

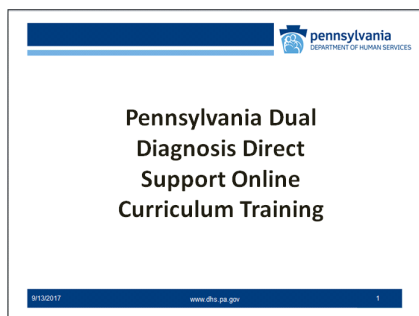
## Health Care Alert



A QUARTERLY PUBLICATION PROVIDING HEALTH CARE TIPS FOR PEOPLE WITH  
INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES AND THEIR SUPPORT TEAMS



### Coming Soon to [www.myodp.org](http://www.myodp.org) is the PA Dual Diagnosis Direct Support Online Curriculum Initiative



Philadelphia Coordinated Health Care (PCHC) who was instrumental in creating the **Dual Diagnosis Direct Support Curriculum** which up until now has only been presented in person will soon have an online version posted on [www.myodp.org](http://www.myodp.org). The curriculum was designed for Direct Supporters who work in either the intellectual disability field or the mental health field. The Commonwealth of Pennsylvania, Office of Mental Health and Substance Abuse Services (OMHSAS) and the Office of Developmental Programs (ODP) have been working together to address the needs of people who have an intellectual disability as well as mental health challenges. The result is this curriculum which was created to support people who have a dual diagnosis.

The original in-person Dual Diagnosis Direct Support Training Curriculum was created approximately four years ago. Almost 2,000 direct support professionals have been trained in the Southeast Region of Pennsylvania since its inception. Producing an online format will make it even easier to access and train many more staff across the Commonwealth.

The **Dual Diagnosis Direct Support Online Curriculum** consists of the following modules:

#### I. Introduction

- Dual Diagnosis in the U.S.: Past, Present and Future
- “Naming It”: Mental Health Challenges and People With an Intellectual Disability

#### II. Physical Health and Dual Diagnosis

- Signs and Symptoms of Physical Illness
- Common Chronic Health Conditions
- Common Medications and Side Effects
- Overview of Syndromes
- Older Adults and Dual Diagnosis
- Communicating with the PCP and other Medical Specialists

#### III. Understanding Behavior

- Understanding Trauma Informed Care and Stressful Life Events
- Target Symptoms of Mental Health Challenges versus Challenging Behavior
- Autism Spectrum Disorder

#### IV. Mental Health and Intellectual/Developmental Disability

- Intellectual Disability and Psychiatric Disorders
- Communicating with the Psychiatrist

#### V. Everyday Lives and Recovery

- Mental Health Wellness and Recovery
- The Role of *Everyday Lives* and Recovery
- Mental Health Therapy and Dual Diagnosis
- Functional Behavior Assessment and Behavior Support Planning
- Psychotropic Medication
- Crisis Supports and Debriefing
- Stress Management for the Direct Supporter

#### Inside this issue:

Dual Diagnosis Direct Support Online Curriculum	Cover
PA Link	2
Thank You Direct Support Professionals	2
Health Bytes	3
Feeding Tube Displacement	3
PCHC Featured in Exceptional Parent Magazine	4
PCHC Trainings	4
Announcements	4

*Look for an announcement in late Fall or early Winter 2017*

Aging and Disability Resource Centers (ADRC) are a nationwide effort to take a seamless approach in the way we assist seniors, adults with disabilities, and veterans who need help with activities of daily living. In Pennsylvania, the ADRC is commonly known as the **PA Link** to Aging and Disability Resources, or **PA Link**, where agencies, organizations and community partners share the responsibility to provide the public with information and options regarding long-term support, planning and decision making. The mission of the **PA Link** is to improve access to long-term care supports through an integrated network of partners committed to expanding the use of community-based solutions, promoting consumer-directed decision-making, and enhancing quality of service.

THE PA LINK CAN ASSIST YOU AND/OR YOUR FAMILY IN THE FOLLOWING WAYS:

- Connect you to local services/supports through a local **PA Link** partner agency
- Explore existing options/choices to ensure a secure plan for independence
- Assist with applications to determine eligibility
- Help consumers remain or return to their community because of a disability, an illness, or accident, or to transition from an institution back to the community

There is no charge for information and assistance provided by any PA Link or PA Link partner agency.

PA Link to Aging and Disability Resource Center Toll Free Helpline: [1-800-753-8827](tel:1-800-753-8827)

## Thank You!

Direct Support Professionals (DSP) provide a service that deserves the utmost respect and honor. It is not an easy job, but it is one to be proud of each and every day. Direct Support Professionals have the opportunity to assist individuals in a way many cannot. Each year we set aside time to recognize and praise Direct Support Professionals and celebrate their passion, experiences, exemplary leadership and commitment to individuals with intellectual and developmental disabilities.

On behalf of Philadelphia Coordinated Health Care, we would like to thank DSPs for their service and continued efforts in assisting individuals with intellectual and developmental disabilities to live within the community as independently as possible. Their work never goes unnoticed and will always be praised. **Thank you for all you do!**





## Welcome to "Health Bytes"!

- ✓ Philadelphia Coordinated Health Care's "Health Bytes" are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Watch for our first "Byte" on October 1, 2017. If you have not received it, please contact PCHC to be added to our e-mail list.

## Feeding Tube Displacement

Displacement is a potential problem for a person utilizing a feeding tube for nutrition and/or hydration. The most common type of feeding tube is a percutaneous endoscopic gastrostomy (PEG) tube.

### Possible causes of feeding tube displacement may include:

#### **Accidental or excessive pulling of the tube:**

If the witnessed cause of displacement is an individual pulling out his/her tube, and he/she has a regular PEG tube, you may want to speak to the gastroenterologist about substituting other options on types of feeding tubes available. This would make the tube less obvious and hopefully less annoying to the individual, less likely to be pulled out inadvertently and harder to be removed intentionally.

The team may want to consider modifying the way clothing is layered in way that does not restrict the individual's movements.

#### **Tube not properly secured:**

During feeding tube use, always stabilize the feeding tube when attaching extensions.

During dressing changes, remove the dressing around the tube feeding site carefully.

#### **Feeding tube insertion site:**

Check the bumper (piece that goes around the tube, next to your skin). It should be snug against the skin at the insertion site.

Tell your healthcare provider if the bumper seems too tight or too loose.

If the feeding tube has markings the physician can give guidelines on when to call with concerns or questions.

#### **Proper positioning:**

Proper positioning may decrease the risk of accidental displacement.

The team may want to consider a consultation with an occupational therapist for suggestions about positioning to protect the integrity of the feeding tube.

When an individual receives a new feeding tube, please make sure you have **written** instructions from the physician on what to do if the tube is displaced. These instructions should include how soon the tube needs to be replaced after displacement. If staff is required to take the individual to the emergency room, they should place the tube in a bag, and take it with them.

#### **Resources:**

- \* Philadelphia Coordinated Health Care (PCHC) has a Feeding Tube Resource Packet that may be accessed under resources, publications, physical health @ <https://www.pchc.org>
- \* Abbott Nutrition for Healthcare Professionals @ <https://abbottnutrition.com/>
- \* Feeding Tube Awareness Foundation @ <http://www.feedingtubeawareness.org/>



## Exceptional Parent Magazine

Read about PCHC's Health Promotion Activity Plans (HPAPs) and Behavioral Health Promotion Activity Plans (BHPAPs) in the Annual Healthcare Issue of Exceptional Parent Magazine:

<http://www.eparent.com/features-3/maintain-health-living-certain-health-conditions/>

**PCHC** continues to create new and innovative training topics, however we are always seeking suggestions for ideas that will increase the SE Regions ability to provide the best physical and behavioral health care for the individuals that we support.

Our 2017/2018 Dual Diagnosis Training Curriculum Training Series has started please see below for what will be available this fall. Please visit our web site to register.

### Dual Diagnosis Training Curriculum Training

DDX: Common Medications and Side Effects	11/01/17	10am-12pm	Montgomery Co Intermediate Unit
DDX: ID and Psychiatric Disorders	11/01/17	1pm-3pm	Montgomery Co Intermediate Unit
DDX: Common Chronic Health Conditions	11/30/17	10am-12pm	Willow Grove Giant Supermarket

### Regional Training

Dementia	11/30/17	1pm-3pm	Willow Grove Giant Supermarket
----------	----------	---------	--------------------------------

Please visit our website regularly to register for upcoming training and to review our many online trainings that are currently offered.

If you would like more information about PCHC training, please visit the Education tab on our website ([www.pchc.org](http://www.pchc.org)) or feel free to contact Bonnie DiRidolfo @ 215-546-0300 ext. 3681.

## Announcements

### Regional Nurse Network Meetings

An opportunity for developmental disabilities nursing education and discussion.

*\*\*If you are not on our e-mail list, or have changed e-mails, please contact Patty Graves at [pgraves@pmhcc.org](mailto:pgraves@pmhcc.org).*

### Special Needs Unit (SNU) Meetings

Please contact Briana Downs at [bdowns@pmhcc.org](mailto:bdowns@pmhcc.org) for more information about the SNU Meetings or to be added to the SNU Meeting list.

### Regional Nurse Network Meetings

**2018 dates and locations TBD.**

**Please watch for upcoming  
Announcements**



### Special Needs Unit Meetings

**Location TBD**  
**January 17, 2018**  
**April 18, 2018**  
**July 18, 2018**



Learn more at [www.pchc.org](http://www.pchc.org)



### Philadelphia Coordinated Health Care

1601 Market Street, 5th Floor ♦ Philadelphia, PA 19103 ♦ 215-546-0300 ♦ fax  
215-790-4976 PCHC is a core program of PMHCC, Inc.

**FUNDING PROVIDED BY PHILADELPHIA DEPARTMENT OF BEHAVIORAL HEALTH/INTELLECTUAL DISABILITY SERVICES, THE BUCKS, CHESTER, DELAWARE  
AND MONTGOMERY COUNTY OFFICES OF INTELLECTUAL/DEVELOPMENTAL DISABILITIES AND THE OFFICE OF DEVELOPMENTAL PROGRAMS,  
PENNSYLVANIA DEPARTMENT OF PUBLIC WELFARE**