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?

[Bar chart showing distribution of Red, Amber, and Green categories by location and total]

Emotional health and well-being:

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