

What happens with my health assessment

Your health assessment will stay within your child health record. We'll send a summary and care plan to professionals involved with your care.

If you move to another area, we will transfer your health assessment and plan to make sure your health care needs are met.

Can I contact you at other times?

You can contact us or ask your carer or social worker to contact us for you. We are available: Monday – Friday from 8:30am to 4:30pm.

Edinburgh Office

Clinical Staff Offices

Royal Hospital for Children and Young People

50 Little France Crescent

Edinburgh

EH16 4TJ

Tel: **0131 312 0505**

Midlothian/East Lothian Office

Musselburgh Primary Care Centre

Inveresk Road

Musselburgh

EH21 7BP

Tel: **0131 446 4126**

West Lothian Office

St John's Hospital

Howden

Livingston

EH54 6PP

Tel: **01506 524 406**

Looked After Children's Nursing Team



Information for young people and carers

Introduction

Our aim is to offer all looked after children and young people a holistic health assessment. This includes children and young people who are looked after at home, with kinship carers, foster carers and in residential units. Health assessments aim to ensure you have good physical and emotional health to help you reach your full potential. We aim to carry out health assessments within 4 weeks of receiving a referral from social work.



About your health assessment

At your health assessment we will talk to you about your health and any worries or concerns you may have. This will include how you are feeling physically and emotionally. We will ensure you are registered with a GP and dentist. We will check your height, weight and immunisation history.

We will discuss with you things you can do to keep healthy and how you are getting on in and out of school.

Your health assessment is also an opportunity for you to discuss:

- Smoking
- Drugs and alcohol
- Your feelings and emotions
- Caring for yourself
- Sexual Health/Relationships
- Hobbies and activities.

We can refer you on to specialist services or explore other supports.

We will create a health plan with you to address your health needs. This will be reviewed as required to make sure your needs are being met.