

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
- Offer to 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 wellbeing.

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.

Your carer will be asked about any 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 offer advice about:

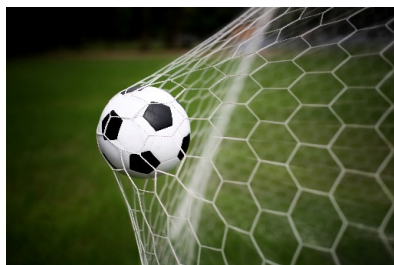
- Emotional problems
- Healthy Eating
- Exercise
- Drug/alcohol use
- Smoking and sexual health

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 us on 0300 131 4520 if you want to discuss any health concerns at any other time.

You can talk to the Children in Care Nurse about:



Alcohol, Smoking, drugs, Healthy Eating, Puberty, Exercise, Feelings, Your Teeth, Keeping Safe, Sexual Health, Relationships