

Health Screening Days



Schools Advisory Service nurses have over 250 years of collective experience and knowledge between them

We recognise the importance of physical and mental wellbeing.

Our Health Screening Days consist of confidential nurse consultations for up to 20 members of insured staff. We carry out a number of health checks and advise where lifestyle changes can improve health risks.

Lifestyle Health Screening:

A nurse-led review of health status and disease risk factors (lasting approximately 15 minutes) including questions relating to family history, medical history, current medications and lifestyle.

Non-fasting cholesterol test:

Cholesterol is one of the normal blood fats. People with high cholesterol levels are at a higher risk of heart and blood vessel disease. High cholesterol can run in families. It is especially important to measure cholesterol in individuals with relatives who have had heart disease or suffered a stroke at a relatively young age. It is important for staff to be aware the consultation will include questions relating to family history, medical history, current medication, cancer awareness, lifestyle and mental wellbeing.

Please Note:

Schools will be charged for cancelled virtual clinics: £200 if cancelled within 14 days, and £350 if cancelled within 7 days.



Blood Pressure:

In healthy people, blood pressure can vary significantly and may run very high without noticeable symptoms. Therefore, it's useful to have blood pressure measured periodically, especially with age or if high blood pressure has been detected previously. When blood pressure remains high over a long time, it can cause excessive wear and tear on blood vessels. High blood pressure can usually be controlled with medication.

BMI:

Measures height and weight to determine whether your weight is within the healthy range.

Waist Measurement:

The risk of some health problems is influenced by fat storage location in the body. Excess fat around the abdomen increases the risk of developing heart disease, type 2 diabetes, and cancer.

Please Note

Individuals who are regularly monitored by their GP should not attend e.g. those who:

- Are taking statins or other medication to control cholesterol, or medication to control blood pressure
- Have been diagnosed with type 2 diabetes
- Are pregnant or breastfeeding
- Have one or more of the above conditions/medications

We can refer clients to our in-house wellbeing services or direct to recognised organisations, should they wish to access them.



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