COVID-19 and People with IDD: Impact, Prevention and Action

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Focus for Today

► NOT
► Talk about well-known information
► To provide you with the latest numbers of cases
► An update on closures or cancellations
► How low the stock market had dropped

► TO
► Relate the impact of these events on people with IDD and their support teams and structures
► Resources and actions
Where to get information

- Trusted sources for the latest information
  - Center for Disease Control
  - National Institute of Health
  - World Health Organization
  - NOT the social media outlets

- Other organizations that you have trusted before
  - ANCOR – ANCOR.org
  - Administration for Community Living - ACL.gov
  - American Academy of Developmental Medicine and Dentistry – AADMD.org/prepare
  - Developmental Disabilities Nurses Association - DDNA.org
  - National Association of Direct Support Professionals – NADSP.org
Risk of Serious Health Effects

► CDC
  ► Age over 65
  ► Lung disorders
  ► Heart disease
  ► Immune deficiencies
  ► Severe obesity

► Some with IDD
  ► Decreased respiratory capacity
  ► Asthma
  ► Frequent pneumonia
  ► Chronic silent aspiration

May be more susceptible to severe illnesses from COVID-19
Risk of Losing Supports

► Family members and Support Staff
  ► Become ill, themselves
  ► Have an ill family member
  ► Have no childcare
  ► Become overworked

► Agencies
  ► Lose operating funds
  ► May not be able to stay open
  ► May not be well-staffed
  ► May not be able to return after pandemic
Risk of Reduction in Supports

► Support coordination occurring remotely
► Suspension of requirement for community time
► Reduction in accessibility to healthcare providers
► Greater risk of exposure going to a healthcare provider
Reduction in Access to Healthcare

► Consider using Telemedicine
Telemedicine

- Department of Health and Human Services has expanded telehealth access
  - Medicare beneficiaries can receive a wider array of services
  - Utilize any non-public facing remote communication device
  - Reduced or waived beneficiary cost-sharing
  - Not limited to a specific diagnosis like COVID-19
  - Medicaid-state have broad flexibility of what’s covered – Check with your state office
Telemedicine

► Utilize clinicians that have training in IDD healthcare whenever possible

► StationMD (StationMD.com)
  ► Use HRS’s *Curriculum in IDD Healthcare* to train their providers
    ► HRS does not receive any financial benefit from utilization of their services
SD - Q - I

► Social Distancing
  ► Avoiding close interaction to reduce contact to reduce the spread of the disease

► Quarantine
  ► Restricting movement of people that have been exposed

► Isolation
  ► Separating people who are ill from those that are not
Social Distancing

- No visitors
  - Family
  - Friends
- No large crowds
  - No work
  - No school
  - No social activities
  - No church
  - Eating smaller groups or alone
SD Unwanted Effects

► Greater social isolation of a group of people that has been fighting this challenge for years

► Possibilities
  ► Anxiety, worry, fear
  ► Loneliness
  ► Anger
  ► Boredom
  ► Depression

Adverse Behaviors
SD – Reducing the Effects

► Connect with others
  ► Social Media
  ► Video Conferencing – Schedule regular time
  ► Snail Mail
  ► Xbox
  ► Phone Applications- Houseparty, Hangouts by Google

► Relaxation techniques
► Exercise - Yoga
► Virtual tours – zoos, museums etc.
► Journal writing
► Games
► Music
► Keep routines the same as much as possible – cooking, cleaning, laundry, hygiene etc.

► SAMHSA.GOV - Tips for Social Distancing

Download in the “Handouts” tab in your control panel
General Preparedness

► Monitor for signs and symptoms – notify healthcare providers if present

► Ensure adequate supply of a persons’ prescription medications

► Ensure adequate supply of “cold” medications

► Have usable thermometers and other equipment available (Pulse Oximeter)

► Utilize delivery services for groceries and other household items

► Do not overuse personal protective equipment
General Preparedness

► Have a list of emergency contacts updated and available
► Identify an area where a person might be quarantined if needed
► Present a calm and controlled appearance and environment
► Create or update a Health Passport
Health Passport

► Demographic
► Basic medical information
► Social and Environmental information
  ► How a person communicates
  ► How do they express pain
  ► How do they take medication best
  ► Mobility needs
  ► Calming techniques
  ► And more
► Shows that people with IDD are PEOPLE FIRST

Download in the “Handouts” tab in your control panel
Important Information About Communication

I communicate best using: (words, gestures, sign language, behaviors etc.) I use words and gesturing to indicate what I may need. I understand most of what people are asking of me.

Hearing: (normal, somewhat impaired, fully impaired, etc.) Normal

Vision (normal, somewhat impaired, fully impaired, etc.) Mild impairment, I wear glasses.

Important Social Information

My friends and people who know me describe me as: (fun, likeable, smart etc.) Pretty smart in playing games, I make them laugh, and I make really good sandwiches!

I like: Watching Wheel of Fortune and going outside on the front porch.

When I like something I express it by: Smiling. Saying ”Yes” or getting excited.

I dislike: Thunderstorms, when the television or radio is very loud, having anyone try to undress me.

When I dislike something I express it by: yelling, running away, covering my head with a blanket, Sometimes I might hit my arm on a table or wall.

The best way to communicate with me is: Sitting down, looking at my face and speaking normally, but clearly in short sentences.

My usual sleep pattern is: I go to bed around 10 pm. I sometimes wake up once at night to go to the bathroom and then go back to sleep.
I usually interact with friends this way: (friendly, smiles, anger, fear etc.) Smiles, and I like to hug my friends.

I usually interact with strangers this way: (friendly, smiles, anger, fear etc.) I like to hug everyone and I've never met a stranger.

When I'm angry I sometimes: Yell, hit my arm on the table or wall and run away.

When upset, the best way to help me calm down is: Speak calmly, ask me to sit down and talk calmly to me and offer something else to do like look at a magazine or go for a walk outside.

Things that I am sensitive to include: (specific sights, sounds, odors, textures/fabric, etc.) Loud noises. and I don't like blowing my nose on a paper towel.

Things that help me pass the time: Television, looking a magazines. Talking with friends.

**Health Risk Screening Tool Scores**

Overall Health Care Level _____
(Levels 1 and 2 low risk, levels 3 and 4 moderate risk levels 5 and 6 high risk)

Date of most recent scoring:

Individual scores (Attach a print-out of the scoring summary)
General Preparedness

► Model good hygiene
► Educate people with appropriate levels of information
► Teach people you support about good hygiene measures
Teaching

- Green Mountain Self-Advocates
- Booklet about COVID-19

Download in the “Handouts” tab in your control panel
General Preparedness

► Utilize tools you already have to identify who is at most risk - Health Risk Screening Tool
► Ensure, whenever possible, that people maintain their usual routines
► Ensure access to medical care – consider telemedicine
► Take care with what is watched on television when people may become overly anxious or agitated from what is seen on the news
► Stay informed of what's happening using trusted sources
Changing Federal and State Requirements

► Stay up to date on regulatory changes regarding services
► Federal and State requirements may be amended or waived
► Document any actions that are made to change or reduce services or supports thoroughly as well as the reason the decision to do so
Staying updated - HRS

► Clinical Advisory Team

► HRS, Inc. Special Bulletins
  ► IDD-related COVID-19 information
  ► Free infection control video at HRSTonline.com
  ► Upcoming Bulletin - Importance of communicating that people with IDD are People, first
  ► Future Webinars
Co-sponsoring a Webinar with AAIDD

April, 2020
General Prevention

► Wash your hands for 20 seconds and use hand sanitizers 60% alcohol
► Keep hands away from face, especially eyes, nose and mouth
► Avoid close contact with others who are ill or infected
► Stay home if you are ill
► Cover your cough or sneeze
► Regularly clean and disinfect objects like light switches, keyboards, cell-phones, eye glasses etc.
Why slow down transmission?

- NOT so much
  - To stop the disease completely

- TO
  - “Flatten the curve”
  - Reduce the demand on the healthcare system
  - Reduce the death rate
Questions
Thank you for joining us!

► Share the recording with others
► Visit HRSTonline.com to sign up for our newsletter
► Good Health and Wellness

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