

'A' for Adjustment

Adjusted Care

Attitude

Approach

Assessment - Session Four

Actions

A review of the common health problems associated with learning disabilities, what to look out for and tools that can help.





Learning Outcomes

- Understand the concept of diagnostic overshadowing.
 - Recognise the importance of holistic care.
 - Be able to describe the risk factors of health inequalities.
 - Gain a raised awareness of common health conditions.
 - Learn the importance of symptom recognition and tools to use.
 - Understand the concept of 'unique wellness.
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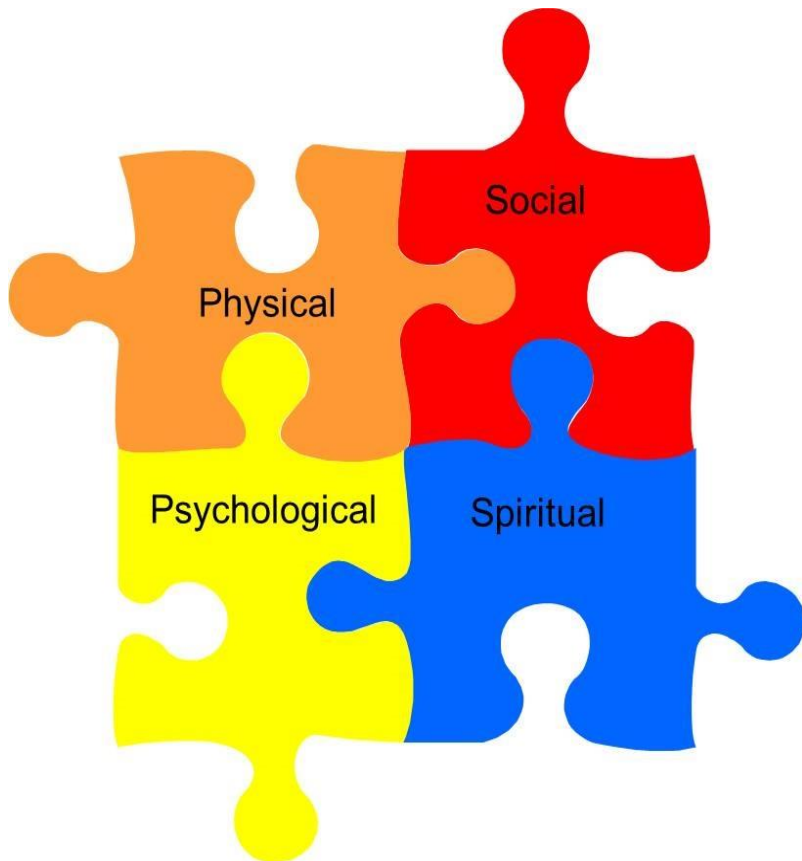


Diagnostic Overshadowing





Holistic Care



Caring for and supporting a person holistically is integral to person-centred care.

Holistic care focuses equally on the physical, psychological, social, cultural, spiritual and sexuality elements of the person.



Health Inequalities Risk Factors



Dahlgren-Whitehead rainbow



Awareness of common conditions

Learning Disability

Cancer

Dental/oral

Diabetes

Epilepsy

Gastro-intestinal

Heart

Mental health

Obesity

Respiratory

Sensory

Swallowing

Thyroid



Awareness of common conditions Autistic people

Many families and autistic people have raised concerns over early deaths in autistic people. Research shows that autistic people die on average 16 years earlier than the general population.

Autistic adults without a learning disability are 9 times more likely to die from suicide.

Between 20% and 40% of autistic people also have epilepsy and this rate increases steadily with age.

Source: Autistica, personal tragedy, public crisis



Symptom Recognition

Some people die due to unnoticed changes or reacting too slowly to a change in their health.

Those people most at risk are those with:

- an existing health problem that is worsening;
 - existing chronic health conditions e.g. diabetes, heart disease;
 - multiple medications due to long term conditions and side effects that are not always recognised;
 - increased risk because of their age, poor mobility, poor nutritional status or frailty.
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STOMP-STAMP

stopping over medication

Supporting
Treatment and
Appropriate
Medication in
Paediatrics
(STAMP)

Stopping over
medication of
people with a
learning disability,
autism or both
(STOMP)



SBAR

Situation

Background

Assessment

Recommendation



These are the key building blocks for communicating critical information that requires attention and action – thus contributing to effective escalation and increased patient safety.



PAIN MANAGEMENT

Signs and symptoms that a person may be in pain include:

- aggression directed towards themselves or others;
- changes to how the person holds or moves their body, including altered facial expression;
- changes to mobility or balance;
- change in behaviour, such as tearfulness, irritability or withdrawal;
- changes to appetite or vocalisation;
- confusion;
- restlessness or changes in sleep patterns;

There are a range of tools available to help identify when someone with a learning disability may be in pain including the Disability Distress Tool (Dis – Dat) see:

<https://www.choiceforum.org/docs/asst.pdf>



Unique Wellness – unwellness

Case Study Z

How did the interventions and adjustments make a difference to Z and his parents?



Take action

What will be different?

- What will you do differently as a result of your learning today?
 - How can you apply your learning in your workplace?
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Health Education England



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