

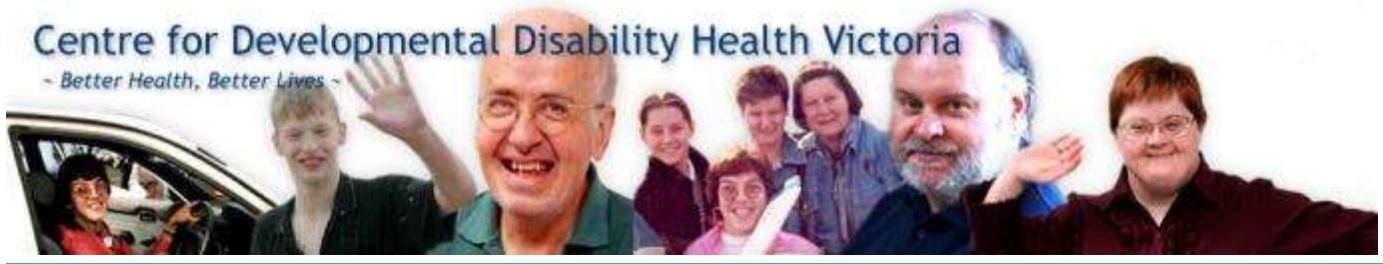


e-learning modules for GPs

“Medical assessment & management of people with intellectual disability presenting with behaviours of concern”



1



Centre for Developmental Disability Health Victoria

- **Mission:**
 - Improve health and wellbeing of adults with developmental disability
 - through supporting and resourcing mainstream health services to address their often complex and interrelated health and social needs.
- **Funding:** Victorian Department of Health and Human Services + competitive research and project grants.
- **Activities:** Educational, Research & Clinical services.
- **Statewide service** located within **MonashHealth** and affiliated with Monash University.



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People who have intellectual disability often have :

- More disorders of **physical and mental health** – and often these are **unrecognised** and therefore **untreated**.
- **More difficulty adjusting** to changes in their social, physical and sensory environment.
- **Complex communication challenges** in both **understanding** and **expressing** experiences and symptoms.

→ Any of these can cause or contribute to **‘behaviours of concern’**.



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Challenging behaviour → Family members/ support staff often turn to **GP**.

Most GPs have had **little training** in this area & don't **have the tools** for assessment
→ and so turn to their script 'pad'.

This is often not the best response:

- Doesn't address the underlying issue
- + Medication SEs (which the patient may not be able to report)

+.....***Risk of entering the Medication spiral***



Medication spiral



Impact on quality of life.

↑
Medication – often non-specific sedation - keeps going up – rarely comes down

↑ ↑ ↑
Medication increased.

↑
Another behaviour at another time

↑
Medication increased.

↑
Behavioural issue occurs again – days/months/years later
(could relate to same or different underlying issue)

↑
Medication prescribed
(too often antipsychotic - used chemical restraint).

↑
Behavioural issue

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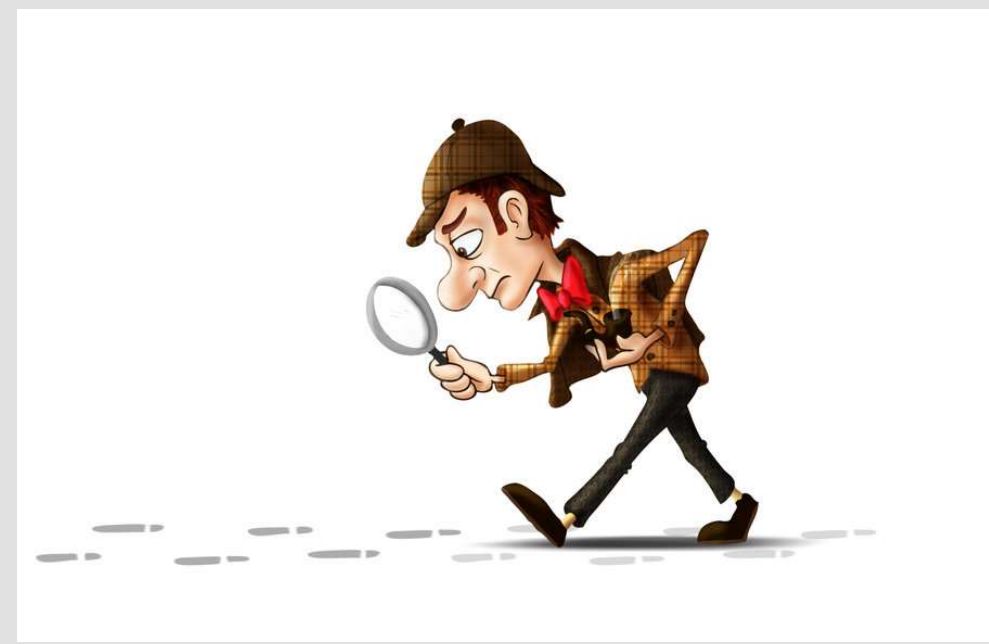
Effective treatment depends on accurate diagnosis

Behaviour is a symptom – like pain.

It is communicating a change in the person's physical or mental function or experience.

The question to be answered is:

“What does it mean?”





Background

Long history of inappropriate prescribing of psychoactive medication for people with intellectual disability.

→ Victorian Senior Practitioner commissioned review
→ 2010 report: '**Disability, mental health and medication**'

→ → Recommended **Professional Education in Chemical Restraint** for Support workers, Psychiatrists and GPs.

1. Victorian Dual Disability Service → Modules for DSWs
2. Royal Australian & New Zealand College of Psychiatrists
→ modules for Psychiatrists
3. CDDHV → **Modules for GPs.**

human services

Senior Practitioner
Disability, mental health and medication:
Implications for practice and policy

October 2010

Report by Dr Stuart Thomas, Kaisha Corkery-Lavender, Dr Michael Daffern,
Dr Danny Sullivan and Dr Phyllis Lau

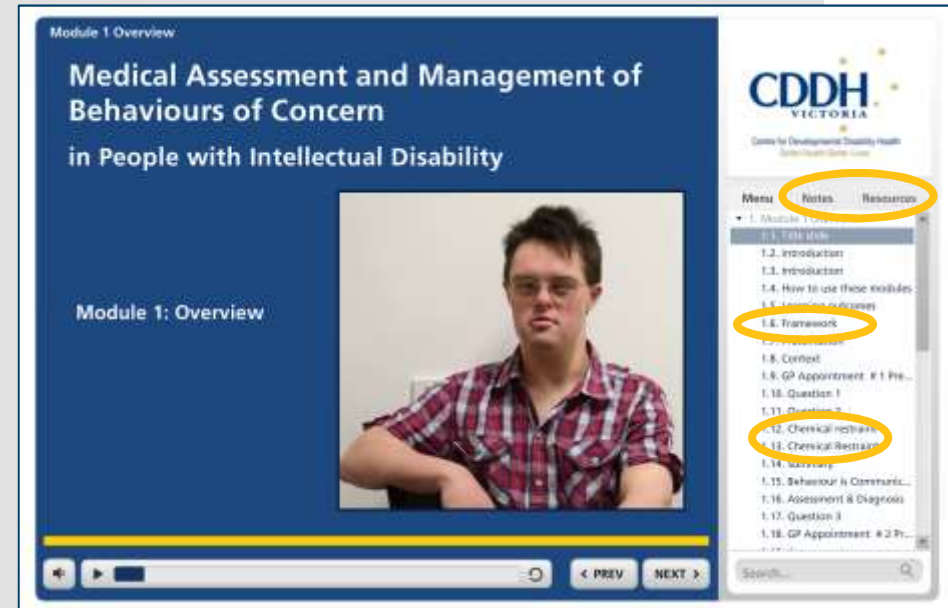
Supporting people to achieve
dignity without restraints

A Victorian Government Initiative
Victoria



CDDHV e-learning modules designed to provide GPs with.

- **A framework, information and resources** to guide and support their approach to assessment and management of their patients presenting with behaviours of concern.
- **Information** about the **principles and legislation** around **chemical restraint** in relation to people with intellectual disability.



Modules

RACGP CPD Accredited Cat 1 & 2.
Case based – engagement, clinical relevance
Multimodal learning: Video, audio, visual
Active learning – questions, quizzes, activities.
Information, resources, templates

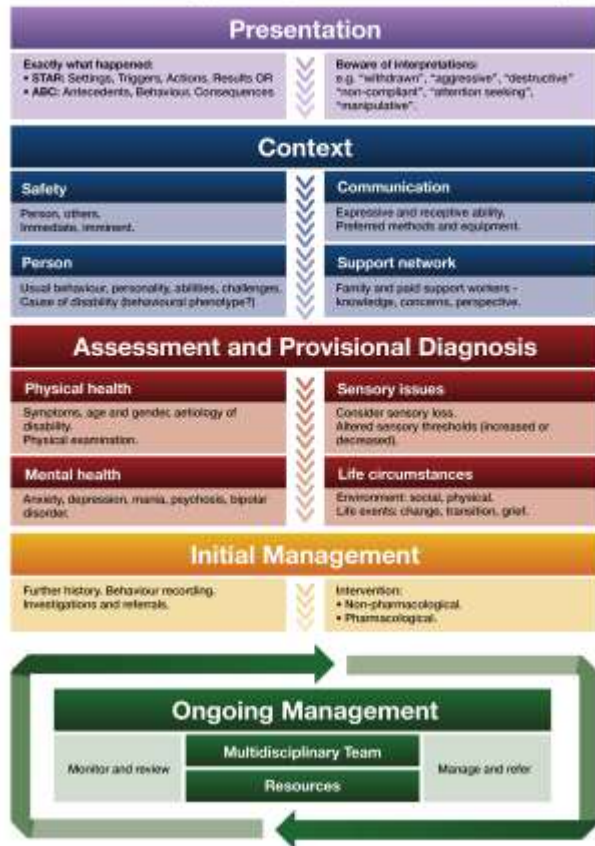
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Assessment and Management Framework
Behaviour Change in People with Intellectual Disability



Assessment & Management Framework:

- Learning through people presenting to GP (patient based)
- Follows the familiar pattern of GP assessment of any patient
- Highlights specific issues for GPs to consider at each stage.
- Questions, Quizzes, Hot Tips and graphics to enhance engagement and active learning.



Module 1 Overview

Assessment

Hot Tip

There are four domains that need to be considered when assessing the reasons for changes in Denny's behaviour: disorders of physical or mental health; sensory issues and changes in life circumstances.

Explore each of the domains by clicking on each button below, before moving on.

Physical Health

Sensory Issues

Mental Health

Life circumstances

Navigation: < PREV, NEXT >

Module 1 Overview

Chemical Restraint

Hot Tip

1. Choosing medication
2. Principles of Use
3. Monitoring and Reviewing

Navigation: < PREV, NEXT >

Menu: Home Resources

- 1. Module 1 Overview
- 1.1. Hot tip
- 1.2. Introduction
- 1.3. Introduction
- 1.4. Prevalence and risk factors
- 1.5. Learning objectives
- 1.6. Framework
- 1.7. Assessment
- 1.8. Content
- 1.9. Off responsibilities & 1.10.
- 1.10. Question 1
- 1.11. Question 2
- 1.12. Chemical restraint
- 1.13. Chemical restraint
- 1.14. Summary
- 1.15. Behaviour is Communic...
- 1.16. Assessment & Diagnos...
- 1.17. Question 3
- 1.18. QP Appointment #2 O...

Module 1 Overview

Ongoing Management

Navigation: < PREV, NEXT >

Module 1 Overview

Question 8

What non-pharmacological interventions could you suggest for Denny?

Type your text here

Navigation: < PREV, NEXT >

Menu: Home Resources

- 1.22. Life Circumstances
- 1.23. Sensory Issues
- 1.24. Question 4
- 1.25. Assessment
- 1.26. Question 5
- 1.27. Initial management
- 1.28. Question 4 What Interv...
- 1.29. Investigations
- 1.30. Question 7
- 1.31. QP Appointment #3 O...
- 1.32. Initial Management
- 1.33. Question 6
- 1.34. Summary of QP Appoi...
- 1.35. Ongoing management
- 1.36. QP Appointment #4 O...
- 1.37. Question 10
- 1.38. Summary Management...
- 1.39. Question 11
- 1.40. Introduction



Module 1:

Introduces the concept of behaviour change as a symptom.

The Assessment and Management Framework is introduced and used to work through the assessment of Denny, a young man presenting with a change in behaviour.



The screenshot shows a video player interface. The main content area displays a blue slide with the title "Medical Assessment and Management of Behaviours of Concern in People with Intellectual Disability" and "Module 1: Overview". Below the slide is a video of a young man with glasses and a red plaid shirt. To the right is a navigation menu with a search bar. The menu items are: 1. Module 1 Overview, 1.1. Title slide, 1.2. Introduction, 1.3. Introduction, 1.4. How to use these modules, 1.5. Learning outcomes, 1.6. Framework, 1.7. Presentation, 1.8. Context, 1.9. GP Appointment # 1 Pre..., 1.10. Question 1, 1.11. Question 2, 1.12. Chemical restraint, 1.13. Chemical Restraint, 1.14. Summary, 1.15. Behaviour is Communic..., 1.16. Assessment & Diagnosis, 1.17. Question 3, 1.18. GP Appointment # 2 Pr...

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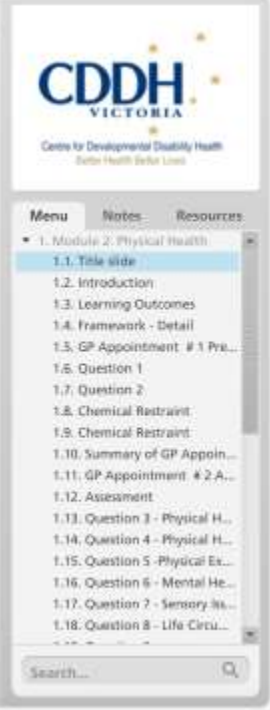


Module 2 Physical Health

Medical Assessment and Management of Behaviours of Concern in People with Intellectual Disability



Module 2: Physical Health



Menu	Notes	Resources
1. Module 2: Physical Health		
1.1. Title slide		
1.2. Introduction		
1.3. Learning Outcomes		
1.4. Framework - Detail		
1.5. GP Appointment # 1 Pre...		
1.6. Question 1		
1.7. Question 2		
1.8. Chemical Restraint		
1.9. Chemical Restraint		
1.10. Summary of GP Appoin...		
1.11. GP Appointment # 2 A...		
1.12. Assessment		
1.13. Question 3 - Physical H...		
1.14. Question 4 - Physical H...		
1.15. Question 5 - Physical Ex...		
1.16. Question 6 - Mental He...		
1.17. Question 7 - Sensory It...		
1.18. Question 8 - Life Circu...		

Module 2:

Highlights physical illness presenting as a change in Bronwyn's behaviour, and guides the GP through the assessment process to identify the underlying cause.



Module 3 Mental Health

Medical Assessment and Management of Behaviours of Concern in People with Intellectual Disability

Module 3: Mental Health

CDDH VICTORIA
Centre for Developmental Disability Health
- Better Health, Better Lives -

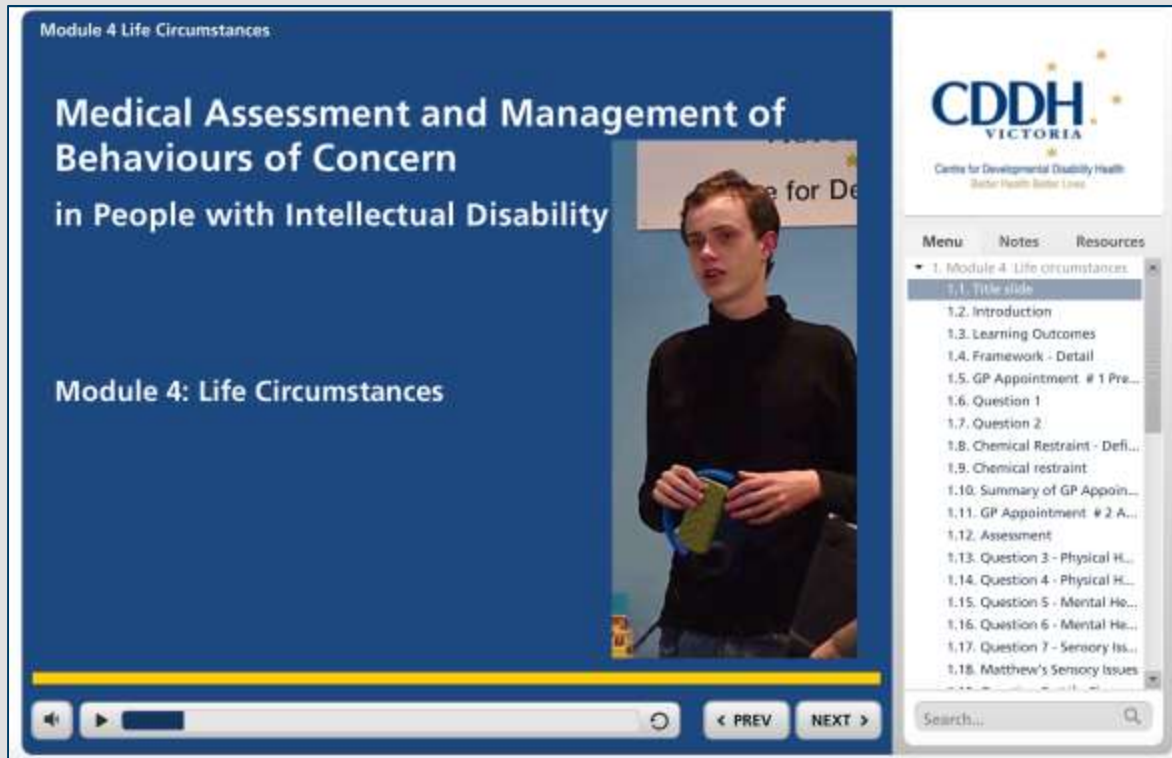
Menu Notes Resources

- 1. Module 3: Mental health
 - 1.1. Title slide
 - 1.2. Introduction
 - 1.3. Learning Outcomes
 - 1.4. Framework - Detail
 - 1.5. GP Appointment # 1 Pre...
 - 1.6. Question 1
 - 1.7. Question 2
 - 1.8. Chemical Restraint
 - 1.9. Chemical Restraint
 - 1.10. Summary of GP Appoin...
 - 1.11. GP Appointment # 2 A...
 - 1.12. Assessment
 - 1.13. Question 3 - Physical H...
 - 1.14. Question 4 - Physical H...
 - 1.15. Behavioural equivalents
 - 1.16. Question 5 - Mental He...
 - 1.17. Question 6 - Mental He...
 - 1.18. Question 7 - Sensory Is...

Search...

Module 3:

Highlights mental illness presenting in Lance as a change in behaviour, and guides the GP through the assessment process required of the doctor to identify and address the cause.



Module 4 Life Circumstances

Medical Assessment and Management of Behaviours of Concern in People with Intellectual Disability

Module 4: Life Circumstances

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Better Health Better Lives

Menu Notes Resources

- 1. Module 4 - Life circumstances
 - 1.1. Title slide
 - 1.2. Introduction
 - 1.3. Learning Outcomes
 - 1.4. Framework - Detail
 - 1.5. GP Appointment # 1 Pre...
 - 1.6. Question 1
 - 1.7. Question 2
 - 1.8. Chemical Restraint - Defi...
 - 1.9. Chemical restraint
 - 1.10. Summary of GP Appoin...
 - 1.11. GP Appointment # 2 A...
 - 1.12. Assessment
 - 1.13. Question 3 - Physical H...
 - 1.14. Question 4 - Physical H...
 - 1.15. Question 5 - Mental He...
 - 1.16. Question 6 - Mental He...
 - 1.17. Question 7 - Sensory Iss...
 - 1.18. Matthew's Sensory Issues

Search...

Module 4:

Introduces Matthew and highlights the sensory sensitivity he experiences as a young man with autism. The module explores how changes in his life circumstances and social and sensory environment impact on his behaviour.



Learning outcomes: After completing the modules GP will be able to:

1. **Competently assess** a patient presenting with changes in behaviour.
2. **Implement appropriate management** to address disorders of physical and mental health
3. **Work with the network** of family, paid carers and services supporting people with intellectual disability to optimise health outcomes.
4. Explain the **principles of prescribing** for people with intellectual disability including the implications of prescribing chemical restraint.
5. Locate sources of **further information** and professional support.

Effective management depends on accurate diagnosis.

“It’s just behavioural” is NEVER a diagnosis!



Acknowledgements: Truly a team effort

This project would not have been possible without the participation of **Huw McCredie**, **Sara van der Monde**, **Darren Wallbridge** and **James Prentice**, actors playing the role of Denny, Bronwyn, Lance and Matthew respectively. We would like to thank them for their contribution and their families for supporting their involvement.

Working group: Dr Jane Tracy, Dr Beata Leuner, Dr Anna Ingram, Assoc Prof Rachael McDonald, Assoc Prof Bob Davis, Dr Sandra MacGibbon, Dr Donna Henderson, Dr Jean Graham. Ms Katie Hall

Steering group: Ms Mandy Donley (OPP, DHHS), Mr Brent Hayward (OPP, DHHS), Ms Fay Richards (consumer), Ms Erin Kealley (RACGP), Dr Lyn Clearihan (GP and Medical Educator), Ms Elizabeth Mikiewicz (Behaviour Support Services, South Division, DHHS), Mr Shanker Pragharatne (Disability and Complex Care, South Division, DHHS).

Multimedia team: Monash University Faculty of Medicine and Health Sciences.

'Articulate' advice & support: Ms Johannah Tozer, Victorian Paediatric Rehabilitation Service.





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WELCOME TO THE CDDHV ONLINE LEARNING PAGE!

Here you can find links to a range of online learning modules developed by CDDHV staff.

All modules are freely available to anyone interested in improving the health and wellbeing of people with developmental disabilities.

You will need to create your own user account to log in to the site. There is no cost associated with setting up your account.

Centre for Developmental Disability Health Victoria

Home | Log In

Welcome to...

The Centre for Developmental Disability Health Victoria is a division of CDDHV at Monash Health. Our mission is to improve the health and wellbeing of people with developmental disabilities through research, education, and clinical services. We are committed to providing high-quality, evidence-based care and support to our patients and staff.

Our vision is to:

- Leadership and excellence in the field of developmental disability health
- Research evidence based knowledge generation in clinical, health and health promotion with developmental disability (CDDHV) researchers
- Education
- Clinical and research excellence in the field of developmental disability health
- Clinical support and care for people with developmental disability
- Clinical and research excellence in the field of developmental disability health

OUR SERVICES

Please note that the CDDHV has further led changed to DDDH MTH

Working with our research partners, we have developed a range of online learning modules to support our staff and patients. These modules are available on the CDDHV Online Learning Page.

Phone: 03 9594 1000 or 03 9594 1001 | Email: info@cddhv.monash.edu.au

www.cddh.monash.org

For more information:

<http://cddh-online.monash.org>



Resources:

- Centre for Developmental Disability Health Victoria
<http://cddh-online.monash.org/login/index.php>
- Royal Australian & New Zealand College of Psychiatrists.
www.ranzcp.org/Publications/E-learning.aspx
- Victorian Dual Disability Services
www.co28yo.magix.net/DualDisabilityWebModule/