

## Information About Health Assessments for young people 11+

All children and young people in care are required to have a health assessment every year (twice a year for the under 5's).

Your first (Initial) Health Assessment (IHA) will be carried out by a paediatrician specialising in Children in Care.

The paediatrician will:

- Ask questions about your health
- Check your height and weight
- Listen to your heart and lungs

Future (Review) Health Assessments (RHA's) will be carried out by a Specialist nurse who will visit you at your foster carer's home or at clinic or school if you prefer.

During your health assessment the nurse will ask questions about your health and will check your height and weight. You will be offered the opportunity to be seen alone but if you don't want to your carer can stay for the whole assessment. You won't need to get undressed.

You will be asked to fill in a Strengths and Difficulties Questionnaire and your carer will be asked about any other medical appointments you may have attended.

Your health assessment is also an opportunity for you to ask any questions about your health or general wellbeing. This is your health assessment and it's important that your voice is heard.

The Nurse can give advice about:

- Emotional problems
- Diet
- Exercise
- Drug/alcohol use
- Smoking and sexual health

Following your Health Assessment you and/or your carer will be sent a copy of your health care plan.

Your Nurse will refer you onto specialist NHS services if you require them.

You are welcome to contact the Nursing team on 0300 131 4520 if you want to discuss any health concerns at any other time.

**Alcohol,  
smoking,  
drugs**

**Your  
diet**

**Puberty**

**DID YOU KNOW?**  
  
You can talk to the nurse  
for 'looked after' children  
and young people about:

**Feelings**

**Exercise**

**Your  
teeth**

**Keeping  
Safe**

**Sexual  
health**

**Relationships**