heart disease

Do you have any health problems which have affected your for more than a month?

What are the recommendations from your most recent health action plan?

Blood group if known:

Foster placements:

MEDICATIONS

Today's date:

What medicines you are taking?

Name of medicine

How often do you take this?

Dose?

What do you take this for?

Medicines you have previously taken for more than a month and then stopped taking

ALLERGIES

What are you allergic to?

At what age did this start?

What happens when you have your allergic reaction? (e.g. vomiting, rash)

Do you know what to do if you have an allergic reaction?

ANY OVERNIGHT HOSPITAL STAYS YOU'VE HAD:

Date of stay	Hospital name	Reason for admission:

Date of stay	Hospital name	Reason for admission:

Date of stay	Hospital name	Reason for admission:

Date of stay	Hospital name	Reason for admission:

ANY ACCIDENT AND EMERGENCY ATTENDANCE:

Date	Hospital name	Reason for admission:

Date	Hospital name	Reason for admission:

Date	Hospital name	Reason for admission:

Date	Hospital name	Reason for admission:

ANY PROCEDURES UNDERTAKEN (e.g. MRI):

Date of procedure	Name of procedure	Reason for procedure:

Date of procedure	Name of procedure	Reason for procedure:

Date of procedure	Name of procedure	Reason for procedure:

Date of procedure	Name of procedure	Reason for procedure:

DENTIST - LOOKING AFTER YOUR TEETH

Your dentist can provide free NHS dental treatment if, when the treatment starts, you are:

- age under 18
- under 19 and receiving full-time education
- pregnant or have had a baby in the previous 12 months

You do not have to pay if; during the course of the treatment you receive:

- income support
- income based jobseeker's allowance
- income related employment and support allowance
- universal credit

Add your dentist's name, address and telephone number to the table below whenever you change to a new one. Keeping track when you register helps to keep things more simple when you need to change in the future.

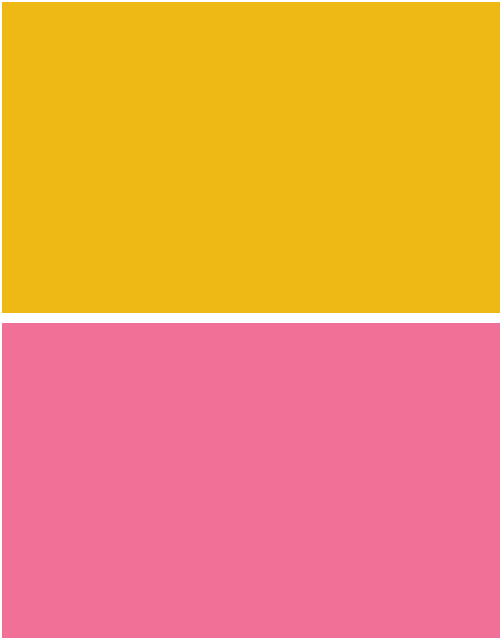
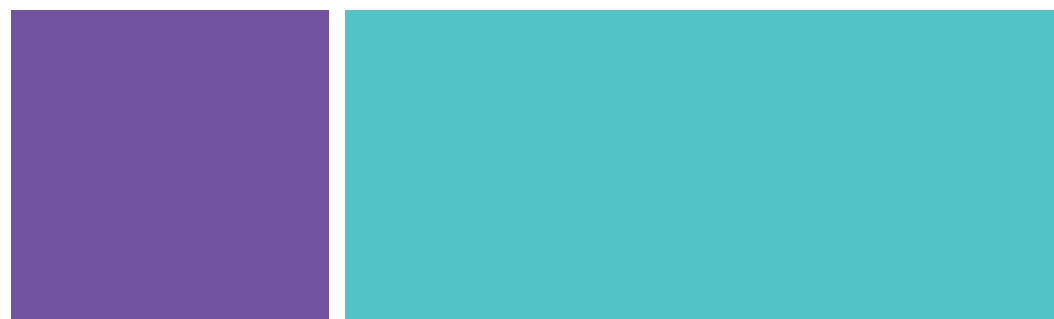
Your dentist will tell you how often they need to see you.

[illegible]

If you are under the care of an orthodontist you can complete the below table in the same way to keep track.

Name	Address and telephone	Date of last appointment	Treatment needed

For more information please visit: www.NHSGO.uk



OPTICIAN - LOOKING AFTER YOUR EYES

You qualify for a free NHS-funded sight test if:

- you're aged under 16 you're aged 16-18 and are in full-time education
- you're registered as partially sighted (sight impaired) or blind (severely sight impaired)
- you've been diagnosed with diabetes or glaucoma you've been advised by an ophthalmologist (eye doctor) that you're at risk of glaucoma you're eligible for an NHS complex lens voucher.

Your optometrist (optician) can advise you about your entitlement

You're also entitled to a free NHS sight test if you:

- income support
- income based jobseeker's allowance (not contribution based)
- income related employment and support allowance
- universal credit
- are entitled to, or named on, a valid NHS tax credit exemption certificate
are named on a valid NHS certificate for full help with health costs (HC2).
People named on an NHS certificate for partial help with health costs (HC3) may also get help.

Keep a track of your eye tests and prescriptions on the opposite page.

For more information please visit: www.NHSGO.uk

Date of sight test:		
Prescription:	Left eye:	Right eye:
Name of optician:		
Address and telephone number:		
Next appointment:		

Date of sight test:		
Prescription:	Left eye:	Right eye:
Name of optician:		
Address and telephone number:		
Next appointment:		

Date of sight test:		
Prescription:	Left eye:	Right eye:
Name of optician:		
Address and telephone number:		
Next appointment:		

IMMUNISATIONS

PROTECTING YOU AGAINST INFECTIOUS DISEASE

Dates given	1	2	3	4	5
Diphtheria					
Tetanus					
Polio					
Pertussis					
Hib					
Pneumococcus					
Rotavirus					
Meningitis B					
Meningitis C					
MMR					
Influenza					
HPV					
Men ACWY					
BCG					
Hepatitis B					
Other:					

TRAVEL VACCINATIONS

Vaccination name	Date vaccinated



SEXUAL HEALTH

Looking after your sexual health is very important - this includes using contraception and ensuring your partner uses contraception, regular testing for sexually transmitted infections (STI), pregnancy advice and getting screening for cervical and testicular cancers. Pharmacies may be able to provide free contraception and emergency contraception, otherwise visit your local Sexual Health service.

You can locate your nearest Sexual Health Service online:

www3.northamptonshire.gov.uk/councilservices/health/Pages/sexual-health.aspx

Or search 'sexual health service' into the search engine bar

Other Services Available:

NHFT Sexual Health service: www.nhft.nhs.uk/sexual-health

Family Planning Association (FPA) www.fpa.org.uk

FPA provide sexual health information and advice on contraception, sexually transmitted infections, pregnancy choices, abortion, planning a pregnancy

Brook Sexual Health www.brook.org.uk

Provides free and confidential sexual health advice to young people, pregnancy advice, and contraception help and have text and webchat services

Think you are pregnant and don't know what to do?

It is important to make the right decision for you and part of this is having all the information you need.

Talk to someone you trust and get health advice from one of the following as soon as possible:

GP, Pharmacy, Leaving Care Advisor, Sexual Health Service, Brook Sexual Health, Family Planning Association or Marie Stopes

Information about relationships (whether you are straight, gay or bisexual)

Relate can provide helpful advice and support, www.relate.org.uk

Sexuality advice is also available for those that consider themselves to be lesbian, gay, bisexual or transgender (or want to talk about their sexuality feelings) - Stonewall UK, www.stonewall.org.uk

Testicular and Breast checks - feelyourselfcampaign.org/

DRUG AND ALCOHOL SERVICES

Information can be placed here on services that you might be accessing:

SPECIALIST SERVICES

You can add details of the services below:

CARE PLAN FOR LONG TERM CONDITIONS

Are there any plans for long term conditions such as asthma, allergies, eczema etc

A SPACE FOR YOUR NOTES

A SPACE FOR YOUR NOTES

Handwriting practice lines consisting of 25 horizontal dotted lines.

A SPACE FOR YOUR NOTES

A SPACE FOR YOUR NOTES

Handwriting practice lines consisting of 20 horizontal dotted lines.

Contact your doctor / GP:

This leaflet was produced by Northamptonshire Healthcare NHS Foundation Trust



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NN15 7PW
Telephone: 0800 917 8504
www.nhft.nhs.uk**



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.