

SUGGESTED HEALTHCARE GUIDELINES FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

I. Annual Physical Examination: The following to be included in a complete physical examination (with systems review of heart, lungs, etc.):

- Assessment of nutritional status
- Vision screening (*include fundoscopy and snellen*)
- Blood pressure monitoring
- TB test annually or at physician's discretion.

II. Family History

- Include history for diabetes, hypertension, breast cancer, ovarian cancer, etc.

III. Routine Laboratory tests

- Routine full chemistry panel (*if on multiple medications*)
- CBC (*blood count*)
- Lipid profile
- Blood glucose
- TSH and Free T4 (*for Down syndrome or other concerns*)
- Chlamydia and gonorrhea screening in sexually active women (*and as indicated in men*)
- HIV screening in all adults
- Hepatitis C screening in all adults born between 1945 and 1965, and others at high-risk for infection
- Syphilis in those at risk

IV. Cardiovascular

- EKG at discretion of physician (*consider if on psychotropic medications*)
- Abdominal aortic aneurysm screening by ultrasound in men ages 65-75 who have ever smoked

V. Audiological Testing/Screening

- Tri-annually or as needed

VI. Weight monitoring

- Monthly weights (*for those living in group homes*)
- Follow BMI chart

VII. Medication Follow-up

a. Anti-convulsant/Seizure Medications

- see neurologist at least once per year
- get blood levels to test CBC and liver function (*frequency as prescribed by physician*)

b. Psychotropic Medications

- see your psychiatrist routinely, at least once a year
- get blood levels (*as prescribed by physician*)
- review psychotropic medications by planning team annually to determine the continued need for these medication(s)

VIII. Bone Density

- Bone density starting at age 40 in both women and men if living in an institution, starting at age 45 in both women and men if community-dwelling

IX. Immunizations:

- Flu vaccine (*annually*)
- Hepatitis B series
- Hepatitis A series
- Pneumococcus vaccine (*for those with chronic conditions and those >65 years*)
- Td/Tdap (*every 10 years, or every 5 years if sustained a puncture/wound, adults<65yo who never received Tdap,*)
- Zoster vaccine

X. Dental Examination

- Cleaning and examination every 6 months
- If procedure warrants general anesthesia then annual examinations and cleaning recommended
- Dental Hygiene counseling

XI. Preventive health counseling and screening:

- Smoking
- Underweight
- Overweight
- Alcohol Abuse
- Drug Abuse
- Domestic Violence
- Sexuality Training
- Depression Screening

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SAN GABRIEL/POMONA REGIONAL CENTER



USC UNIVERSITY CENTER
FOR EXCELLENCE IN
DEVELOPMENTAL DISABILITIES



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XII. Special Conditions: for diagnosis of special conditions such as congestive heart failure (CHF), diabetes, etc., consumer must be seen by a specialist in this area at least on an annual basis.

XIII. Cancer Screening

a) Colorectal Cancer

-Screening beginning at age 50 in women and men; screen using guaiac fecal occult blood test (gFOBT) annually or colonoscopy every 10 years, or at discretion of physician

b) Breast cancer

- Biennial screening with mammogram for women ages 50-74
- Initiate screening earlier (age 40) in women at high risk or at discretion of physician

b) Cervical cancer

- Screen all females, regardless of sexual activity, beginning at age 21; screen women ages 21-65 every 3 years with pap smear with cytology, or women >30 every 5 years with pap smear with cytology and human papilloma virus (HPV) testing
- Screen women >65 who do not have a documented history of previous adequate screening

If you have any questions regarding the information contained in this pamphlet, please call your Service Coordinator at (909) 620-7722 or (800) 822-7504