

Behavior in IDD Case IPE

Agenda:

- 10 mins Intro and Icebreaker
- 35 mins Case discussion
- 10 Evaluation, attendance and wrap up and dismiss.

Introduction and Icebreaker: Approximate time 10 minutes

The overarching goal is to prepare learners to work as a team in a clinical encounter with a patient that has an intellectual disability and may have different communication styles and needs in their visit.

Introduce yourself to the group by sharing the following:

- Name and school (type of training), where you grew up, and why you chose your field.

Chandan is a 25 year-old male who presents to your primary care office to establish care. He has diagnoses of autism, moderate intellectual disability (IQ 54), expressive speech delay, and eczema. He uses a communication device and gets very anxious in medical settings, especially new ones. During rooming, the patient starts yelling when asked to get on the scale to weigh himself. Once in the exam room, Chandan jumps up and down a few times while the medical assistant is trying to put the blood pressure cuff on. At that time the medical assistant stops trying to get vitals and asks the woman accompanying Chandan why they came to see the doctor. The woman states "it's just for a regular checkup."

- 1. How do you feel after hearing the initial part of this case?*
- 2. What did the medical assistant forget to do/not do in rooming this patient?*
- 3. If you were the medical assistant, can you think of any ideas of how you could help the patient weigh or get vitals done?*
- 4. Is there anything you can think of that you would want to know ahead of time, before Chandan ever comes to your office? (It's ok if some of the answers are similar to the answers above)*

The provider goes into the exam room and finds Chandan standing in the corner clapping his hands and rocking some on his toes. Chandan appears very anxious. The woman with Chandan explains that he is afraid of medical visits because he is afraid of needles. She states she is his mother and long-term caregiver. Mom reports that Chandan really likes Band-Aids. The provider gets a Band-Aid and hands it to Chandan who smiles and sits down next to his mom. Chandan's mom then gets an iPad out of her purse and hands it to Chandan who opens an app with pictures and words. He touches the picture for "thank you" and the device says "thank you" out loud.

The provider asks how she can help and mom states that they used to see a pediatrician but that physician just retired and so they need a new primary care doctor for Chandan. He lives with his mom. His dad passed away (at age 53) a little over a year ago from a heart attack. He used to go to a day program but now he just stays home with his mom all day since his dad's passing. Mom is currently

working from home. She has noticed that he is more irritable and cries sometimes. When she asks him about his feelings, he touches the words for friend and dad on his iPad.

5. *How do you feel after hearing this part of this case?*
6. *What medical conditions are more common in individuals with autism?*
7. *After hearing some of the history and learning what conditions are more common in individuals with autism, what further questions do you want to ask the mom?*

The medical assistant comes back in and gives the patient a Band-Aid and then shows him how she will take vitals on his mom first. Chandan is able to do all of the vitals!

Vital signs: blood pressure 145/92 mm Hg, heart rate of 82beats/minute, O2 saturations 99%, respiratory rate 16, and temperature of 98.1°F. His BMI is 36 kg/m².

The provider then completes a physical exam and follows the medical assistant's lead by first showing what exam steps he will do on mom before doing them on Chandan. His exam is unremarkable except for some acanthosis nigricans on the back of his neck. Chandan is only able to cooperate with parts of the neurological exam, but it appears grossly normal.

8. *As the provider, are there any diagnoses you are considering in this case*
9. *Is there any lab work or further testing that you would want to do now?*
10. *What would you do next regarding his blood pressure?*

The provider orders a hemoglobin A1C and lipid testing as the mom is sure that has not been done before. The provider asks the nursing staff to provide some diet education for weight loss as well as basic information on diabetes and lower carbohydrate diet.

11. *The medical assistant and the nurse are looking for handouts to provide to Chandan and his mom. What types of handouts may be most helpful for Chandan? What would you consider in looking for handouts in this situation?*

The social work team goes in to meet the family and discovers that they have been struggling to make ends meet since dad passed away.

12. *If you were the social workers, what further questions could you ask? What resources would you consider to help this family?*

III. Evaluation, Attendance and Wrap-Up Approximate time 10 minutes

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