

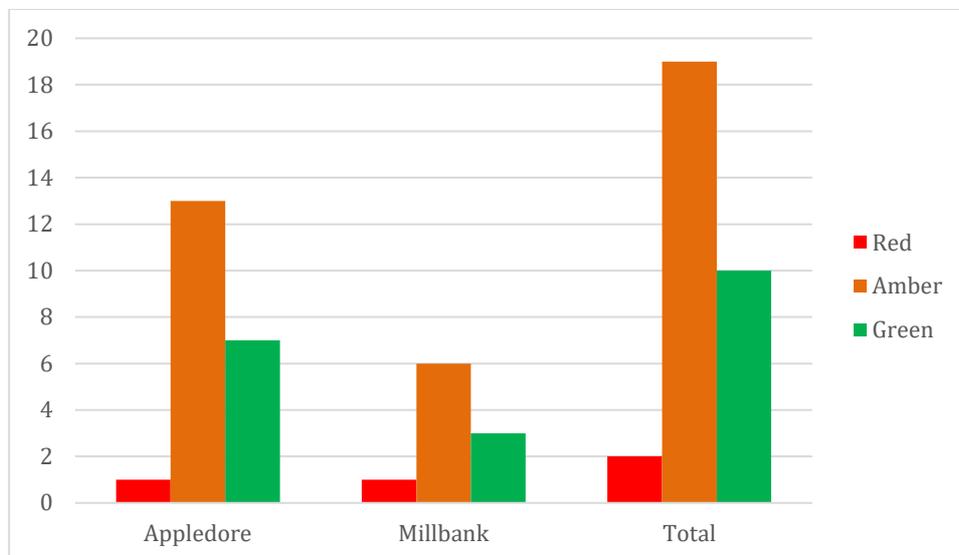
## ANALYSIS FITNESS TO TRAVEL ASSESSMENTS DECEMBER 2016

Fitness to travel medicals are now being carried out by specialist nurses in Millbank and Appledore prior to the YP moving to a new area.

To date, there have been 31 carried out, 10 in Millbank and 21 in Appledore.

These are currently completed in the reception centre with the support of an interpreter. YP are registered with a GP, their NHS number is applied for and they receive their first set of immunisations. They are graded as Red, Amber or Green to indicate whether they are fit to travel. Red means they are not and their transfer is put on hold pending further medical update, Amber means they can travel but there are specific issues to consider and hand over and green means that there are no current concerns to delay transfer but routine UASC health recommendations apply.

### Fitness to travel: Red, Amber or Green?



### Emotional health and well-being:

YP's distress levels are assessed using a distress thermometer and depending on the score certain recommendations are made.



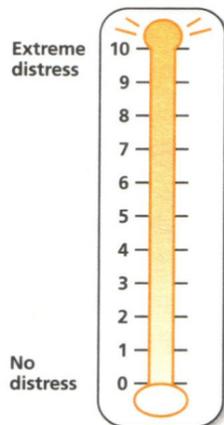
## OPINION

A teaching trust of Brighton  
and Sussex Medical School

### UASC distress screening

Sussex Partnership   
NHS Foundation Trust

Please circle the number (0–10)  
that best describes how much  
distress you have been experiencing  
in the past week including today.



**Problem list:**  
Indicate if any of the following have  
been a problem to you in the past  
week.

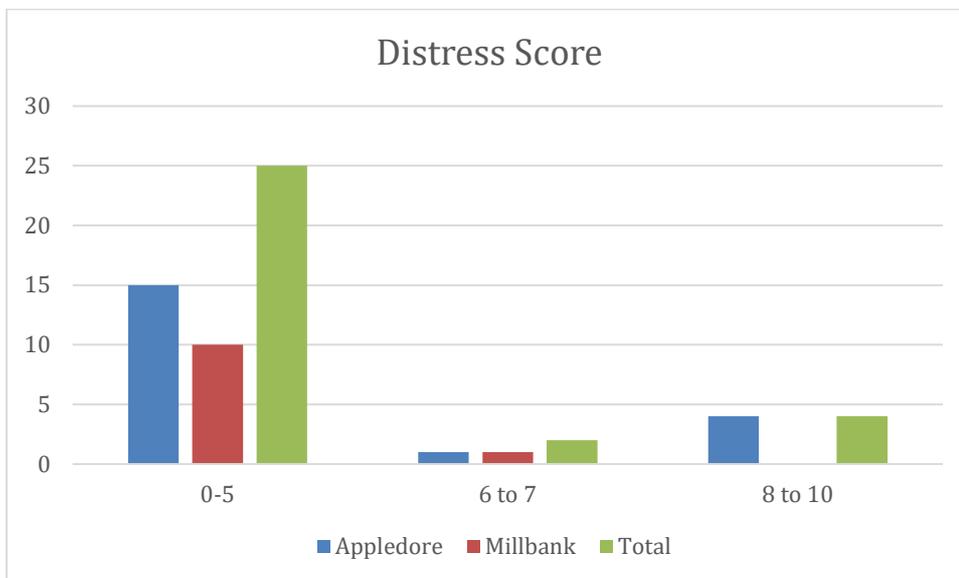
**Family:**  
Bereavement  
Loss of contact with family  
Concern about family safety

**Emotional:**  
Fear  
Anxiety  
Nightmares  
Hypervigilance

**Spiritual:**

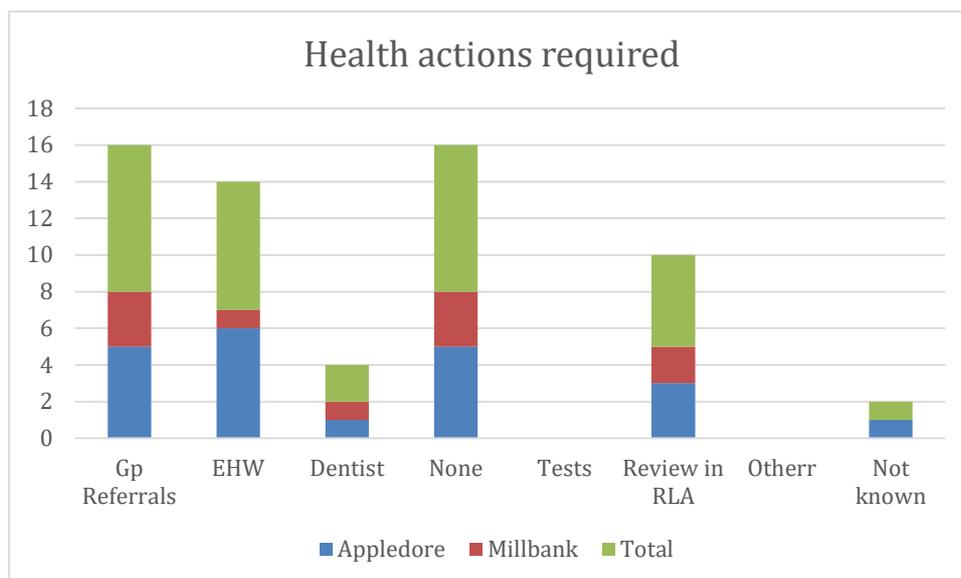
**Physical:**  
Fatigue  
Constipation  
Sleep  
indigestion





**Health actions:**

After FTT screening there may be no additional health actions required but YP will require an IHA on arrival in RLA or there may be immediate actions required ranging from GP referral because of acute illness, X rays for possible injuries, treatment of gastro-intestinal problems or immediate Emotional Health and Wellbeing support.



We will continue to review the process.

Dr. Georgie Siggers, Interim Designated Doctor 14/11/2016

