



## North West London

### Personal Health Assessment for survivors who escaped Grenfell Tower after 1.28am: Core components of a personal health assessment

Date 28 November 2024

#### Respiratory examination:

- Oxygen saturation.
- Physical examination of chest.
- Smoking cessation intervention.
- Fast track referral to secondary care respiratory clinic if any concern identified.

#### Emotional mental health and wellbeing:

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

#### Physical health examination and promotion:

- Weight
- Body mass index
- Blood pressure and pulse
- Physical activity reviews with onward referral Self-Care services
- Dietary review with onward referral to various healthy diet and weight loss management programmes.
- Health advice around dental and visual care.
- Identify and assess any other health care concerns

#### Lung examination

- Levels of oxygen in blood.
- Physical examination of chest including onward referral for chest x-ray if you want it. The GP carrying out the assessment will explain whether they think you need a chest X-ray, and what to expect when you attend
- Smoking cessation intervention.
- Fast track referral to secondary care respiratory clinic if any concern identified.

#### Blood tests

- The GP carrying out the assessment will explain the types of tests that could be carried out, depending on health issues or concerns.

- Blood tests available include Full Blood Count (FBC), Urea & Electrolyte (U&E), Liver Function Test (LFT), Thyroid Function Test (TFT), HbA1C, Lipids, or Bone profile.
- Other blood tests can be offered as clinically indicated, including the range of available cancer screening blood tests. (such as Prostate Specific Antigen, CA125, CA199, CA152, AFP etc.)

### **Other health needs**

- Review optimisation of current Long Term Condition Management recognising the potential impact of the fire
- Bowel cancer screening
- Cervical Smear
- Resting ECG
- Urinalysis
- The list of available tests and services above is not exhaustive. If during the course of an appointment a health concern that is not mentioned above, the GP should discuss with the patient the best options for addressing the patient health needs. This could take the form of a referral to specialist care, requests for scans and additional testing that are available on the NHS.

The above services should be offered after a shared discussion between the patient and GP about the pros and cons of each service and the clinical relevance to the patient.

<p><b>Emotional mental health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Anxiety screening</li> <li>• Depression screening</li> <li>• Trauma screening</li> <li>• Insomnia and sleep review</li> <li>• Alcohol use screening</li> <li>• Substance misuse</li> <li>• Onward referral to specialist services if indicated.</li> </ul>	<p><b>Physical Health examination &amp; health promotion</b></p> <ul style="list-style-type: none"> <li>• Weight, Body mass index</li> <li>• Blood pressure and pulse</li> <li>• Physical activity reviews</li> <li>• Dietary review with onward referral to healthy diet and weight loss management programmes</li> <li>• Health advice around dental and visual care</li> <li>• Identify and assess any other health care concerns.</li> </ul>
<p><b>Lung examination</b></p> <ul style="list-style-type: none"> <li>• Levels of oxygen in blood</li> <li>• Physical examination of chest including onward referral for chest x-ray if you want it. The GP carrying out the assessment will offer advice</li> <li>• Stop smoking advice and assistance</li> <li>• Fast track referral to respiratory clinic if required</li> </ul>	<p><b>Blood tests</b></p> <ul style="list-style-type: none"> <li>• The GP will explain the types of tests that could be carried out, depending on health issues or concerns</li> <li>• Blood tests available include Full Blood Count (FBC), Urea &amp; Electrolyte (U&amp;E), Liver Function Test (LFT), Thyroid Function Test (TFT), HbA1C, Lipids, or Bone profile.</li> <li>• Other blood tests can be offered if there are signs they are needed</li> </ul>
<p><b>Other health needs</b></p> <ul style="list-style-type: none"> <li>• Review optimisation of current long-term condition management recognising the potential impact of the fire</li> <li>• Bowel cancer screening</li> <li>• Cervical smear</li> <li>• A resting ECG to test for any issues with your heart</li> <li>• Urinalysis</li> </ul>	