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DBHDD

# Common Health Issues Among People with IDD:

Using the Clinical Pearls in Your Daily Practice

Presented by:

Craig Escudé, MD FAAFP, FAADM

# Craig Escudé, MD, FAAFP, FAADM

- Board-Certified Fellow of the American Academy of Family Physicians and the American Academy of Developmental Medicine
- Over 20 years of experience caring for people with mental illness and intellectual and developmental disabilities
- Medical Director of Hudspeth Regional Center in Whitfield, MS – Retired 2018
- Founder of DETECT
- President of HRS, Inc.
- Author of *Clinical Pearls in IDD Healthcare* and the *Curriculum in IDD Healthcare*



# Disclosures

- Dr. Escude is the President of IntellectAbility and is the author of Clinical Pearls in IDD Healthcare and the Curriculum in IDD Healthcare.
- The relevant financial relationship has been mitigated. No relevant financial relationships were identified for any other individuals with the ability to control content of the activity

# What are Clinical Pearls?

Small bits of free-standing, clinically relevant information based on experience or observation





# What are Clinical Pearls in IDD Healthcare?

Small bits of free-standing, clinically relevant information based on experience or observation relating to health and wellness in people with IDD



# Who are they for?

- Physicians
- Dentists
- Nurses
- Physical Therapists
- Occupational Therapists
- Speech-Language Pathologists
- Psychologists
- Support Teams
- Direct Support Professionals
- Family supporters
- People with IDD

- Basically, anyone who touches the lives of people with IDD.



# What do they look like?

- One or two pages long
- Easy to digest
- Printed on heavy card stock
- Able to copy for limited use
- Available as an eBook

# How can they be used?

- Presented by nurses or DSPs to physicians
- Assist with in-service trainings
- Provide information to family members
- Licensed incorporation into nursing manuals
- Preparation for certification examinations



Let's talk about a few...

## True or False

Clinical decisions should be made based on the clinician's determination of the quality of life of the patient.

## 8. Quality of Life in People with IDD



Mary



# What is Quality of Life?

- World Health Organization
  - An individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns"
- Britannica
  - The degree to which an individual is healthy, comfortable, and able to participate in or enjoy life events
  - Nursing Outcomes Classification (NOC)
    - The extent of positive perceptions of current life circumstances



A different quality of life  
is not equal to  
a lower quality of life.

## True or False

People with IDD aren't sexually active and don't need reproductive counseling.

## 9. Sexuality in People with IDD



# Sexuality

- Sexual drive is a natural occurrence, and, more than likely, people are going to act on those impulses
- Higher rates of sexual abuse in people with IDD
- Educate on sexual activity at the person's level
- Talk about privacy
- Consider contraception as you would with anyone else
- Include supported decision maker in discussions

Which of the following could be a sign of abuse?

- A. Sudden onset of nightmares
- B. New onset of bed-wetting
- C. Cruelty to animals
- D. Excessive masturbation



## 10. Abuse and Neglect in People with IDD



# Which of these can constitute neglect?

- A. Weight Loss
- B. Skin breakdown
- C. Improper medication management
- D. Lack of necessary adaptive equipment

# Behaviors that a supporter might exhibit that should raise suspicion for abuse include:

- Refusal to follow directions or recommendations
- Showing up late or not at all
- Using vehicles, money or other resources without consent
- Frequent switching of healthcare providers
- Frequent attempts to be alone with the person
- Displays an unwelcoming attitude during home visits
- Socially isolates the person
- Speaks for the person

Remember:

While any of these might be suspicious for abuse, it doesn't guarantee it.



Morgan



# True or False

One of the best ways to build rapport with supporters is to ask, “Why is he not a DNR?”

# 13. End-of-Life Decision- Making



Is there ever a time when it is appropriate to withhold care from a person with IDD?

“

“I’ve had a number of physicians,  
instead of treating our individuals,  
recommend hospice because of a  
‘poor quality of life.’”

One should not make treatment decisions based solely on the fact that a person has a disability.



## True or False

Because of a shorter life expectancy, people with IDD do not need the same level of health screenings.

## 14. Aging with Disabilities



# Average life expectancy of people with IDD is increasing

- Utilize same screening recommendations for people with IDD
- Look for current screening recommendations for certain genetic conditions
- Encourage good health habits
- Be aware for long term medication of disease effects
- Screen for dementia
- Facilitate good mobility
- Monitor hearing and vision

## True or False

The baseline level of functioning is the same for most everyone, with or without a disability.

## 17. Importance of Documenting Baseline Level of Functioning



# Ray and Jay



# Health Passport

<https://replacingrisk.com/covid-19-resources/>

## True or False

The Fatal Five Plus no longer needs an introduction.



# 19. Introduction to the Fatal Five Plus



# The Fatal Five Plus

- Aspiration
- Constipation/Bowel Obstruction
- Seizures
- Dehydration
- Sepsis
  
- GERD

## True or False

Vitamin D deficiency is less common in people with IDD.

## 27. Osteoporosis in People with IDD



# Osteoporosis

- People with IDD are at higher risk
- Have lower Vit D levels
- Increased risk for fractures
- SSRIs and benzodiazepines are associated with increased fracture risk

## True or False

People with IDD should be on at least 3 antipsychotics.

### 33. Polypharmacy Concerns in People with IDD



# Polypharmacy

- Antipsychotics not first line or routine treatment
- Bio-Psycho-Social Approach
- Rule out underlying medical conditions
- Should establish a diagnosis and not just treat “behaviors”
- Be wary of atypical side effects
- Start Low and Go Slow
- Regular review of efficacy
- Discontinue one drug before starting another
- Metabolic syndrome



## True or False

A person who spits out food or refuses to eat could be experiencing pain from undiagnosed dental abscesses.

## 9. Oral Healthcare for People with IDD



# Dental Care

- Barriers to dental care
  - Physical
  - Financial
  - Lack of cooperation
- Desensitization
- Specialized equipment
- Prophylactic treatment

## True or False

Most adverse behaviors in people with IDD require medication to control.

## 40. Medical Causes of Behaviors in People with IDD



# Medical Causes of Behavior

- GI distress
- Head Pain
- Dental
- Constipation
- Seizures
- UTI
- Pneumonia
- Sexual Abuse
- Medication Side Effects
- Chest Pain

## True or False

An exam by a physician effectively rules out all causes of pain that could be triggering adverse behavior.

## 43. Elusive causes of Pain and Adverse Behaviors in People with IDD





# Elusive Causes of Pain include:

- Dental
- Sinusitis
- Gallstones
- Occult Fracture
- Constrictive clothing
- Grief
- Abuse
- And more...

## True or False

A person's diet has little impact on overall health and quality of life.

# 51. Nutrition in People with IDD



# Nutrition in People with IDD

- Diet and Safety
- Medically indicated diets
- Weight
- Sensory and tactile issues
- Communication
- Environmental conditions
- Skin integrity

We know ambulation has a positive impact on bowel function.

True or False

If a person cannot ambulate, there is nothing else that can be done to physically improve digestion and elimination.

## 54. The Impact of Active Movement and Positioning on Bowel Function



# The Impact of Active Movement and Positioning on Bowel Function

- Prone position
- Quadruped on forearms
- Contraction of large muscle groups
- Standing with assistance



# Clinical Pearls in IDD Healthcare





# Thank you!

Craig Escude, MD, FAAFP, FAADM

[Craig@ReplacingRisk.com](mailto:Craig@ReplacingRisk.com)

[ReplacingRisk.com](http://ReplacingRisk.com)