

ISAC

Recommendations

5 and 6

June 2024

Gregory Cherpes MD, NADD-CC
Medical Director
Department of Human Services
Office of Developmental Programs

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.

Skin Integrity Initiative

Cycle 4

Claims 7/1/2022-7/31/2023

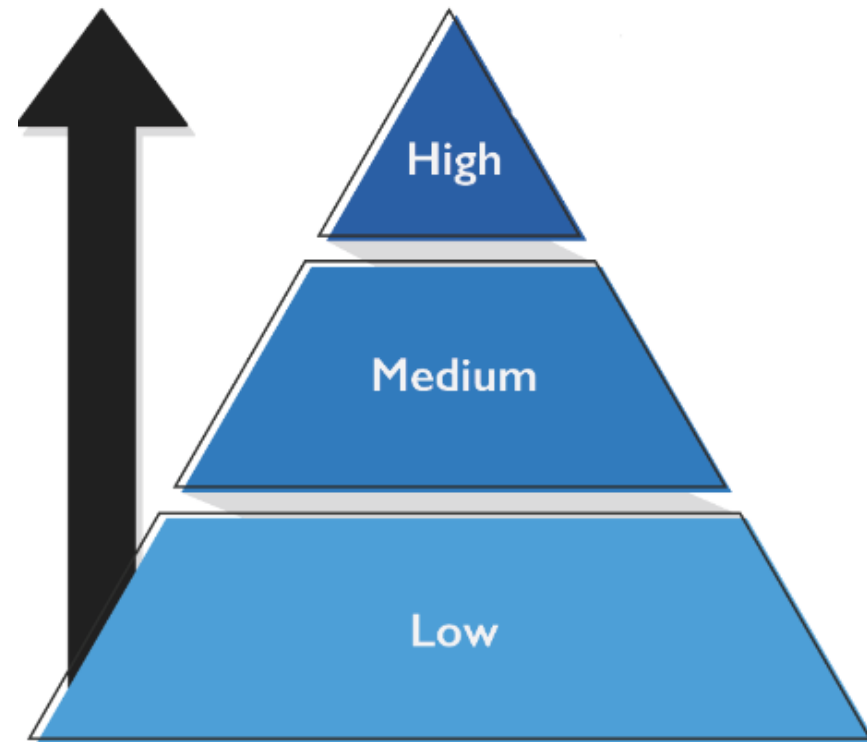
Where are we now?

- Data has been pulled for the new cycle (7/1/2022-7/31/2023)
- Data is showing an unexpected increase in the number of new individuals to the initiative (188% total volume increase)
- Due to the increase, there is a need to change the methodology that we use to conduct outreach.

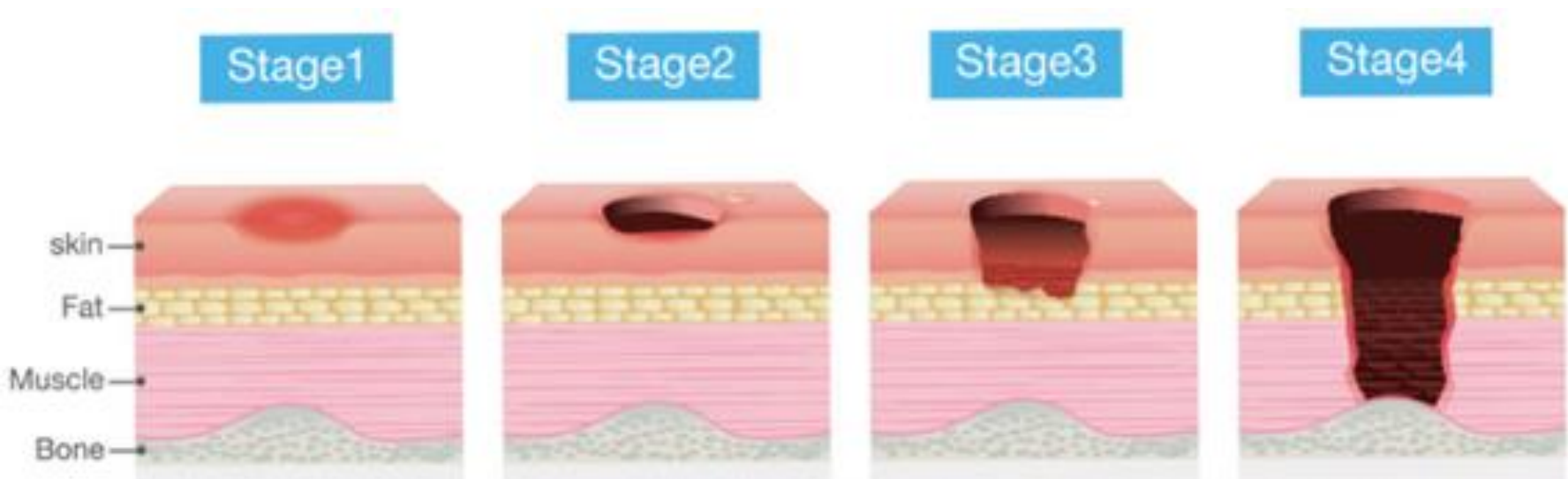
Risk Stratification

Risk stratification was used to categorize individuals into different risk levels based on their likelihood of experiencing adverse outcomes related to pressure ulcers.

The purpose of our risk stratification was to prioritize resources during the outreach process by focusing more attention on those more in need.



Stages of a Pressure Injury



Risk Scores

Risk scores for this project ranged from 1-32

Metrics weighted into risk score:

- Injury stages
- Age group
- Ambulation
- Repeated Emergency Room visits
- Hospital Admissions/Readmissions

Tier 1

HIGH RISK

- Risk score = 20+
- HCQU and SC join in person monitoring visit to provide education and TA
 - SC continues to add skin care needs to monitoring
 - Typical QuestionPro survey

Tier 2

MEDIUM RISK

- Risk score = 10-19
- HCQU contact via phone and send information packet
 - SC adds skin care needs to monitoring
 - Typical QuestionPro survey

Tier 3

LOWEST RISK

- Risk score = 9 or less
- HCQU sends informational packet
- SC adds skin care needs to monitoring
 - Reduced QuestionPro survey

CYCLE 4 VOLUME	TIER 1 Highest risk	TIER 2 Medium risk	TIER 3 Lowest risk	TOTAL
Advocacy Alliance (Eastern)	2	21	47	70
Advocacy Alliance (Northeast)	2	7	20	29
Advocacy Alliance (South Central)	4	19	35	58
APS Healthcare	6	43	54	103
Geisinger	4	13	40	57
Milestones (Northwestern)	2	7	30	39
Milestones (Western)	2	14	25	41
Philadelphia Coordinated Health Care	11	62	97	170
TOTAL	33	186	348	567

Health Disparities



- Health disparities have been recognized for individuals with ID/A even before the recent NIH designation of individuals with disabilities as a population with health disparities.
- The COVID-19 pandemic which showed increased rates of infection, hospitalization, and death for individuals with ID/A further reinforced the need for promoting activity and thereby improving long term health outcomes for these individuals.
 - 15.8% of people with a disability have had diabetes compared to 7.2% of those without a disability
 - 6.6% of people with a disability have had a stroke compared to 1.5% of those without a disability
 - 13.2% of people with a disability have had COPD compared with 3.1% of those without a disability
 - 9.0% of people with a disability have had cancer, compared with 5.3% of those without a disability
 - 42.0% of those with a disability have had depression, compared to 11.6% of those without a disability

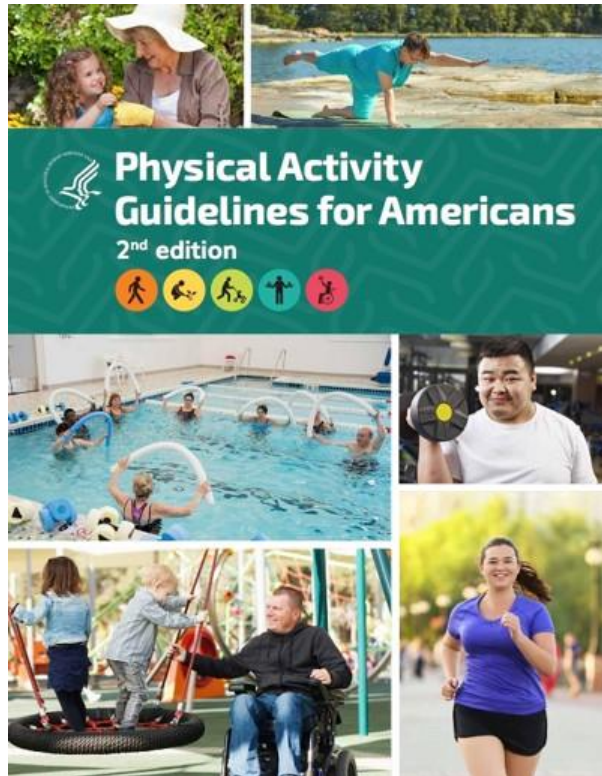
Move Your Way



Walk. Run. Dance. Play.

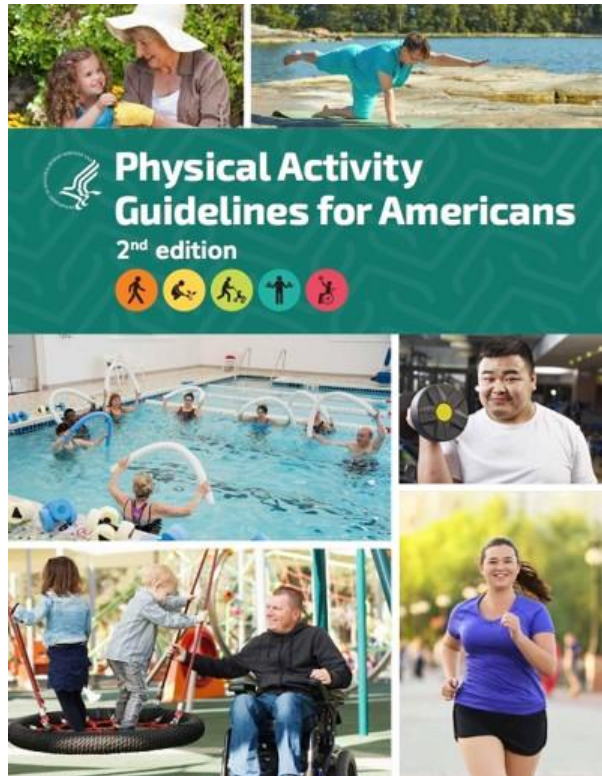
What's your move?

Physical Activity Guidelines for Americans



- The guidelines were developed by the U.S. Department of Health and Human Services, through a scientifically rigorous process, and is written for an audience of health professionals, policymakers, and educators.
- They provide evidence-based recommendations about the amount and types of physical activity Americans need to be healthy.
- Includes recommendations for people ages 3 and older, including people at increased risk of chronic disease, people with disabilities, and women who are pregnant or postpartum.

What is physical activity?



- Physical activity is any body movement that works your muscles and requires more energy than resting.
- Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity.
- Types of physical activities include aerobic, muscle-strengthening, bone-strengthening, balance, and flexibility activities.
- Exercise is physical activity that is planned and structured, such as lifting weights, taking an aerobics class, or playing on a sports team.

Key guidelines for safe physical activity



- To do physical activity safely and reduce risk of injuries and other adverse events, people should:
 - Understand the risks yet be confident that physical activity can be safe for almost everyone.
 - Choose types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
 - Increase physical activity gradually over time to meet key guidelines or health goals. Inactive people should “start low and go slow” by starting with lower-intensity activities and gradually increasing how often and how long activities are done.
 - Protect themselves by using appropriate gear and sports equipment, choosing safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
 - Be under the care of a health care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms can consult a health care professional or physical activity specialist about the types and amounts of activity appropriate for them.

MOVE YOUR WAY
Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

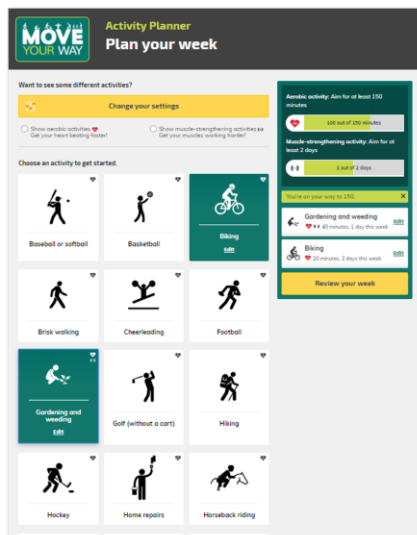
- It translates the physical activity guidelines into information that is easy to use and understand.
- It was designed to be applicable regardless of age, ability, health status, or fitness level.
- It aims to help people understand how much physical activity they need to be healthy and how to fit it into their daily lives.
- Ultimately the goals of the campaign are to raise awareness and knowledge of the recommendations in the guidelines, but also to build self-efficacy related to physical activity and overcoming common barriers.

Move Your Way Campaign



- The campaign communicates about physical activity in ways that research suggests helps people feel more confident and interested in getting active, rather than portraying physical activity as very vigorous or in specific settings.
- The Move Your Way Campaign emphasizes that physical activity can be fun, it can be personalized, and it can fit into our everyday lives.

Move Your Way Campaign



Interactive tools



Posters and factsheets



Series of videos

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.

Pediatric CBI



- Capacity building initiative for children and adolescents with multi-system involvement
- Co-Directors: Jonathan McVey and Paul DiLorenzo
- Emily Burger, ODP Lead
- An in-depth and interactive educational experience for participants.
- 18 sessions: two days per month for 9 months
- January 2024 through September 2024
- Focus will be on children, youth, and young adults (0 to 21) who have complex needs and their families.

PCBI Goals



- Participants will...
 - Strengthen their clinical knowledge and understanding of these youth and their families.
 - Utilize the knowledge gained, to strengthen, improve, or create programs and approaches to more effectively support these youth and their families.
 - Increase their understanding of best practices and approaches to complex needs planning. Have an improved understanding of each other's systems, available processes, policies, setting/service types, rules, and funding.
 - Through enhanced networking, build a statewide cohort which better supports these youth and their families.

PCBI Curriculum



- Child Development
- Trauma / Vicarious Trauma
- Cross System Knowledge
- Multisystem Planning
- Prevention / Early Intervention / Psychiatric Diagnosis
- Communication
- Therapies / Services, Programming / Evaluation / Assessment
- Understanding the Child and Family – Biopsychosocial Approach
- Relational Health and Permanency

PCBI Attendees



- Family with Lived Experience
- Behavioral Health Managed Care Organizations
- Education Representatives
- Provider Representatives
- Hospital Representative
- County Mental Health Administrators
- County Developmental Disabilities Administrators
- County Children and Youth Administrators
- CASSP/System of Care Representatives
- PA Department of Human Services Office Representatives