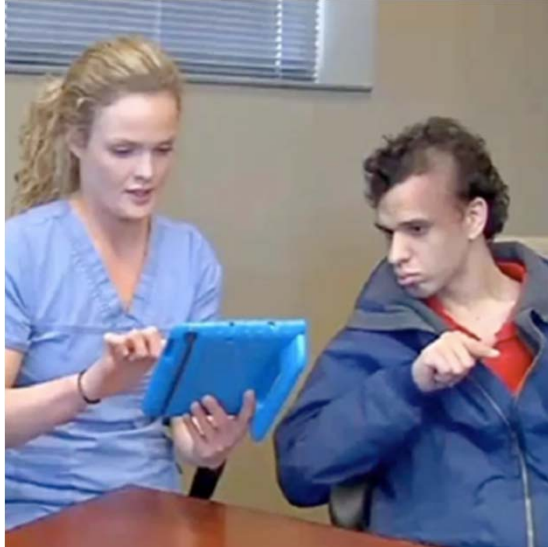


Adults with Intellectual and Developmental Disabilities: An Overview

Matt Holder, MD, MBA

Our Patients



Danny



Trey



Terrance



Common Terms

- Intellectual Disability (1 in 44)
- Autism (1 in 68)
- Cerebral Palsy (1 in 323)
- Down syndrome (1 in 691)
- Fetal alcohol spectrum disorder (1 in 3000)
- Fragile X syndrome (1 in 4000)
- Neurodevelopmental Disorders



Medically Underserved Population

- The federal government may designate different populations as a “MUP”.
- AMA resolution 805-i-10 supports this
- ADA resolution 96H-2014 supports this
- Yet the federal government fails to recognize this population as such.



Unmet Health Needs

- Special Olympics Data (average age: 24)
 - Active Dental Pain – 17%
 - Low Bone Density – 20%
 - Hearing Loss – 23%
 - Vision Impairment – 27%
 - Obesity/Overweight – 70+%



Prescription Patterns

- 25% more likely to get a prescription
- 300% more likely to continue a prescription
- 46% of psychotropic drugs don't have a corresponding psychiatric diagnosis
- 13% of anti-seizure drugs don't have a corresponding seizure diagnosis



Systemic Problems

- Untrained doctors
- Aging population
- Deinstitutionalization, the social model and unprepared community health infrastructure
- Fragmented healthcare system
- Payment systems
- Culture of low expectations



Classic Scenario

- Behavioral complaint
- Doc prescribes behavioral drugs
- Underlying physical problem is ignored
- Behaviors slightly improve
- Physical problem gets worse
- Physical problem is eventually addressed (usually in a more advanced state)
- Behavior drugs continue
- No focus on prevention



Parting Wisdom

- Willingness and confidence
- Accurate information
- Prevention, communication, interdisciplinary thinking
- Do not make assumptions
 - Question previous diagnoses
 - Question previous treatments
 - Do not assume that behaviors have a psychiatric basis (look for sources of pain)
- Treat the patient like a person



Thank You

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