



Enhanced Health Checks

North Kensington

The NHS Enhanced Health Checks are for residents who may be concerned about their health. They offer local people an assessment of their current health and wellbeing from their GP.

Who is eligible?

All residents of North Kensington and anyone affected by Grenfell can book in an Enhanced health check with their GP practice.

For adults the Enhanced Health Checks cover

Respiratory examination:

- Spirometry (lung function testing currently unavailable due to the pandemic).
- Checking your Oxygen saturation.
- Physical examination of chest.
- Smoking cessation intervention if appropriate.
- Fast track referral to the specialist respiratory clinic if any concern identified.

Mental health:

- Anxiety screening.
- Depression screening.
- Post-Traumatic Stress Disorder screening.
- Insomnia/ sleep review.
- Alcohol use screening.
- Substance misuse review.
- Onward referral to specialist services if indicated.

Bloods tests

Tests to rule out conditions such as diabetes, high cholesterol, thyroid function test, renal function if indicated.

Physical health examination and promotion

- Weight.
- Body mass index.
- Blood pressure and pulse.
- Physical activity reviews with onward referral to gyms, personal trainer, etc.
- Dietary review with onward referral to various weight loss management programmes.
- Health advice around dental and visual care.
- Any symptoms or worries you are concerned about can be discussed and your GP can do a prompt referral to the appropriate specialist if needed. This can include referral to a clinical toxicologist.

For children the Enhanced Health Check covers:

For children your GP will provide a health promotion and health check review, which will include a focus on the following:

- Respiratory symptom check.
- Mental health screen.
- Weight monitoring and linking to local weight services.
- Dental hygiene.
- Focus on physical activity and exercise programmes, linked to the social prescribing offer.

How do I access the service?

- Through your GP – please call your GP practice to book an appointment.