

Table 1**General health check components**

General lifestyle advice

- Healthy eating
- Exercise
- Smoking cessation advice, pharmacological interventions and support

Blood borne viruses (BBV)

- Testing for HIV, HBV, HCV
- Hepatitis B (and possibly hepatitis A) immunisation
- Harm reduction intervention and safe injecting advice
- Signposting to needle exchange programmes

Poor dentition or oral hygiene

- Offer information about local NHS dental services
- Direct referral to special care dental services if appropriate

Sexual and reproductive health

- Contraception review
- Pregnancy testing
- STI screening
- Cervical smears
- Safe sex advice
- Referral to sexual health clinic

Injection sites

- Inspection of sites and treatment of complications
e.g. deep vein thrombosis and abscesses

Metabolic health and nutrition

- Weight monitoring
- Prescription of supplements
- Referral to dietitian

Liver function

- Blood tests to assess liver function

Review of other systems

- General enquiry re respiratory, cardiac, gastrointestinal and neurological health. Examination, investigation and onward referral where necessary