

Health Care Alert

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

4 Fatal Four Medical Conditions

Background

There are many health concerns that people with intellectual disabilities (ID) experience in their lifetime. The Pennsylvania Office of Developmental Programs (ODP) has identified four major health concerns which are seen frequently in people with ID (aspiration, constipation, dehydration, and seizures). These four conditions if untreated can progress to serious illness or death and are often preventable or able to be managed effectively with attention and care.

PCHC's Plan

PCHC is here to help in all efforts to get information to people who need it. By being informed and educated about these conditions, we can impact the lives of those we support in the community. Here are some of the planned activities:

- **Informational booklets for people with ID** – these are currently in development and will be shared with people with ID in order to promote a better understanding of self-care, health promotion and disease prevention.
- **Online presentations for individuals and families** – these are currently in development.
- **iPad presentations** – these are currently in development; people with ID can sit with a PCHC representative to obtain information (these are usually presented at day program facilities).
- **Educational presentations** – these have already started on a regional level and are open to anyone wanting to attend.
- **Provider agency nurses** – PCHC is in the process of placing educational presentations on a portable flash drive so that each agency can have the materials available for their nurses. There will also be another “Train the Trainer” for nurses on the topic of dysphagia in Spring 2019.
- **Administrative Entities** – PCHC will assist in any way possible and have given presentations at provider meetings as well as providing educational materials.
- **Supports Coordination Organizations** – PCHC will provide presentations to supports coordinators as requested. There is currently an online presentation for supports coordinators on www.MyODP.org but PCHC will also do in-person presentations on the topic as well.
- **Families** – PCHC will provide education and information through various venues – family groups, advocacy organizations, etc. upon request.

Getting Started

Raising awareness is always a good move!

Remember – these medical conditions are not new – we have been assisting people to prevent or manage these conditions for years. Many resources are already available on PCHC's website. [Click here](#) for a newly developed handout with a list of online resources on these conditions. Feel free to download and use them in your own trainings or for reference.

Inside this issue:

Fata Four Medical Conditions	Cover
PCHC Nursing Department Changes	2
DDX Curriculum	2
January is Mental Health Awareness Month	3
PCHC Training Topics for 2019	4
Announcements	4

PCHC Announces Changes to their Nursing Department

After 13 years as “*Director of Nursing*”, **Patty Graves, BSN, RN-BC, CDDN** is stepping down as the Director. Effective January 2019, Patty will be working part-time as a Community Based Nurse for PCHC.

Please help us **CONGRATULATE Carol Thomas, BSN, RN CDDN**, PCHC Community Based Nurse for Chester County who has accepted the position as the new “*Director of Nursing*” for PCHC effective December 2018.

Both nurses have been instrumental in advocating and educating for individuals with intellectual disabilities to have the best possible healthcare in the community. Both have worked tirelessly on county, regional and statewide initiatives to help increase awareness and access within the nursing discipline for intellectual and developmental disabilities. Their work is invaluable!

Please help PCHC support them in their new roles!



Now at PCHC, you can access the on-line version of the PA Dual Diagnosis Direct Support Curriculum on the MyODP platform through our website at www.pchc.org.

The purpose of this curriculum is to address the needs of people who have an intellectual disability as well as mental health challenges. This curriculum is designed for Direct Supporters who work in either the intellectual disability field or the mental health field. Each specific module has a quiz, certificate and resources attached.

For more information about each of the specific modules and the course outline, go to the PCHC website: www.pchc.org under Resources/Publications/Behavioral Health and click here for the DDX Direct Support Curriculum Training Booklet: <https://www.pchc.org/images/PDFs/Publications/Behavioral-Health/Dual-Diagnosis-Curriculum-Outline-and-Training-Descriptions.pdf>.

January is Mental Wellness Month!

Let's face it; we can all stand to take better care of ourselves. In such a fast-paced world where work, family and social media dominate our attention, we often put our physical and mental health on the back-burner.

To add to the stress that we encounter daily; unforeseen circumstances can occur that overwhelm us and can be so severe that we lose the ability to sustain ourselves or maintain the normal routines we've created in our everyday lives. The same can be said for people with Intellectual Disabilities (ID). We cannot forget that they too have hardships that impact their mental health and cause increased challenging behaviors.

KNOW THAT YOU ARE NOT ALONE!

It is NOT unusual to experience at least one **Crisis** at some point in our lives. And, crises can come in many different forms. Whether it is struggling with mental health challenges, loss, housing, abuse, thoughts of suicide or a series of personal events that threaten our well-being and livelihood; there is help! The key to recovering from a crisis situation is to know where to go for resources and supports.

LOOK NO FURTHER...

PCHC has taken the guess work out of ["How to Access Crisis Treatment and Supports in SE PA"](#). We've created a brochure to help locate the services and/or treatment that can assess your needs and support you on your journey to recovery. Some crises may not be preventable but there are crisis hotlines, centers and mobile teams placed in your community. They are there to help guide and empower you or someone you support as you gain control of the circumstances and challenges that lie ahead.

Sexual Health is another stressor that can affect your mental health. It can cause anxiety and weigh heavily on the minds of people with ID. It can also be challenging for the people who support them to know how to approach the subject and provide the answers they need. They have just as many questions about sex and intimacy, healthy relationships and sexual health as we do. They also struggle with stereotypes and biases like anyone else.

PCHC's ["Sexual Abuse Awareness and Resources Brochure"](#) and ["Let's Talk About Sexual Awareness Booklet"](#) help to address these issues. Please be sure to click the links above to print the publications and share them with the people you support as well as with your co-workers. It will help to answer some of the questions that may arise about these topics and help people with ID understand what healthy companionship and relationships should look like.



- ★ Take time for yourself
- ★ Find a hobby
- ★ Talk to someone
- ★ Spend time with friends

Announcements

PCHC Training Topics for 2019

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Topic</u>
1/16/19	11:00am-1:00pm	DCIU	Pressure Ulcers
02/20/19	10:00am-12:00pm	Giant WG	Fatal Four
03/06/19	10:00am-12:00pm	DCIU	New Provider Training
04/24/19	10:00am-12:00pm	DCIU	TBD
04/24/19	1:00pm-3:00pm	DCIU	TBD
05/15/19	9:30am-12:00pm	MCIU	Is it a Physical or BH Issue?
05/15/19	1:00pm-3:00pm	MCIU	TBD

****Please watch for Nurse/SNU meeting dates and locations in our Health Care Alerts or online at pchc.org.**

RN

Regional Nurse Network Meetings

Spring 2019
Coming Soon for Nurses...
Dysphgia Train-the-Trainer

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 Carol Thomas at cthomas@pmhcc.org.*



SNU

Special Needs Unit Meetings

January 16, 2019
Giant Food Store
Willow Grove, PA

Please contact Brieana Downs at bdowns@pmhcc.org for more information about the SNU Meetings or to be added to the SNU Meeting list.



Learn more at www.pchc.org



Philadelphia Coordinated Health Care

123 S. Broad Street • Philadelphia, PA 19109 • 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