



Keele University

Focus on Health Screening



Report by  Reach



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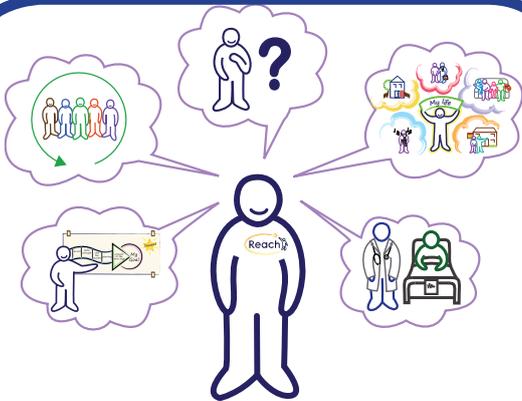


About Reach



Reach is a speaking up project for adults with learning disabilities in Stoke-on-Trent and Staffordshire.

Reach is part of Asist advocacy services.

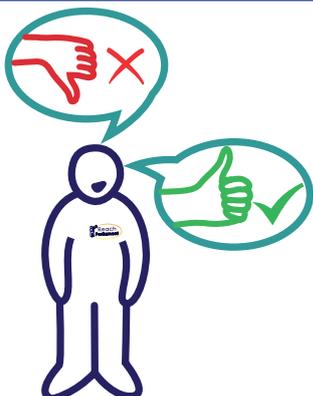


Reach Members live with the issues that affect people with learning disabilities.

We work with organisations to help with **planning** by sharing people's views and ideas.



We share people's stories, **informing** and helping organisations to understand what life is like for people with learning disabilities.



We find out how support is working for people with learning disabilities by **checking** and reviewing services.

About health screening



Health screening is an important part of looking after your health.

There are different kinds of tests to check for serious illness before there are any signs showing in your body.



Bowel cancer screening is a test you can have even if there are no signs of bowel cancer showing in your body.

The tests can show if you are at risk of getting bowel cancer.



Everyone over the age of 60 is invited to take part in health screening for bowel cancer.

The invite is sent by post with a booklet and a testing kit.



Some people go on to have more tests because they are at risk of getting cancer.

Most people don't need more tests because there is no cancer.

How we worked together



Professor Sue Read from Keele University asked Reach to organise a meeting to share ideas about health screening for bowel cancer.

We all met at the Reach office on **Tuesday 30th July 2013**.



There were **6** Reach Members at the meeting, **4** men and **2** women.

Their ages range from their 30s to their 60s.



Reach Project Workers prepared posters to help people talk about health screening for bowel cancer.



Health staff brought a model of the body to show people and to share information about bowel cancer.

How we worked together



How we worked together



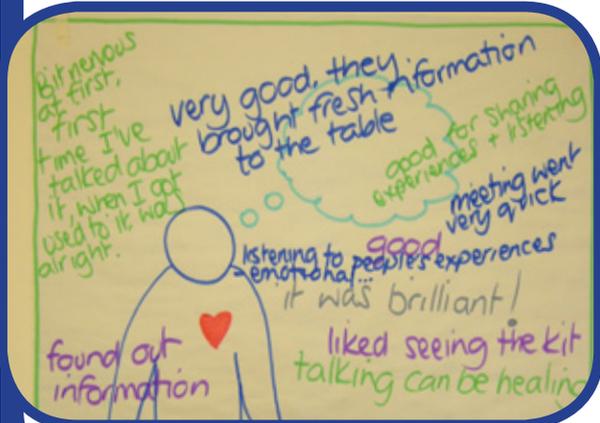
Reach Members used posters to help them think about the way health screening for bowel cancer works and how it could be better for people.



Reach Members shared ideas and views then put their comments onto posters using post it notes.



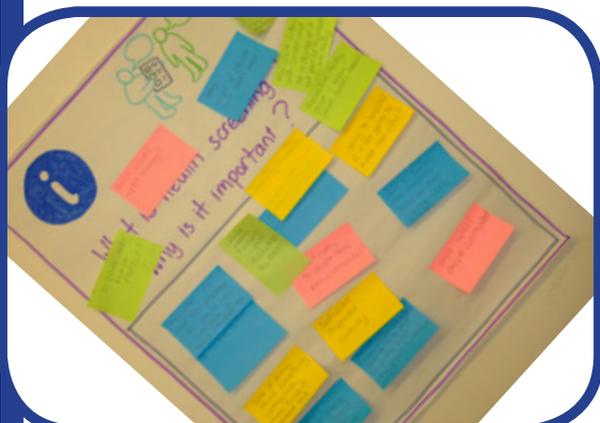
Health staff talked about how the body works and used a model to show everyone where the bowels are.



At the end of the meeting everyone said they had learnt about health screening.

One Reach Member said "didn't like talking about cancer but it is important."

Health Screening - why is it important?



Reach Members used posters to help them think about why health screening is important and to talk about their experiences and questions.



Some people talked about their family members who had cancer. Some had recovered and some had died.



There were lots of questions about why cancer happens and who can get different kinds of cancer.



People said clear information is important for everyone.

One person said "cancer happens to everyone, all classes, all races."

Health Screening - why is it important?

see if they think something wrong with them, have it checked out



need more about breast cancer happens to men - there is nothing on them at all



Dad wasn't diagnosed properly

important to diagnosis to prevent it, health screening needs to be faster

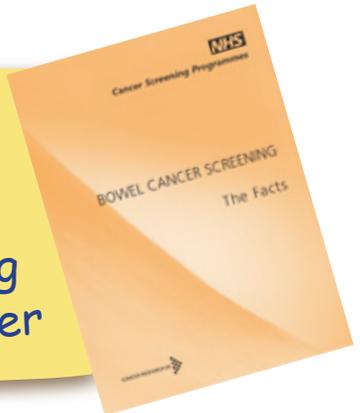
Health Screening - how it works

We talked about how health screening for bowel cancer works in our area from when a letter arrives to getting results.

1



booklet about the facts and an invite letter about screening for bowel cancer



2



a kit to collect a sample of your poo



3



send off the sample and get the results back in 2 weeks



Health Screening - how it works



health screening happens when you are well to pick up signs early



what if the bowels aren't working very good after you had cancer?



specialist nurses help to keep an eye on you... keyworker for 5 years



carers need to know too... North Staffs Carers and Stoke Approach

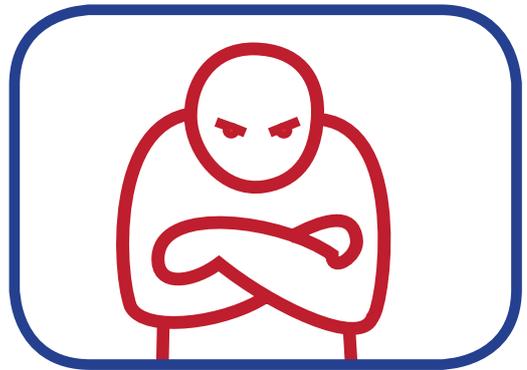
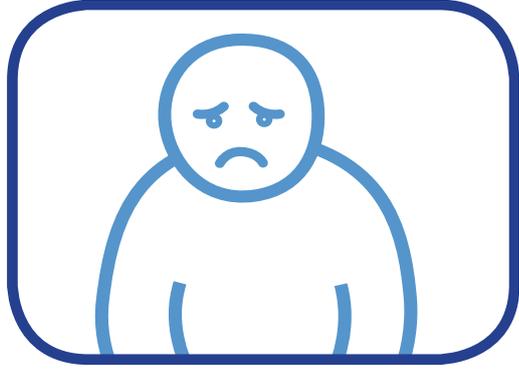
Health Screening - what gets in the way?

words have got to be easy



the words 'abnormal results' can frighten people

scientific words



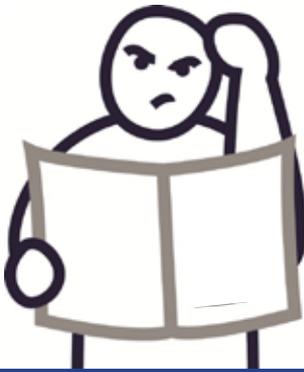
need more pictures

people might dwell on it

Health Screening - what gets in the way?



Reach Members talked about how people need to have support as bowel cancer can be a frightening subject.



People said some of the words used are too scientific and people might focus on the words and not take in the information.



One person said this was the first time he has spoken about health screening for bowel cancer, there are not enough meetings.



One person said there needs to be more awareness for people with learning disabilities and more training for staff.

Health Screening - what would help?

this meeting
is good, need
good info in
picture form

make a film
about it showing
people the
different stages

lots of
reassurance at
the beginning

breast cancer
happens to men,
need more info

posters on loo
walls to tell
people about
bowel cancer

soaps on tv are
good, showing what
happens helps to
understand

Health Screening - what would help?



Reach Members shared ideas and asked some questions about 3 main things.



1. clear information

People said there needs to be clear information about screening for bowel cancer using clear words and pictures, dvd and audio information.



2. awareness and meetings

People talked about finding out about health screening at college, the library and at more group meetings.



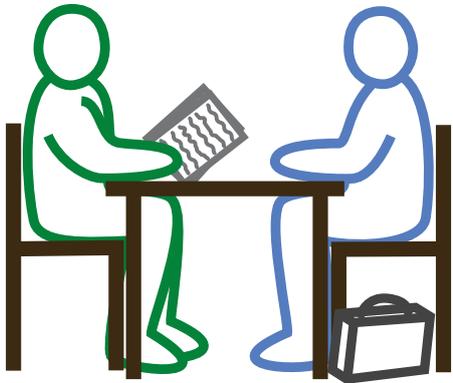
3. support

People talked about staff at hospital explaining things and about support from Macmillan Nurses.

Health Screening - what next?



Health Screening - what next?



People said more meetings like this would be good so people can find out about things that are worrying them and to talk about how they feel.

NHS
**National Institute for
Health Research**

Professor Sue Read said this work so far has been paid for with money from the West Midlands Research Design Service which is part of the National Institute for Health Research (NIHR).



Sue said listening to people and working together will help us to understand how health screening can be better.



Sue said this work can help us to find more opportunities to work with people with learning disabilities in the future.

Contact and Credits



Reach would like to thank everyone who shared their experiences and ideas about health screening for this work.



**Keele
University**

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Reach is part of Asist, Advocacy Services in Staffordshire.



Images used in this report were made by Reach.