

# Gill's Health Profile

## What people like and Admire about me:

- ✚ I am Determined
- ✚ I am Independent
- ✚ I am Caring
- ✚ I am A good friend and house mate
- ✚ I Have a good memory

## What's important to me:

- ✚ That I have at least 8 hours sleep at night
- ✚ That I am not too warm as this brings on my seizures
- ✚ To be treated with dignity and respect
- ✚ That my protective helmet is comfortable and not fastened to tight
- ✚ Not to drool and have a dry t-shirt
- ✚ To have two people to support me at the Doctors in case I need to leave the room
- ✚ That people who support me know me well. I need to feel relaxed at the Doctors

## How best to support me:

- ✚ I need staff to understand my continence needs (please see my support plan)
- ✚ I need staff to arrange medical appointments for me and support me to attend them.
- ✚ I wear a protective helmet throughout the day and night to protect my head when I fall during a seizure. I need staff to remind me to wear it and help me put it on and fasten it. My helmet must feel comfortable
- ✚ I can have a drop seizure at anytime of the day or night so it is important that the staff who support me understand my epilepsy and how to care for me during and following a seizure.
- ✚ It is important that I always have access to my PRN medication, Buccal Midazolam in the event of cluster or prolonged seizures. I need staff to take custody of it at all times.
- ✚ It is important that the people who support me are trained to administer my PRN medication, Buccal Midazolam and understand when I need to be given it.
- ✚ It is important that staff remind me to brush my teeth. I am unable to do this myself and need staff to help me using a hand over hand technique. I need staff to help me arrange regular dental check ups.
- ✚ It is important that staff take responsibility for ordering and looking after my medication.

- ✚ I need support to take my medication. I need staff to measure out my medication and help me take it. I take my medication off a spoon. I like to have a warm drink when taking my medication
- ✚ I need support to prepare for my chiropody treatment. I have my treatment in my bedroom at home. I need help to take off my shoes and socks and help to get on my bed.
- ✚ I have check ups at the well persons clinic where I have my weight, blood pressure and urine checked. I also have my ears and hearing checked by the practice nurse.
- ✚ I am prone to chest infections so it is important that I stay away from people who are unwell.
- ✚ I enjoy going outdoors but need to use my wheelchair. I need staff to support me in my wheelchair.
- ✚ It is important that I have my eyes tested every two years
- ✚ I need staff to encourage me to maintain a health balanced diet as I am prone to putting on weight.
- ✚ I need support to attend regular reviews with my consultant Neurologist.

<u>What's Working</u>	<u>What's not working</u>
<ul style="list-style-type: none"><li data-bbox="337 415 799 577">✚ Gill's mobility is improving and she is accessing all areas of her new home.</li><li data-bbox="337 667 799 829">✚ Gill's general health is good and her seizures are controlled at the present.</li><li data-bbox="337 919 799 1018">✚ Medication reviews and health checks are up to date.</li><li data-bbox="337 1108 799 1333">✚ Gill is enjoying her time at her day centre and is progressing well in most activities.</li><li data-bbox="337 1423 799 1585">✚ Gill has a completed epilepsy assessment and action plans are in place.</li></ul>	<ul style="list-style-type: none"><li data-bbox="868 415 1333 703">✚ Gill's protective helmet is too big due to her weight loss. It is also old and needs replacing with a newer more modern design.</li><li data-bbox="868 793 1333 1081">✚ Gill is in need of a new wheelchair. Her current wheelchair is costing too much in repairs and adaptations.</li><li data-bbox="868 1171 1333 1333">✚ Gill is refusing to have her teeth brushed on most occasions.</li><li data-bbox="868 1423 1333 1522">✚ Gill may not want to take her medication on occasions.</li><li data-bbox="868 1612 1333 1711">✚ Gill is spending less time with her Father.</li></ul>

## ACTION PLAN

<b>What needs to happen?</b>	Gill to have a new protective helmet and wheelchair
<b>Why does this need to happen?</b>	<p>Gill's protective helmet has become too big due to her weight loss and needs replacing with a more modern design. Gill needs to wear her protective helmet at all times during the day and night and is an important part of her life and independence.</p> <p>When Gill falls during a seizure it is her face that takes the impact of the fall. Her new helmet needs to be built up more at the front to create more protection. Gill would like her new helmet to be black in colour so that it doesn't stand out as much as her old one.</p>

<b>What needs to be done</b>	<b>Who's responsibility</b>	<b>By when</b>
<p>To contact Gill's G.P to request a referral to surgical appliances for an assessment for a new protective helmet.</p> <p>To request a referral to wheelchair services for Gill to have a new wheelchair</p>	Susan	Within 1 week
<p>To look at designs of helmets with Gill.</p> <p>To look at new wheelchairs with Gill and try out different ones</p>	John - Clare	On going
<p>To record the progress of the referral in Gill's notes so that all staff are aware of each stage of the referral process.</p>	The Staff team	On going

## ACTION PLAN

<b>What needs to happen?</b>	To improve Gill's oral health
<b>Why does this need to happen?</b>	Gill's oral hygiene is relatively poor at present and teeth brushing is becoming difficult as Gill often doesn't want to have her teeth brushed. Due to Gill's learning disability and limited communication skills Gill can not tell staff why she doesn't like her teeth being brushed.

What needs to be done	Who's responsibility	By when
Make a dental appointment for Gill to have a check up	Susan	Within 1 week
To look at alternative ways of maintaining oral hygiene - seek advice from dentist	John & Susan	On going
Put a care plan in place to ensure consistence of approach - reducing stress and anxiety for Gill.	Susan	Within three weeks