Introductions

Your trainers are:

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To review preventative health for People with IDD who often experience higher rates of health problems that can be diagnosis specific or diagnosis specific with co-occurring disease process that include mental health.

The goal is to provide information on preventative health care to support People with IDD in order to improve timely access to quality, comprehensive and affordable healthcare that will meet their individual needs, maximizes health, wellbeing and function and increases independence and community participation.
Preventive Healthcare consists of:

1. Appropriate Vaccinations
2. Age Appropriate Medical Screenings
3. IDD Diagnosis and Symptom Awareness
Vaccination

A crucial piece of preventative healthcare
Reasons:

• Afraid of needles

• Afraid of getting the disease

• Afraid of possible side effects

• Ineffective
Annual Flu Shot

• The FLU SHOT is important to receive annually. September 1\textsuperscript{st} and March 31\textsuperscript{st} is target season.

• The flu vaccine causes antibodies to develop in the body and protect the body against infection.

• Scientists have to design a new vaccine for the flu every year because different strains develop all the time.
Age Appropriate Medical Screening

• Purpose:
  • To catch disease early and prevent untimely death.
  • This is for everyone!!!
Good health begins at an early age

- Annual Doctor Visit
- Dentist Every 6 Months
- Check as Appropriate:
  - Body Mass Index (BMI)
  - Glucose Screening for Diabetes
  - Lipid Panel
  - Eye Exam
  - Hearing Test
  - Specialized Tests per Diagnoses and Specific Issues
Things to Share at Annual Physical/Dental Appointments

• Reason for the visit
• All medications being taken by the person
• All diagnoses
• Any health changes in the last year
• Any current health issues/complaints
Medications that may have adverse effects to teeth

- Decongestants
- Antihistamines
- Painkillers
- Diuretics
- Antidepressants

These medications can reduce saliva flow which is needed for washing away food and neutralizing acids in the mouth produced by bacteria in the mouth.
How can I locate a trained dentist to work with the IDD population?

Please show me the way...
Ages 19 to 29

- Continue Annual Health Maintenance Visits
  - Dentist Every 6 Months
- Annual PAP Smear and Exam – earlier if sexually active
- Sexually Transmitted Disease – earlier if sexually active
- Skin Cancer Baseline then every 3 years (until age 39) regardless of skin tone and color!
- Eye and Hearing exams annually as needed
Ages 30 to 40

- Continue Annual Health Maintenance Visits
- Dentist Every 6 Months
- Annual PAP Smear and Exam
- Sexually Transmitted Disease if risk factors
- Skin Cancer Baseline then every 3 years (until age 39)
- Eye and Hearing annually as appropriate
Beginning at Age 40

- ✓ Mammogram with risk factors
- ✓ Baseline PSA and/or DRE with risk factors
- ✓ Annual Skin Cancer Screenings
Beginning at Age 50

- Annual Mammography
- Colonoscopy
- Continue the annual skin cancer checks!
- Don’t Forget
- Body Mass Index (BMI)
- Glucose Screening for Diabetes
- Lipid Panel
- Eye Exam
- Hearing Test
- Specialized Tests per Diagnoses and Specific Issues
IDD Diagnosis and Symptom Awareness

Be on the lookout!

Reminder of the Fatal Five:

- Constipation
- Aspiration Pneumonia
- GERD
- Dehydration
- Seizures

What else should we look for?
Ensuring preventive care and monitoring will help reduce fatalities

- ***Always check for constipation first***

- Constipation can present with a low grade fever, refusal to eat, an atypical seizure, vomiting, behavior outbursts and medication intoxication.

- Sudden increase in seizures may mean an infection somewhere – urinary tract to ear infection or it could mean an impaction.
Common Physical Complications for All IDD Populations

- Onychomycosis – Nail Fungus
- Ingrown Toenails
- Diabetics must see a podiatrist on a regular basis
Polypharmacy

For people on multiple medications it is important to ensure these medications all work together.

How do we do that?

- Solutions:
  - Pharmacy evaluation
  - Provided education on the medications’ purpose and potential side effects to:
    - Person
    - Family
    - Staff
Many of the preventive care recommendations will overlap from diagnosis to diagnosis.
**Down Syndrome (also Trisomy 21)**

- Hearing, Eyes, Dental – 50% to 80% have a hearing deficit
- Cardiovascular – 50% have heart problems
- Sleep - 50% to 80% develop sleep apnea
- Gastrointestinal - 50% have GI abnormalities causing GERD and constipation
- Obesity – 95% are obese
- Genitourinary – Testicular cancer
- Neurological – Dementia is frequent and occurs earlier – 11% occurs in their 40s
- Endocrine - Hypothyroidism
- Musculoskeletal – Atlantoaxial Instability (AAI)
- Mental Health – 30% have a psychiatric disorder
Autism Spectrum

• Hearing and Vision - Screen annually

• Sleep – 50% to 80% have problems with some type of insomnia

• GI issues – Constipation, diarrhea, GERD, and food sensitivity

• Neurology – Up to 30% have seizures

• Behavioral and Mental Health – Co-morbid psychiatric diagnosis is common
Prader-Willi Syndrome

• Vision - Increased vision problems – Screen for glaucoma and cataracts every 5 years after age 45

• Respiratory and Cardiovascular – Cardiopulmonary problems are common and aggravated by obstructive sleep apnea. This combination is the most frequent cause of early death.

• Sleep – Narcolepsy

• Gastrointestinal – Severe issues often present such as gastroparesis which leads to constipation

• Obesity – This is extremely common, especially if the individual does not have a nutrition and food security program
Prader-Willi Syndrome - Continued

- Mental Health – Skin picking and psychosis are often seen

- Genitourinary – 80% to 90% of males have undescended testicles (Cryptorchidism). Baseline by primary care physician

- Endocrine – Baseline with an endocrinologist as 60% can develop central adrenal insufficiency

- Musculoskeletal – Scoliosis (curvature of the spine) and osteoporosis is very common. Screening for osteoporosis should be done annually as possible
Williams Syndrome

• Hearing – Nearly all have some type of hearing impairment. Audiology exam at age 30 and every 5 years thereafter

• Cardiovascular – Hypertension and supravalvular aortic stenosis

• Gastrointestinal – 25% develop GERD and 50% have constipation

• Genitourinary – A dysfunctional bladder is common and 30% of adults have recurrent urinary tract infections

• Endocrine – Hypothyroidism and Diabetes occur more often and need annual screening
Fragile X Syndrome

• Vision and Hearing – Issues are very common. Annual screening should be done

• Cardiovascular – high percentage of adults will develop mitral valve prolapse

• Neurological – Some adults develop a seizure disorder. Annual neurologist evaluation

• Mental Health – ADHD and anxiety is very common. Adults often develop aggressive behavior. (Screen and treat as needed)
Cerebral Palsy

- **Vision and Hearing** – Vision impairment is common. This contributes to other impairments and contributes to further developmental delay.

- **Cardiovascular** – Cardiovascular disease is a prominent risk.

- **Neurological** – Seizures, intellectual impairment, learning disabilities, and hearing or vision loss can be results of cerebral palsy.

- **Mental Health** – Major impairments can exist as a result of cerebral palsy and lead to emotional and behavioral issues which can become chronic and debilitating.
Mental Health

- Obtaining Labs—Always obtain labs as prescribed (At least every three months if WNL or more frequent based of physician’s findings).
- AIMS Testing—Abnormal Involuntary Movement Scale Testing assessing involuntary movements rating areas of the body and scaled according to severity.
- Common Side Effects of psychotropic medication according to the FDA:
  - Drowsiness
  - Dizziness
  - Restlessness
  - Dry mouth
  - Constipation
  - Nausea
  - Vomiting
  - Weight gain (the risk is higher with some atypical antipsychotic medicines)
As a provider or support coordinator, ensure there is documentation of these types of health interventions. This can include but not be limited to:

- Copies of the actual medical forms
- Progress notes, or other forms completed demonstrating the results of the doctor’s visit
- Formal requests for this type of documentation from the family or physician
Resources

- [www.iddtoolkit.org](http://www.iddtoolkit.org)
- DETECTms.com
Questions and Feedback
Evaluate the Training
Thank You!

For Georgia Collaborative ASO general inquiry or questions please email:

GeorgiaASO@beaconhealthoptions.com

For Delmarva Foundation general inquiries or questions please email:

georgia@delmarvafoundation.org

For specific questions related to this IDD training please call:

1-866-755-3506