

Proffil Iechyd Unwaith i Gymru Once For Wales Health Profile

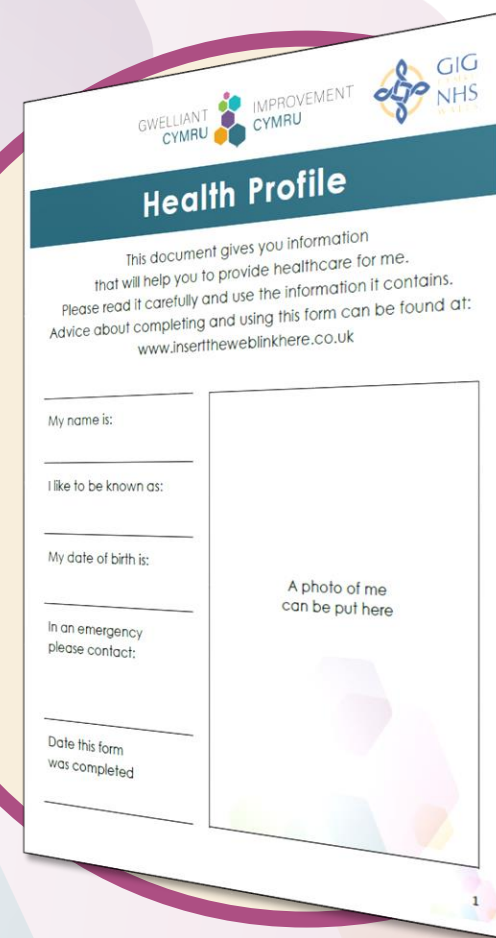
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Proffil Iechyd a Thaflenni Canllawiau.

Health Profile and Guidance Sheets



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Health Profile

This document gives you information that will help you to provide healthcare for me. Please read it carefully and use the information it contains. Advice about completing and using this form can be found at: www.inserttheweblinkhere.co.uk

My name is: _____

I like to be known as: _____

My date of birth is: _____

In an emergency please contact: _____

Date this form was completed: _____

A photo of me can be put here

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Proffil Iechyd

Mae'r ddogfen hon yn rhoi gwybodaeth i chi bydd yn eich helpu i ddarparu gofal iechyd i mi.

Darllenwch yn ofalus a defnyddiwch y wybodaeth sydd ynddo os gwelwch yn dda.

Fy enw i yw:

Dwi'n hoffi cael fy adnabod fel:

Fy dyddiad geni yw:

Mewn argyfwng cysylltwch â:

Dyddiad y cwblhawyd y ffurflen hon

Gellir rhoi llun ohonof yma



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Proffil Iechyd

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Am fy iechyd



Fy anghenion iechyd (hanes meddygol) :



Pethau mae gen i alergedd i:



Tabledi neu feddyginiaeth rydw i'n eu cymryd:



Y gefnogaeth sydd ei hangen arnaf i gymryd fy tabledi neu feddyginiaeth:



Sut y byddaf yn dangos i chi neu'n dweud wrthyfch fy mod i mewn poen neu'n sâl:

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About My Health



My health needs (medical History):



Things I am allergic to:



Tablets or medicine that I take:



The support I need to take my tablets or medicine:



How I will show you or tell you I am in pain or unwell:



Health Profile



Sut dwi angen i chi fy nghefnogi (Gan gynnwys unrhyw addasiadau rhesymol efallai y bydd angen)



Sut dwi angen chi i fy cefnogi:

Health Profile



How I need you to support me (Including any reasonable adjustments I may need)



How I need you to support me:

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Sut dwi angen chi i fy cefnogi: Parhad



Y ffordd orau i ni gyfathrebu:



Pethau pwysig eraill yr hoffwn i chi eu gwybod
amdanaf i:



Enw'r person sy'n llenwi'r ffurflen hon:

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How I need you to support me continued



How we can best communicate:



Other important things I would like you to know
about me:



Name of person completing this form:



Sut i lenwi mewn eich Proffil Iechyd



Mae eich **Proffil Iechyd** yn rhoi gwybodaeth i bobl amnauoch chi. Bydd y wybodaeth yn eu helpu i roi chi y gofal cywir ar yr amser cywir.

Bydd y daflen hon yn eich helpu i ddeall sut i lenwi mewn eich Proffil Iechyd.

Mae pawb yn wahanol felly ysgrifennwch am eich iechyd a'r help a'r gefnogaeth sydd eu hangen arnauoch chi.

Pethau pwysig i'w cofio:

Gall rhywun eich helpu i lenwi'ch Proffil Iechyd os ydych chi eisiau.

Gwiriwch eich holl wybodaeth bob blwyddyn. Os bydd rhywbeth yn newid, llenwch mewn Broffil Iechyd newydd.

Er enghraifft, os bydd eich meddyginiaeth new dabledi yn newid, llenwch mewn Broffil Iechyd newydd, newid y feddyginiaeth a newid dyddiad y gwnaethoch chi lenwi'r ffurflen newydd i mewn.

Ysgrifennu'n glir a rhoi gwybodaeth glir, felly mae'n haws i bobl eraill ddefnyddio'r wybodaeth.

Ewch â'ch Proffil Iechyd i'ch holl apwyntiadau iechyd.

Proffil Iechyd Nodiadau Canllawiau ar gyfer Teuluoedd a Gofalwyr

Cefndir

Mae'r Proffil Iechyd wedi'i ddatblygu i gefnogi pobl ag anableddau dysgu pan fyddant yn cyrchu gofal iechyd ac i gynorthwyo staff gofal iechyd i ddarparu gofal diogel ac amserol iddyn nhw.

Cadwyd y Proffil Iechyd yn gryno i annog gweithwyr iechyd proffesiynol i gymryd yr amser i ddarllen y wybodaeth sydd ynddo. Yr adborth a gawsom o bobl pan gwnaethom ofyn iddyn nhw pa mor hir dylai fod, oedd dim mwy na pedwar tudalen. Mae hedyd wedi'i strwythuro fel y byddant yn gwybod yn union ble i edrych yn y ddogfen i ddod o hyd i wybodaeth allweddol. Er enghraifft, gellir dod o hyd i wybodaeth feddygol allweddol ar tudalen 2. Mae set arwahan o nodiadau canllaw wedi'u datblygu i'w cynorthwyo i ddeall pwysigrwydd y ddogfen a sut y gall eu galluogi i ddarparu gofal gwell. Yn ogystal a hyn, mae nodiadau canllaw wedi'u datblygu ar gyfer pobl ag anableddau dysgu a allai fod eisiau cwblhau eu Proffil Iechyd eu hunain neu sydd eisiau gweithio gyda chefnogaeth i wneud hyn.

Mae anghenion penodol unigolion yn amrywio – er enghraifft gall rhai fwyta heb unrhyw gefnogaeth, efallai y bydd angen lfeiau uchel o gefnogaeth ar eraill a/neu fod o mewn perygl o dagu. Yn yr un modd, gall fod gan rai unigolion ofnyon penodol o ran cefnogi eu cyfathrebu, mae eraill yn gallu cyfathrebu ar lafar a deall eraill yn dda. Am y rheswm hwn mae'r ddogfen yn cynnwys penawdau bras i'ch galluogi i gynnwys yr hyn sydd yn bwysig i'r unigolyn rydych chi'n ei gefnogi wrth gwblhau'r ddogfen a chynigir y wybodaeth ganlynol fel arweiniad ynghylch yr hyn yr hoffech ei gynnwys yn yr adrannau gwahanol gan dderbyn bod hyn yn amrywio yn ôl anghenion unigol.

Cyngor Cyffredinol

Mae angen i'r Proffil Iechyd ddarparu gwybodaeth gywir a chyfoes i staff gofal iechyd. Mae'n bwysig, felly, ei fod yn cael ei adolygu a'i ddiweddararu'n rheolaidd.

- Dylid cael ei adolygu o leiaf unwaith y flwyddyn.
- Mae'n rhaid cael ei diweddararu pryd bynnag y bydd newid mewn meddyginiaeth oherwydd gallai gwybodaeth anghywir yn yr adran hon o'r ffurflen arwain at rol meddyginiaeth anghywir i'r unigolyn.

Proffil Iechyd Nodiadau Arweiniad ar gyfer Gweithwyr Iechyd Proffesiynol

Cefndir

Mae'r Proffil Iechyd hwn wedi'i ddatblygu i ddarparu gwybodaeth allweddol sydd ei hangen amnauoch chi i'ch helpu ddarparu gofal iechyd sy'n canolbwyntio ar yr unigolyn i bobl o grwpiau bregus, fel y rhai ag anabledd dysgu, awtistiaeth neu ddementia. Mae pobl ag anableddau dysgu eu hunain, eu teuluoedd, a'u gofalwyr ac amrywiaeth eang o weithwyr iechyd proffesiynol wedi bod yn rhan o'i ddatblygiad ac wedi llywio'r cynnwys a'r fformat.

Un o'r negeseuon allweddol o'r cam datblygu oedd bod angen i'r Proffil Iechyd fod yn gryno fel bod gweithwyr iechyd proffesiynol yn gallu cyrchu gwybodaeth yn gyflym, yn enwedig mewn sefyllfaoedd brys. Am y rheswm hwn, fe'i cadwyd i bedair tudalen. Fodd bynnag, mae'n bosibl y bydd angen i chi wybod gwybodaeth ychwanegol felly edrychwch yn ofalus ar y dudalen olaf, ddylai eich cyfeirio at wybodaeth o'r fath a/neu at bobl sy'n gallu darparu y wybodaeth hon.

Defnyddio'r Proffil Iechyd

Yn ddelfrydol, dylai pobl ag anableddau dysgu a/neu'r rhai sy'n eu cefnogi ddod â'u Proffil Iechyd gyda nhw pryd bynnag y maent yn cyrchu gofal iechyd a dylent gynnig hyn i'r staff gofal iechyd sy'n gweithio gyda nhw. Os na chynigir y Proffil Iechyd, yna gofynnwch i'r unigolyn a'r rhai sy'n dod gyda nhw a oedd ganddyn nhw un.

Os nad oes gan yr unigolyn Broffil Iechyd yna lawrlwythwch un ar improvement.nhs.wales/learningdisability a chwblhewch gymaint ohono ag y gallwch gyda nhw. Yna byddhyn yn eich cynorthwyo chi, yr unigolyn a'ch cydweithwyr os (er enghraifft) eu bod yn cael eu trosglwyddo i ardal neu adran wahanol.

Dyluniwyd y Proffil Iechyd fel bod gwybodaeth allweddol yn cael ei grwpio gyda'i gilydd ar bob tudalen a bod gwybodaeth bellach wedi'i darparu yn yr adrannau isod ynghylch a'r hyn y bydddech chi'n disgwyl ei ddarganfod yma. Y gobaith yw y bydd hyn yn eich cynorthwyo i allu dod o hyd i wybodaeth allweddol yn gyflym yn hytrach na gorfod chwilio trwy ddogfen fawr. Wrth ddarllen y Proffil Iechyd, gwiriwch y dyddiad y cafodd ei gwblhau (tudalen gyntaf) ac mai hon yw'r fersiwn ddiweddaraf.



How to fill in your Health Profile



Your **Health Profile** gives people information about you. The information will help them to give you the right care at the right time.

This leaflet will help you understand how to fill in your Health Profile.

Everyone is different so write about your health and the help and support that you need.

Important things to remember:

Someone can help you fill in your Health Profile if you want.

Check all your information every year. If something changes, fill in a new Health Profile.

For example, if your medicine or tablets change, fill in a new Health Profile, change the medicine and change the date you filled in the new form.

Write clearly and give clear information, so it is easier for other people to use the information.

Take your Health Profile to all your health appointments.



Health Profile Guidance Notes for Families and Carers

Background

The Health Profile has been developed to support people with learning disabilities when they are accessing healthcare and to assist healthcare staff in providing them with safe and timely care.

The Health Profile has been kept brief to encourage health professionals to take the time to read the information it contains. The feedback we received when we asked people about how long it should be was no more than four pages. It has also been structured so they will know exactly where to look in the document to find key information. For example, key medical information can be found on page 2. A separate set of guidance notes has been developed to assist them to understand the importance of the document and how it can enable them to provide better care. In addition, guidance notes have been developed for people with learning disabilities who may wish to complete their own Health Profile or who want to work with support to do this.

The specific needs of individuals vary – for example whilst some may be able to eat with no support, others may require high levels of support and/ or be at risk of choking. Similarly, some individuals may have particular requirements in terms of supporting their communication, others are able to both verbally communicate and understand others well. For this reason the document contains broad headings to allow you to include what is most important for the individual you are supporting when completing the document and the following information is offered as guidance as to what you may like to include in the various sections accepting that this will vary according to individual needs.

General Advice

The Health Profile needs to provide healthcare staff with accurate and up to date information. It is important, therefore, that it is regularly reviewed and updated.

- It should be reviewed a minimum of at least once a year.
- It must be updated whenever there is a change in medication as incorrect information in that section of the form could result in incorrect medication being given to the individual.
- Each time you complete a new version of the Health Profile please destroy the previous one or (if you want to retain it for your records) write a large cross over each page of the old version. This will help to ensure that you always use the most up to date version.



Health Profile Guidance Notes for Health Professionals

Background

This Health Profile has been developed to provide you with key information you need to help you to provide safe, and person-centred healthcare for people with learning disabilities. People with learning disabilities themselves, their families and carers as well as a wide range of health professionals have been involved in its development and have informed the content and format.

One of the key messages from the development stage was that the Health Profile needed to be brief so that health professionals are able to access information quickly particularly in emergency situations. For this reason, it has been kept to four pages. However, it is possible that there will be additional information that you will need to know so please do look carefully at the final page which should direct you to such information and/ or to people who can provide such information.

Using the Health Profile

Ideally people with learning disabilities and/ or those who support them should bring their Health Profile with them whenever they access healthcare and should offer this to the healthcare staff that are working with them. If the Health Profile is not offered, then please ask the individual and those who accompany them if they have one.

Should the individual not have a Health Profile then please download one from (insert hyperlink) and complete as much of it as you can with them. This will then assist you, the individual and your colleagues if (for example) they are transferred to a different area or department.

The Health Profile has been designed so that key information is grouped together on each page and further information has been provided in the sections below as to what you might expect to find where. It is hoped that this will assist you with being able to find key information quickly rather than having to search through a large document. When reading the Health Profile please check the date on which it was completed (first page) and that it is the most recent version.

Y CAMAU NESAF

- <https://padlet.com/ImprovementCymru/healthprofile>
- Enghreifftiau Proffil Iechyd
- Gweminarau
- Ymgyrch Codi Ymwybyddiaeth

NEXT STEPS

- <https://padlet.com/ImprovementCymru/healthprofile>
- Health Profile Examples
- Webinars
- Awareness Raising campaign

GWEITHREDU

- Lefel Ranbarthol/Leol
- Rhaglenni ymwybyddiaeth ac addysg wedi'u targedu
- Monitro a gwerthuso

IMPLEMENTATION

- Regional/Local level
- Programmes of targeted awareness and education
- Monitoring and evaluation

**Diolch.
Unrhyw
gwestiynau?**

**Thank you.
Any questions?**