



ISAC Recommendations 5 and 6 March 16, 2021

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Recommendation 5



Promote Health, Wellness, and Safety

Promote physical and mental health, wellness, and personal safety for every individual and his or her family. Promoting physical and mental health means providing information about health and wellness, emotional support, and encouragement. Tools that help every individual adopt a healthy lifestyle — including good nutrition, healthy diets, physical activity, and strategies to reduce and manage stress and protect oneself from all types of abuse and exploitation — must be provided.

Health Risk Screening Tool HRST



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A web-based instrument developed to screen for health risks associated with:

Intellectual/Developmental Disabilities

Physical Disabilities

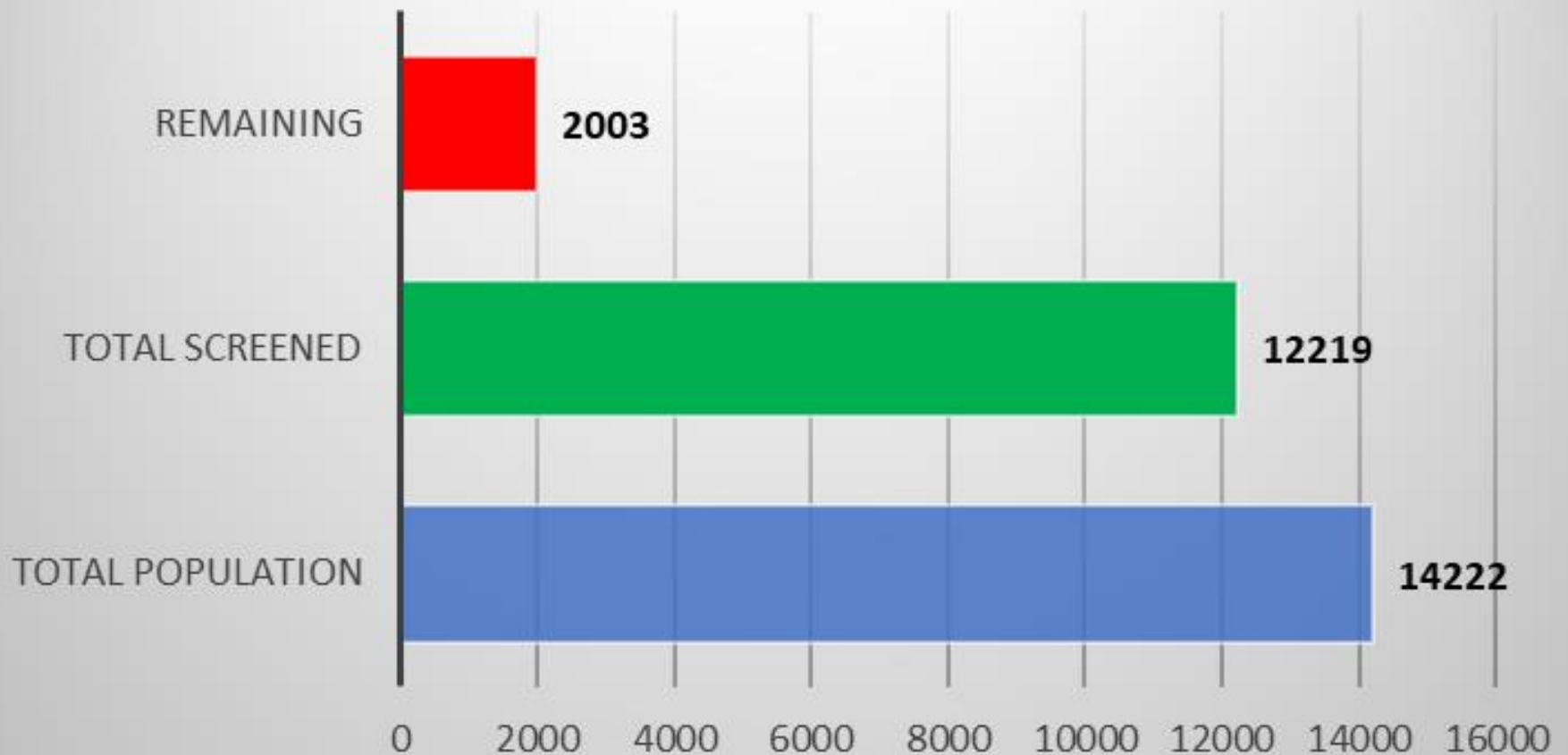
Disabilities Associated with Aging

Traumatic Brain Injury

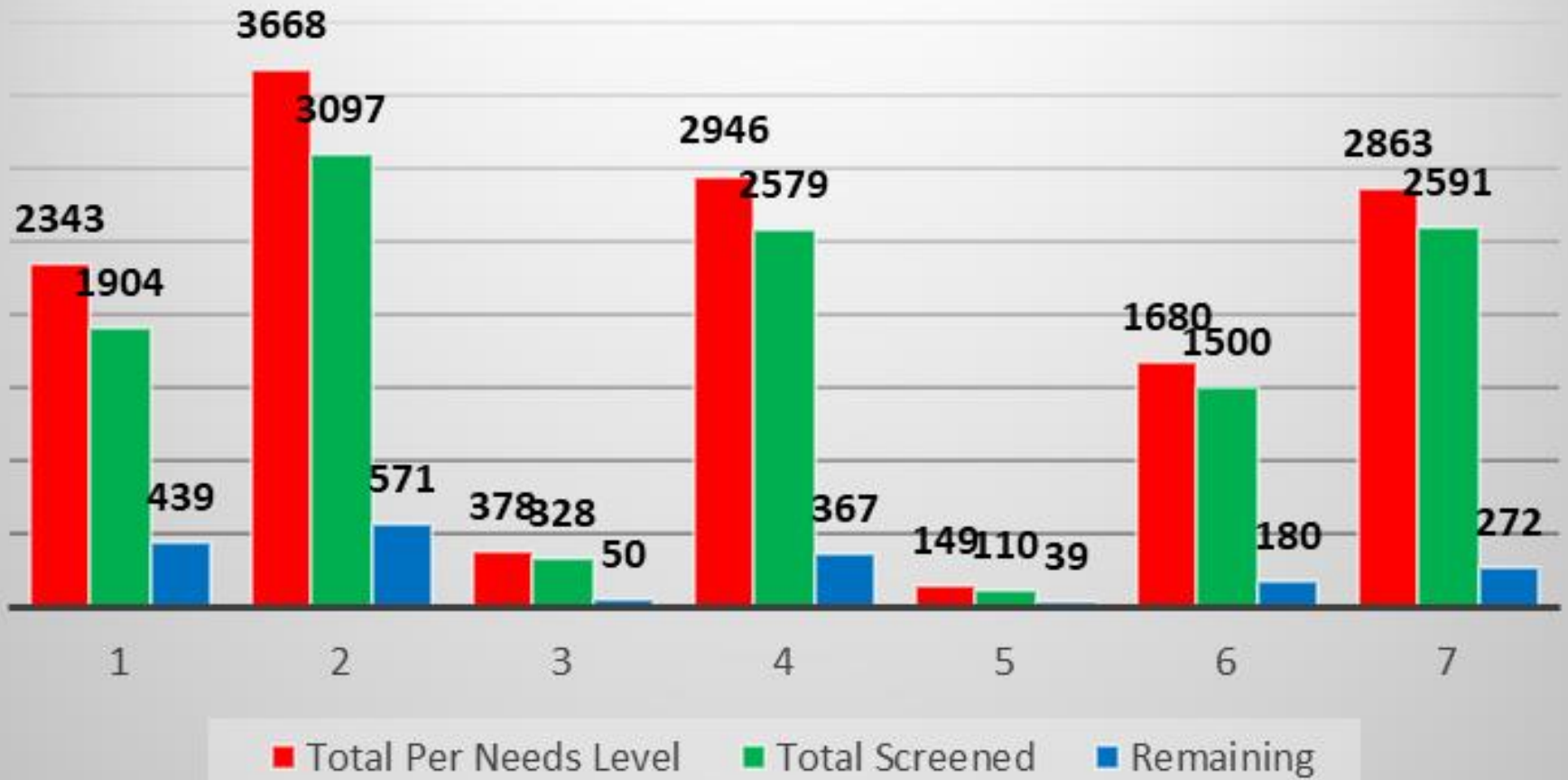
Any Vulnerable Population

The HRST is a simple 22 item scale designed to find out which individuals are at most risk of illness and health destabilization.

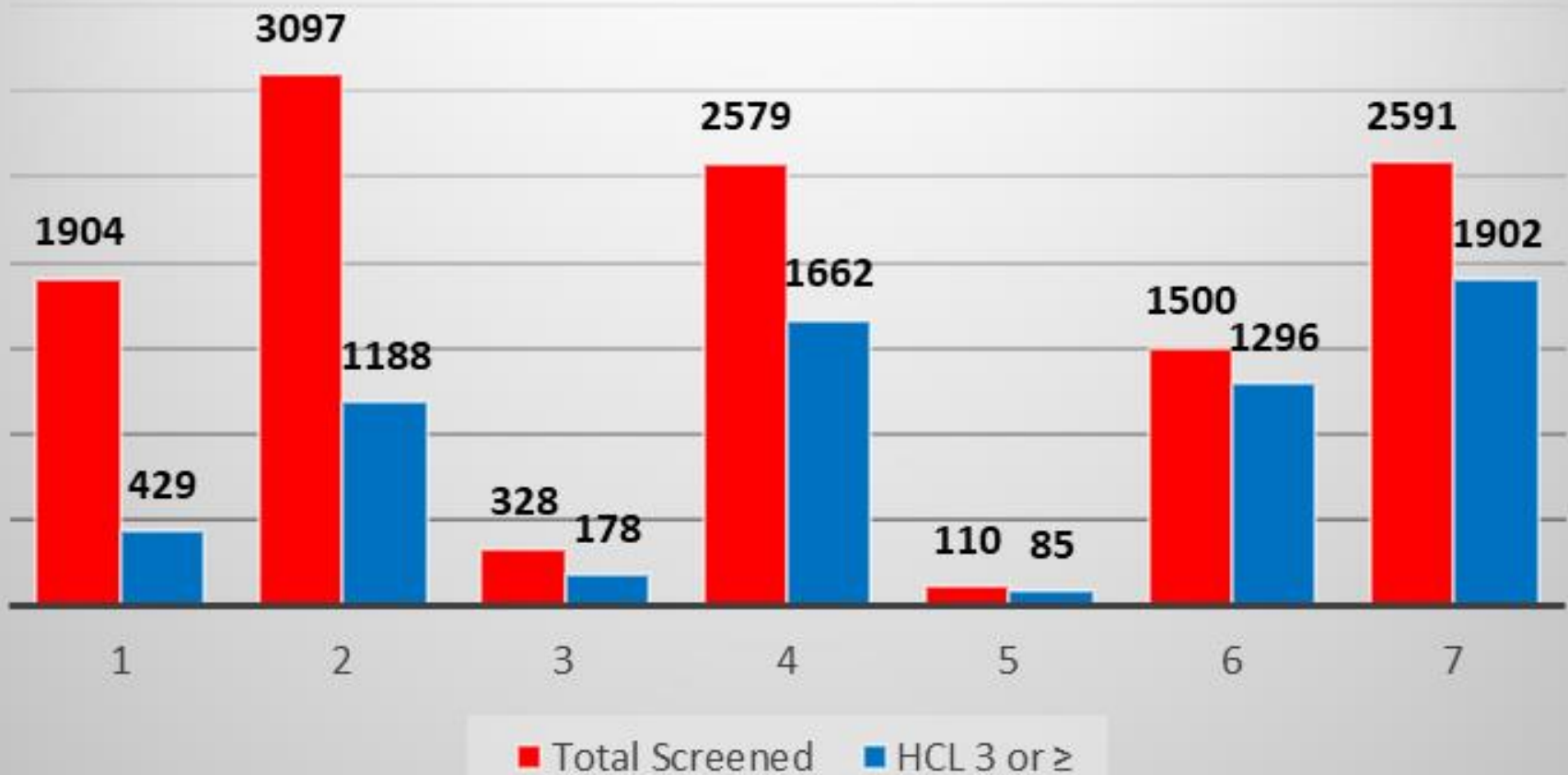
Total Screenings Progress



Screenings per Needs Levels



HCL's ≥ 3 Per Needs Level



Find resources for



- [Calling 911](#)
- [COVID-19 Community Planning Tool: Family and Caregiver Guides](#)
- [COVID-19 Community Planning Tool: Self-Advocate Guides](#)
- [COVID-19 Vaccination Scams](#)
- [COVID-19 Vaccine Information](#)
- [COVID-19 Vaccine Social Stories](#)
- [Dating During a Pandemic](#)
- [Educating the Emergency Department](#)
- [Human Trafficking Social Stories](#)
- [Human Trafficking: What you need to know](#)
- [Reasons Individuals Seek Emergency Care](#)
- [Understanding Autism Spectrum Disorder: For Emergency Personnel](#)
- [Video: Advocating for Healthcare Needs](#)
- [Video: All About Your Child](#)
- [Video: Anxiety-What you need to know](#)

Preventable Illness and Death



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- Aspiration
 - Constipation
 - Dehydration
 - Seizure
 - **Infection**
-
- Spanish Translation is available
<https://www.pchc.org/individuos-y-familias.html>

HCQU Outreach to Promote Health and Wellness



- Completed 155 Provider Engagement Calls during pandemic with the SERO, AEs and providers to assist in COVID related issues by providing technical assistance, support, training and resources – **Southeast HCQU**
- Developed and presented a regional COVID Community Safety Training via Zoom. It includes Vaccine Informational hand-outs, Active News newsletters for individuals and Behavioral Health resource hand-outs for caregivers and individuals – **Southeast HCQU**
- Identify individuals in Franklin/Fulton and Dauphin Counties who have a positive COVID result or an ER/Hospitalization with one of the Fatal 5 conditions so that the HCQU staff can outreach and provide education/technical assistance as needed. Lancaster County is also providing us with information for those testing positive with COVID so that we can outreach - **South Central HCQU**
- Hanging with the HCQU: A 1-hour, weekly activity where HCQU staff will lead a fun activity for individuals, staff, or families. Taking virtual tours through zoos/animal sanctuaries, cooking, meditation, and a session on drumming - **South Central HCQU**

HCQU Outreach to Promote Health and Wellness



- Developed a process to record educational videos for a specific self-advocate and make them available online for review by the person and any supporters they designate for access – **Northwest HCQU**
- Weekly webinars – a one-hour live webinar, offered twice each Thursday to support participants to recognize signs and symptoms of various medical and psychiatric conditions, enhance personal well-being, promote physical and emotional safety, and improve skills to support self-advocates. Recorded and available on demand – **Northwest HCQU**
- Quality improvement project with Geisinger Commonwealth School Of Medicine focused on the “Fatal Five” within “Preparation of an effective physician visit through Telemedicine” - **Northeast HCQU**
- Using HRST data analysis, plan to look at the training needs related to risk mitigation, risk reduction specifically on nutrition/choking risks, skin integrity risks, polypharmacy psychotropic risk, and healthy weight management/BMI risks **Northeast HCQU**

HCQU Outreach to Promote Health and Wellness



- Weekly Covid-19 vaccine webinar for self-advocates in January and February to review vaccine types and side effects, how to prepare for the vaccine, what to expect afterward. Webinar was live to give the opportunity to ask questions - **West HCQU**
- Next Chapter Book Club and Virtual Series on Healthy Sexuality with Temple University – **West HCQU**
- New rehearsal guides: Cataract Surgery Recovery, Getting a Shot with COVID-19 addendum, Coronavirus Test, Transitioning Into the Community After a Pandemic, Reducing the Spread of Infection, Wearing a Mask – **Southwest HCQU**
- Pandemic Activity Books for self advocates: Let's Keep It Clean, Let's Eat Healthy, Let's Be Safe in the Kitchen, Let's Think and Create, Let's Move, Celebrate Me – **Southwest HCQU**

HCQU Outreach to Promote Health and Wellness



- Collaboration with Suncom to target individuals in private homes with proper information COVID-19 and vaccines. Info/specific handouts was land mailed to all homes by Suncom as not all have internet access. Telephone call in option to join the meeting or computer use on 3/4/21 @ 1:00. – Central HCQU
- Working with Weis Markets dietitians to offer a monthly Nutrition Webinar Series beginning in March – Central HCQU
- Attend weekly/bi-weekly meetings with all AEs/supports coordination units/providers regarding COVID. Provided over 30 COVID-related trainings to over 300 individuals just during the month of February. Also provided Technical Assistance related to COVID, such as assisting in locating PPE, reviewing provider policies/procedures related to COVID and working with teams when an individual has been hospitalized –Eastern HCQU
- In eighth year of the iPad Lending Library, lending iPads to individuals equipped with various communication applications. Zoom application was added to each iPad, assisting in combating the social isolation, increasing community/family/day program participation, connecting with friends, families, physicians and day programs - Eastern HCQU

Skin Integrity Initiatives

- Emphasized the importance of appropriate treatment and prevention through the Governor's 11/19/2020 Pressure Injury Prevention Day proclamation
- Updated the Health Alert on pressure injuries
- Developed guidance on documenting pressure injuries in EIM incidents and
- Skin Integrity outreach protocol for the Health Care Quality Units (HCQUs)



Modified Medication Administration Training Course



- Regulatory requirement for life sharers and service locations that are not licensed by the Department
- Alternative for 6400 settings during the pandemic
- 9,300 have received certificates

Welcome to the Modified Medication Administration Training Course

A video player interface showing a video titled "Welcome to the Modified Medication Administration Training Course". The video is currently at 0:03 / 2:35. The video content features a blue and white background with a chemical structure pattern. The text "Welcome to the Modified Medication Administration Training Course" is centered on the screen. The Pennsylvania Department of Human Services logo is visible in the bottom right corner of the video frame. The video player includes a progress bar, a play button, and a volume icon. At the bottom of the player, there are options for "Reuse" and "Embed", and a small "H-P" icon in the bottom right corner.

0:03 / 2:35

Welcome to the Modified Medication Administration Training Course

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Reuse Embed H-P

Recommendation 6

- **Support People with Complex Needs**
- People with disabilities who have both physical and behavioral health needs receive the medical treatment and supports needed throughout their lifespans. People are more able to live an everyday life when individuals, families, and providers plan and prepare to provide and modify supports as needs and challenges change. Opportunities for a full community life are dependent on adequate supports and the commitment to build capacity within the larger human service delivery system.

Capacity Building Institute



- High level interactive educational experience focusing on supporting individuals with complex needs in the community.
- Discuss the state-of-the-art approaches for best and promising practices from multiple perspectives with respect to the support of people with I/DD and ASD who have significant behavioral health challenges
- Cycle 5 will be an internet-based experience

Support People with Complex Needs



- Dual Diagnosis Conference
 - June 2 and 3, 2021
 - Collaboration between ODP and OMHSAS

- Dual Diagnosis Modules
 - 2020 Course
 - Professional Development - 321
 - Residential – 143
 - Total course certificates issued
 - Professional Development – 775
 - Residential - 468

Support People with Complex Needs



- Functional Behavior Assessment

- 6/26/20
- 709 individuals have passed and received certificates.



- Best Practice Standards in Behavioral Support

- 02/2021