

Personal Health Summary



NHS

Cambridgeshire and Peterborough
Clinical Commissioning Group

What is a Personal Health Summary booklet?

This booklet holds personal and private information about your health history. It is very important that you look after it and try not to lose it because other people could know your personal information. It also contains information about different medical people who help you. There is a section where you can update or edit any of the information if you want to. This booklet also provides a quick reference guide to local services that you may find useful. A glossary is included which explains some of the common health illnesses/conditions that you may experience or may want to find a bit more information about.

What to do if you lose this booklet

Your GP and Social Worker will hold a copy of your personal health summary. You can contact them and arrange to obtain a copy or speak to your Personal Advisor.

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Personal Health Summary

You should have received a Personal Health Summary following your last Review Health Assessment with the nurse. The plastic wallet inside the cover of this booklet is for you to keep this summary safe. If you have not received a copy of your Personal Health Summary and would like a copy, please speak to the Looked After Children Health Team on your GP or your Personal Adviser.



Below you can add information about your next of kin. Your next of kin is a person who you would want to be contacted in case of an emergency.

Next of kin 1	
Name:	
Address:	
Relationship:	
Contact number:	
Next of kin 2	
Name:	
Address:	
Relationship:	
Contact number:	
Next of kin 3	
Name:	
Address:	
Relationship:	
Contact number:	

Information about your doctor (GP)



Below you can add your doctor's name, address and telephone number and then add different details whenever it changes. This will help if you need to register with a new GP surgery.

Doctor 1:
Name:
Telephone number:
Address:

Doctor 2:
Name:
Telephone number:
Address:

Doctor 3:
Name:
Telephone Number:
Address:

Information about your dentist

You can receive free dental treatment if, when the treatment starts, you are:

- ◆ age under 18 years old
- ◆ under 19 years old and receiving full-time education
- ◆ pregnant or have had a baby in the previous 12 months.

You do not have to pay if, during the course of the treatment, you receive:

- ◆ Income support
- ◆ Income-based Jobseeker's Allowance
- ◆ Income-related Employment and Support Allowance, or
- ◆ Universal Credit

You should visit your dentist around every six months. The longer you delay seeing your dentist for a check-up the more likely it is that you may need treatment.



Below you can add information about your dentist. This will help when you register with a new dentist in future.

Dentist 1:

Name:

Telephone number:

Address:

Dentist 2:

Name:

Telephone number:

Address:

Dentist 3:

Name:

Telephone number:

Address:

Information about your orthodontist

Orthodontists can help straighten your teeth and move them into a better position to improve their position and how they look and function.

Most orthodontic treatments are available free on the NHS for people under 18 who need them. Treatment is also available on the NHS at the standard charge for complex dental treatment for adults who need it. However, adults who want orthodontic treatment to fix minor cosmetic problems are not eligible for NHS treatment.



Below you can add information regarding your orthodontist. This will help when you register with a new dentist in future.

Orthodontist 1:
Name:
Telephone number:
Address:
Orthodontist 2:
Name:
Telephone number:
Address:
Orthodontist 3:
Name:
Telephone number:
Address:

Information about your optician

You qualify for a free NHS-funded eye test if you:

- ◆ are aged under 16 years
- ◆ are aged 16-18 and are in full-time education
- ◆ are registered as partially sighted or blind
- ◆ have been diagnosed with diabetes or glaucoma
- ◆ have been advised by an ophthalmologist (eye doctor) that you're at risk of glaucoma
- ◆ are eligible for an NHS complex lens voucher
- ◆ receive Income Support
- ◆ receive income-based Jobseeker's Allowance
- ◆ receive income-based Employment and Support Allowance
- ◆ are awarded Universal Credit
- ◆ are entitled to, or named on, a valid NHS tax credit exemption certificate
- ◆ are named on a valid NHS certificate for full help with health costs (HC2). People named on an NHS certificate for partial help with health costs (HC3) may also get help.



Below you can add information regarding your optician. This will help when you register with a new optician in future.

Optician 1

Name:

Telephone number:

Address:

Date of registration:

Optician 2

Name:

Telephone number:

Address:

Date of registration:

Optician 3

Name:

Telephone number:

Address:

Date of registration:

Immunisations/vaccinations

The purpose of immunisations/vaccinations is to protect you from a range of serious and potentially fatal diseases.

Vaccines work by making us produce antibodies to fight disease without actually infecting us with the disease. If you've had your vaccinations and then come into contact with the disease itself, your immune system will recognise it and immediately produce the antibodies it needs to fight it.

You can find out what vaccinations you have had so far by looking at your Personal Health Summary at the front of this booklet. If you have missed any of the childhood immunisations, or if you are not sure if you have had them, you should talk to your GP or Personal Adviser to arrange a catch up for these.

The NHS offers a range of different vaccinations that are given at different ages throughout your life and you can look at the timeline at:

www.nhs.uk/conditions/vaccinations/pages/vaccination-schedule-age-checklist.aspx

Please see the Glossary in this booklet for more information.

Information services to support you

999/112 are emergency numbers for ambulance, fire, police and rescue services including lifeguard and mountain rescue. **112** and **999** can be used from your mobile phone even when you do not have credit or if the phone is locked. They can also be used on pay phones.

B-EAT provides helplines for adults and young people offering support and information about eating disorders and difficulties with food, weight and shape. www.b-eat.co.uk/support-services/helpline

- ◆ Adult Helpline (open to anyone over 18): **0345 634 1414** or email help@b-eat.co.uk
- ◆ The Youth Line: **0345 634 7650** or email fyp@b-eat.co.uk

Change4Life information about improving your diet and staying fit and healthy. www.nhs.uk/change4life

ChildLine a private and confidential service for children and young people up to the age of 19 years old. You can contact a ChildLine counsellor about anything that is worrying you. Call – **0800 11 11**

- ◆ 1-2-1 chat online www.childline.org.uk/Talk/Chat/Pages/OnlineChat.aspx
- ◆ Email (to set up an account to send an counsellor an email) - www.childline.org.uk/Talk/Pages/Email.aspx

Citizens Advice Bureau helps people resolve their legal, money and other problems by providing free information and advice. www.citizensadvice.org.uk/

- ◆ Citizens Advice consumer helpline: **03454 04 05 06** (calls cost up to 9p from a landline, 3p-40p per minute from a mobile).

FRANK provides services for people who seek information and/or advice about drugs. www.talktofrank.com/contact

- ◆ Confidential telephone number, available 24 hours a day: **0300 123 6600**

Money Advice Service free and impartial money advice.

- ◆ Call – **0800 138 7777**
- ◆ Web chat - www.moneyadviceservice.org.uk/en

NHS 111 is the NHS non-emergency number. It's fast, easy and free. Call **111** when you need medical help fast but it's not a 999 emergency

NHS Choices www.nhs.uk contains lots of information on different

health problems, including their causes and how to treat them, and it also has information on lots of different areas such as mental health or stopping smoking. You can also search for NHS services, like pharmacies, near you.

Relate – counselling support, and information for all relationships

◆ Call - **0300 100 1234**

Samaritans provides confidential non-judgmental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

◆ www.samaritans.org

◆ Call **116 123** (UK)

◆ Email jo@samaritans.org

Sexual health – Live Well – NHS Choices

◆ www.nhs.uk/Livewell/Sexualhealth

Victim Support support people affected by crime or traumatic events.

◆ Call **0808 1689 111**

◆ Request support online www.victimsupport.org.uk/

Women's Aid provides support/advice around domestic violence to women and their children.

◆ Freephone **0808 2000 247**

◆ Email - helpline@womensaid.org.uk

Young Minds charity committed to improving the emotional wellbeing and mental health of children and young people.

◆ Call - **020 7089 5050**

◆ Email - [ymenquiries@youngminds.org.uk](mailto:ymentquiries@youngminds.org.uk)

For a list of local services to support you, please see the information slip inside the back cover of this booklet.

Glossary

Immunisations/vaccinations

3-in-1 teenage booster

- ◆ Protects against: tetanus, diphtheria and polio.

Given at: 14 years.

4-in-1 pre-school booster

- ◆ Protects against: diphtheria, tetanus, whooping cough and polio.
- ◆ Given at: three years and four months of age.

5-in-1

- ◆ Protects against: diphtheria, tetanus, whooping cough, polio and Hib (Haemophilus influenzae type b).
- ◆ Given at: eight, 12 and 16 weeks of age.

Children's flu vaccine

- ◆ Protects against: flu.
- ◆ Given at: annually as a nasal spray in September/October for ages two, three and four and children in primary school years One and Two.

Hib/Men C (booster)

- ◆ Protects against: Haemophilus influenzae type b (Hib) and meningitis caused by meningococcal group C bacteria.
- ◆ Given at: one year of age.

HPV vaccine (girls only)

- ◆ Protects against: cervical cancer.
- ◆ Given at: 12-13 years as two injections at least six months apart (but no more than 24 months apart).

MMR vaccine

- ◆ Protects against: measles, mumps and rubella.
- ◆ Given at: one year and at three years and four months of age.

Men ACWY vaccine

- ◆ Protects against: meningitis (caused by meningococcal types A, C, W and Y bacteria).

Given at: 14 years and new university students aged 19-25.

Men B vaccine (new vaccine)

- ◆ Protects against: meningitis (caused by meningococcal type B bacteria).
- ◆ Given at: eight weeks, 16 weeks and one year of age

Men C vaccine

- ◆ Protects against: meningitis (caused by meningococcal type C bacteria)
- ◆ Given at: 12 weeks of age.

Pneumococcal or pneumo jab (PCV)

- ◆ Protects against: some types of pneumococcal infection.
- ◆ Given at: eight weeks, 16 weeks and one year of age.

Rotavirus vaccine

- ◆ Protects against: rotavirus infection, a common cause of childhood diarrhoea and sickness.
- ◆ Given at: eight and 12 weeks of age.

Other vaccinations available depending on your medical needs

These vaccinations are offered on the NHS in addition to the routine programme to “at-risk” groups of babies and children.

BCG (tuberculosis) vaccination

- ◆ Protects against: tuberculosis (TB).
- ◆ Who needs it: babies and children who have a high chance of coming into contact with tuberculosis.
- ◆ Given: from birth to 16 years of age.

Chickenpox vaccination (varicella)

- ◆ Protects against: chickenpox
- ◆ Who needs it: siblings of children who have weaker immune systems and are more likely to get chickenpox, for example, because they’re having cancer treatment or have had an organ transplant.
- ◆ Given: from one year old upwards. One dose for children from one year to 12 years old and two doses are given four to eight weeks apart for children aged 13 years or older.

Flu vaccination

- ◆ Protects against: flu
- ◆ Who needs it: children with certain medical conditions or a weakened immune system, which may put them at risk of

complications from flu.

- ◆ Given: for children between the ages of six months and two years as a single jab every year in September/November. For children aged two to 17 years of age as a nasal spray every year in September/November.

Hepatitis B vaccination

- ◆ Protects against: hepatitis B.
- ◆ Who needs it: children at high risk of exposure to hepatitis B, and babies born to infected mothers.
- ◆ Given: at any age, as four doses are given over 12 months. A baby born to a mother infected with hepatitis B will be offered a dose at birth, one month of age, two months of age and one year of age.

General health conditions

Acne: is a common skin condition that affects most people at some point. It causes spots, oily skin and sometimes skin that's hot or painful to touch. Even mild cases of acne can cause distress. If your acne is making you feel very unhappy, or you can't control your spots with over-the-counter medication, see your GP.

Asthma: is a common long-term condition that can cause coughing, wheezing, chest tightness and breathlessness. The severity of these symptoms varies from person to person. Asthma can be controlled well in most people most of the time, although some people may have more persistent problems. Occasionally, asthma symptoms can get gradually or suddenly worse and this is known as an asthma attack. Speak to your GP if you think you may have asthma. You should also talk to your doctor or asthma nurse if you have been diagnosed with asthma and you are finding it difficult to control your symptoms.

Common cold: is a mild infection of the nose, throat and sinuses. It's very common and usually clears up on its own within a week or two. Many painkillers and decongestants are available from pharmacies without a prescription. Speak to a pharmacist who can help you.

Diabetes: is a long-term condition which is caused by too much glucose (sugar) in the blood. There are two types of diabetes: type 1 and type 2. People with type 1 diabetes need insulin to help control their blood sugar whilst people with type 2 can manage this with living and eating healthily, although some may also need tablets at some point in their life.

Eczema: is a skin problem that causes the skin to become itchy, red, dry and cracked. It is a long-term condition in most people, although it can improve over time, especially in children. Many different treatments can be used to control symptoms and manage eczema. \ Speak to your local pharmacist or doctor for advice.

Epilepsy: is a condition that affects the brain and causes repeated seizures. Epilepsy is most often diagnosed after you have had more than one seizure. This is because many people have a one-off epileptic seizure during their lifetime. For most people with epilepsy, treatment with medications called anti-epileptic drugs (AEDs) is recommended. These medications cannot cure epilepsy, but they are often very effective in controlling seizures.

Sexual health

Acquired Immunodeficiency Syndrome (AIDS): is the final stage of an HIV infection, when your body can no longer fight life-threatening infections

Chlamydia: is the most common sexually transmitted infections (STI) in the UK and is easily passed on during sex. Most people don't experience any symptoms, so they are unaware they're infected. Diagnosing chlamydia is done with a urine test or by taking a swab of the affected area. The infection is easily treated with antibiotics but can lead to serious long-term health problems if left untreated, including infertility.

Emergency hormonal contraception: is also known as the morning after pill and can prevent pregnancy after unprotected sex or if your contraceptive method has failed – for example, a condom has split or you've missed a pill. There are two types: one that can be taken up to 72 hours (three days) after sex and another that can be taken 120 hours (five days) after sex. Emergency contraception does not protect against STIs. You can get contraception at most GP surgeries, sexual health clinics, community contraception clinics and some pharmacies.

Genital herpes: is a common infection caused by the herpes simplex virus (HSV), which is the same virus that causes cold sores. Some people develop symptoms of HSV a few days after coming into contact with the virus. Small, painful blisters or sores usually develop, which may cause itching or tingling or make it painful to urinate. After you've been infected, the virus remains inactive most of the time. However, certain triggers can reactivate the virus, causing the blisters

to develop again although they're usually smaller and less painful. It's easier to test for HSV if you have symptoms. Although there's no cure for genital herpes, the symptoms can usually be controlled using antiviral medicines.

Genital warts: are small fleshy growths, bumps or skin changes that appear on or around your genital or anal area. They're caused by the human papilloma virus (HPV) and are the second most common STI in England after chlamydia. You don't need to have penetrative sex to pass the infection on because HPV is spread by skin-to-skin contact. Several treatments are available for genital warts, including creams and freezing the warts (cryotherapy).

Gonorrhoea: is a bacterial STI easily passed on during sex. About 50% of women and 10% of men don't experience any symptoms and are unaware they're infected. Gonorrhoea is diagnosed using a urine test or by taking a swab of the affected area. The infection is easily treated with antibiotics, but can lead to serious long-term health problems if left untreated, including infertility.

Human Immunodeficiency Virus (HIV): is most commonly passed on through unprotected sex. It can also be transmitted by coming into contact with infected blood – for example, sharing needles to inject steroids or drugs. A simple blood test is usually used to test for an HIV infection. Some clinics may also offer a rapid test using a finger-prick blood test or saliva samples.

Pubic lice ('crabs'): are easily passed to others through close genital contact. They're usually found in pubic hair, but can live in underarm hair, body hair, beards and occasionally eyebrows or eyelashes. Pubic lice can usually be successfully treated with special creams or shampoos available over the counter in most pharmacies or from a GP or genitourinary medicine (GUM) clinic. You don't need to shave off your pubic hair or body hair.

Scabies: is caused by tiny mites that burrow into the skin. It can be passed on through close body or sexual contact, or from infected clothing, bedding or towels. Scabies can usually be successfully treated using special creams or shampoos available over the counter in most pharmacies, or from a GP or GUM clinic.

Sexually transmitted infections: are passed from one person to another through unprotected sex or genital contact. You can be tested for STIs at a sexual health clinic, GUM clinic or GP surgery.

Syphilis: is a bacterial infection that, in the early stages, causes a painless, but highly infectious, sore on your genitals or around the mouth. The sore can last up to six weeks before disappearing. The symptoms of syphilis can be difficult to recognize. Secondary symptoms such as a rash, flu-like illness or patchy hair loss may then develop. A simple blood test can usually be used to diagnose syphilis at any stage. The condition can be treated with antibiotics, usually penicillin injections.

Trichomoniasis: is an STI caused by a tiny parasite called *Trichomonas Vaginalis* (TV). It can be easily passed on through sex and most people don't know they're infected. Trichomoniasis can sometimes be difficult to diagnose and your GP may suggest you go to a specialist clinic for a urine or swab test. Once diagnosed, it can usually be treated with antibiotics.

For further information on STIs, please visit the NHS Choices website: www.nhs.uk/Conditions/Sexually-transmitted-infections/Pages/Introduction.aspx

If you are prescribed antibiotics for any of the illnesses or infections listed, it is **very important** that you complete the course and **do not** stop taking them when you start feeling better.



Produced by the Safeguarding Team
NHS Cambridgeshire and Peterborough Clinical Commissioning Group (CCG)

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