

## **MCS Selective**

### **Treating Patients with Intellectual and Developmental Disabilities**

#### **Web Catalog Description:**

The Selective will explore ethical practice with individuals with disabilities with a detailed focus on how to communicate with and treat patients effectively. Physicians with decades of experience with this patient population and practitioners across disciplines will serve as guest lecturers providing a case-based learning approach to best practice with patients with disabilities.

#### **Description of the Course:**

Intellectual disability is characterized by significant “limitations” in both intellectual functioning and in adaptive behavior, while *developmental disabilities* is a broader category of disability that can be intellectual, physical, or both. People with intellectual and developmental disabilities (IDD) comprise 1% to 3% of the United States population, however they have a greater number and variety of healthcare needs than do people in the general population. There is a large body of evidence to suggest that people with IDD experience limited access to quality healthcare and health promotion programs and have a high level of undiagnosed and unmanaged health problems leading to serious illnesses that could have been detected and mitigated in earlier stages. These health disparities lead to individuals with IDD being more likely to live with complex health conditions. Many of these health issues (e.g., diabetes, asthma, obesity, lung disorders, heart disease) are the underlying medical conditions rendering people with IDD more susceptible to severe illnesses. Yet, the National Institutes of Health only designated people with disabilities as a population with health disparities in 2023. A key barrier to comprehensive health care for people with IDD is physicians’ lack of experience in caring for this population. Without appropriate training and awareness, healthcare providers hold incorrect assumptions and stereotypes about people with IDD, which can impact medical treatment and result in inadequate and inappropriate care. This selective introduces students to the compassionate, ethical and humanistic practice of medicine for patients with IDD while beginning to shape their developing professional identities. The selective aims to teach students to become doctors who respect their patients with IDD by treating them as autonomous beings who are the experts on their lived narratives and can contribute to their own health care. Course activities are designed to help students demonstrate an awareness of how emotions, attitudes and behaviors affect patient care for individuals with IDD.

#### **Instructor**

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### **Educational Objectives:**

At the conclusion of this selective, you will have the ability to:

- 1) Communicate effectively with patients with IDD.
- 2) Discuss the issues involved with the dynamics in the patient with IDD-physician relationship.
- 3) Understand the barriers to healthcare impacting individuals with IDD.
- 4) Critically reflect on your own perspectives in working with this population and how it can be nurtured as part of your professional growth and well-being.
- 5) Improve patient interactions with individuals with IDD.

### **Syllabus:**

**Week 1:** What is the difference between illness and disability? What barriers do patients with IDD encounter in healthcare systems? How can we communicate effectively with patients with IDD? This class will be held by Zoom not in person due to a scheduling conflict.

**Week 2:** To better serve patients who are non-speaking or unreliable speakers, a colleague who teaches non-speakers will share with you how to learn to best communicate with patients who are non-speaking. We will be joined by a non-speaker who will communicate what he wants physicians-in-training to know when treating individuals who are nonspeaking.

**Week 3: If interested,** students will observe colleagues at Long Island Select Healthcare 159 Carleton Avenue Central Islip, NY 11722 in their interactions with patients with disabilities. Debrief and learn through case examinations. **An additional presenter can be planned if students prefer.**

**Week 4:-** Dr. James Powell, Chief Executive Officer for DocGo and the former Chief Executive Officer of Long Island Select Healthcare, will discuss practice with patients with IDD using case-based learning.

### **Class Evaluation:**

Attendance at all sessions is required. Grading is Pass/Fail. To pass this selective, students will be required to:

1. Review assigned readings and videos for each session. Prepare questions for our non-speaker.
2. Actively participate in all the sessions including off-site for patient observations.
3. Recognize this Selective as a safe space, which allows all participants to respectfully explore and express their views of patients with IDD.
4. Complete a 3-4 page reflection on your future practice with individuals with IDD. Discuss insight gained over the Selective, remaining challenges for practice and next steps for enhanced training that you hope to acquire given the specialty you intend to pursue.

**Class Capacity:**

Minimum 6, Maximum 10

**Supplemental Reading and Website List to be shared as a handout.**