

# Care Of: Common Health Conditions

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# Epilepsy.



# Chronic Conditions: Epilepsy.

- Seizures are a burst of uncontrolled electrical activity in the brain.
- Having a seizure condition (Epilepsy) is relatively common in people who have developmental disabilities.
- Seizures in someone who does not have Epilepsy is a medical emergency.
- There are many different types of seizures and so they can affect people in different ways.
- Seizures are rarely life-threatening, but if uncontrolled, can have a very negative effect on health and wellbeing.

# Chronic Conditions: Epilepsy.

- Care depends on the types of seizures the person has.
- You need to know the person, their diagnosis, and how to care for them when they have a seizure.

**Documenting and reporting changes to know seizure presentation is vital!**



# Chronic Conditions: Epilepsy.

Everyone's seizure presentation or the observable symptoms and signs shown during a seizure, will differ in nature.

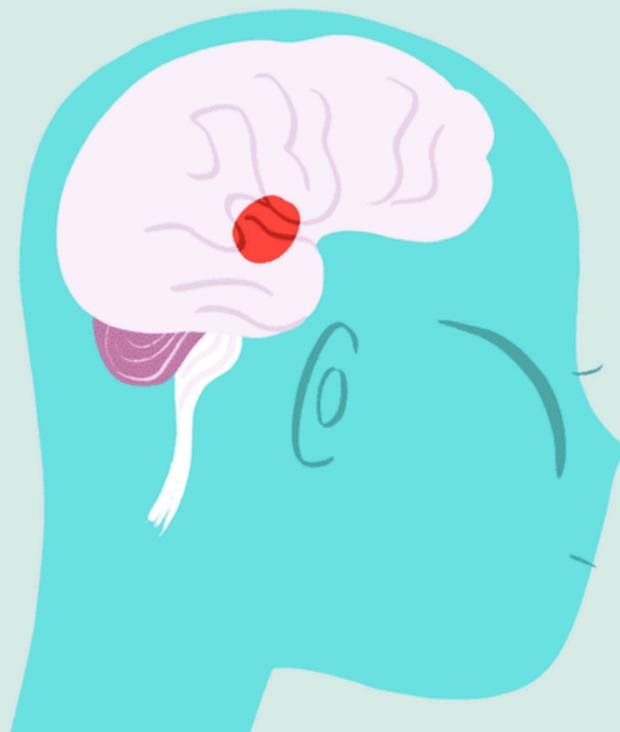
The specifics of their seizure presentation may even change over the course of their lives!

- This could mean that when a person is first diagnosed, their seizures symptoms may be where their whole body shakes. However, as the person gets older, those symptoms might change to something else such as hand tremors or eyes staring into space.

# Chronic Conditions: Epilepsy.

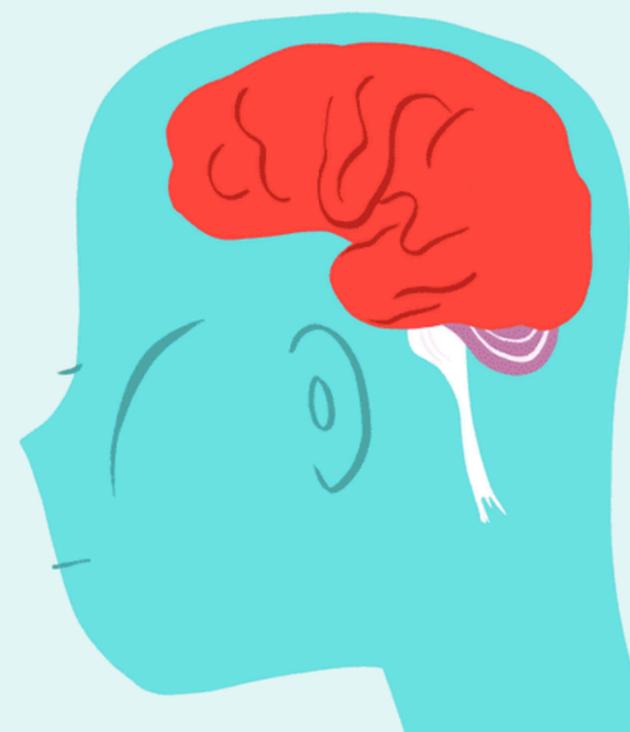
## Types of Epileptic Seizures

### Focal Seizures



- Focal aware seizures
- Focal impaired awareness seizures

### Generalized Seizures



- Absence seizures
- Tonic seizures
- Atonic seizures
- Myoclonic seizures
- Clonic seizures
- Tonic-clonic seizures

# Chronic Conditions: Epilepsy.

**There are many causes for seizures, and yet for many, it can not be determined.**

- Everyone is different, and anyone can experience a seizure if they reach their threshold for seizure activity.
- It is important to remember that not everyone who has had a seizure has a diagnosis of epilepsy.

# Chronic Conditions: Epilepsy.

## Care:

- Individuals who take seizure medications must receive that medication on time and as ordered.
- If something is known to cause seizures (a trigger), it should be avoided.
  - Examples: flashing lights or an elevated temperature.
- Seizures are treated by neurologists.



# Chronic Conditions: Epilepsy.

**Seizures are usually controlled effectively by medication.**

**How to provide care for someone who has had or is having a seizure:**

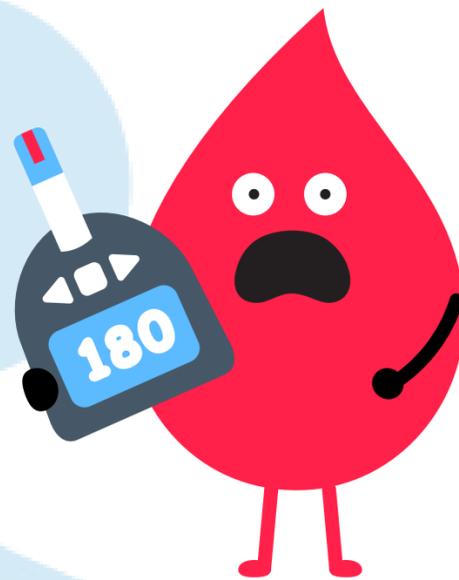
- Stay calm
- Help the person to sit or lay down if they start to fall
- Move harmful objects away
- Time the seizure
- Follow the seizure plan of care

# Chronic Conditions: Epilepsy.

When the seizure is over, help the person understand what happened and what they missed.

- Document the seizure activity based on your observations and include who you notified and if any medication was given to the person.
- You must follow the person's seizure protocol then notify members of the person's team as defined by their protocol.
- Always notify your home's nurse if someone in your care experiences a seizure and follow the plan of care.

# Diabetes



# Chronic Conditions: Diabetes

Diabetes is a chronic condition where the body either doesn't produce enough insulin or can't effectively use the insulin it produces, leading to high blood sugar levels.

Diabetes often goes undiagnosed because the symptoms seem so harmless.

## **Symptoms can include:**

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

# Chronic Conditions: Diabetes

**There are three types of diabetes, including:**

- Type 1
- Type 2
- Gestational

**Common Treatments for Type 1, Type 2, Gestational:**

- Blood Glucose Monitoring
  - Finger Pricking
  - Continuous blood glucose monitors
- Injections of insulin daily or an Insulin pump

# Chronic Conditions: Type 2 & Gestational Diabetes

- Type 2 diabetes is generally associated with older age, obesity, family history of diabetes, physical inactivity, and race or ethnicity.
- Gestational Diabetes occurs in pregnant women when excessive pregnancy-related hormone production occurs in the body.
  - It usually goes away after the pregnancy.

## **Treatments for Type 2 and Gestational Diabetes:**

- Physical Activity
- Carb- Balanced diet
- Oral Medication



# Chronic Conditions: Diabetes

**If not appropriately treated, life-threatening complications due to diabetes include:**

- Heart disease
- Stroke
- High blood pressure
- Blindness
- Kidney disease
- Slow healing of cuts or wounds
- Higher risk of infection for wounds.
- Nervous system diseases such as neuropathy (numbness)
- Amputations
- Dental disease
- Complications of pregnancy, and more.

# Chronic Conditions: Diabetes

**If an individual served is diagnosed with diabetes, that person typically has a plan of care in place.**

- Always support the person in their Plan of Care
- Always assist the person with properly disposing of needles and other sharps.
- Use a SHARPS container for safe disposal.



# **High Blood Pressure**

# Chronic Conditions: High Blood Pressure

High blood pressure is a health condition, also known as hypertension, caused when the force of blood flow against the artery is too strong.

High blood pressure often has no signs or symptoms, and the only way to find out if you have it is with a typical blood pressure cuff.

**You measure it with two numbers:**

**Systolic & Diastolic**



# Chronic Conditions: High Blood Pressure

**Hypertension is known as a silent killer, but may also include symptoms like:**

- Frequent headaches,
- Changes in vision,
- Dizziness/lightheadedness,
- Shortness of breath,
- Chest pain, etc.



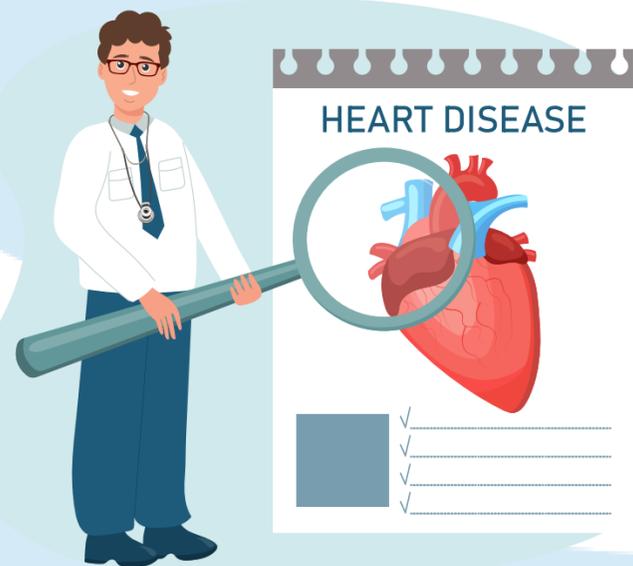
If not treated, this can damage the arteries making the heart have to work harder to pump blood throughout the body.

# Chronic Conditions: High Blood Pressure

- A person can prevent and control high blood pressure by leading a healthy lifestyle.
- There are many different medications available for treatment of hypertension.



# Coronary Disease



# Chronic Conditions: Coronary Disease

**Coronary artery disease (CAD), also known as coronary heart disease, is a condition where the arteries that supply blood to the heart muscle become narrowed or blocked, often due to a buildup of plaque.**

- This can lead to chest pain, angina, a heart attack or stroke.

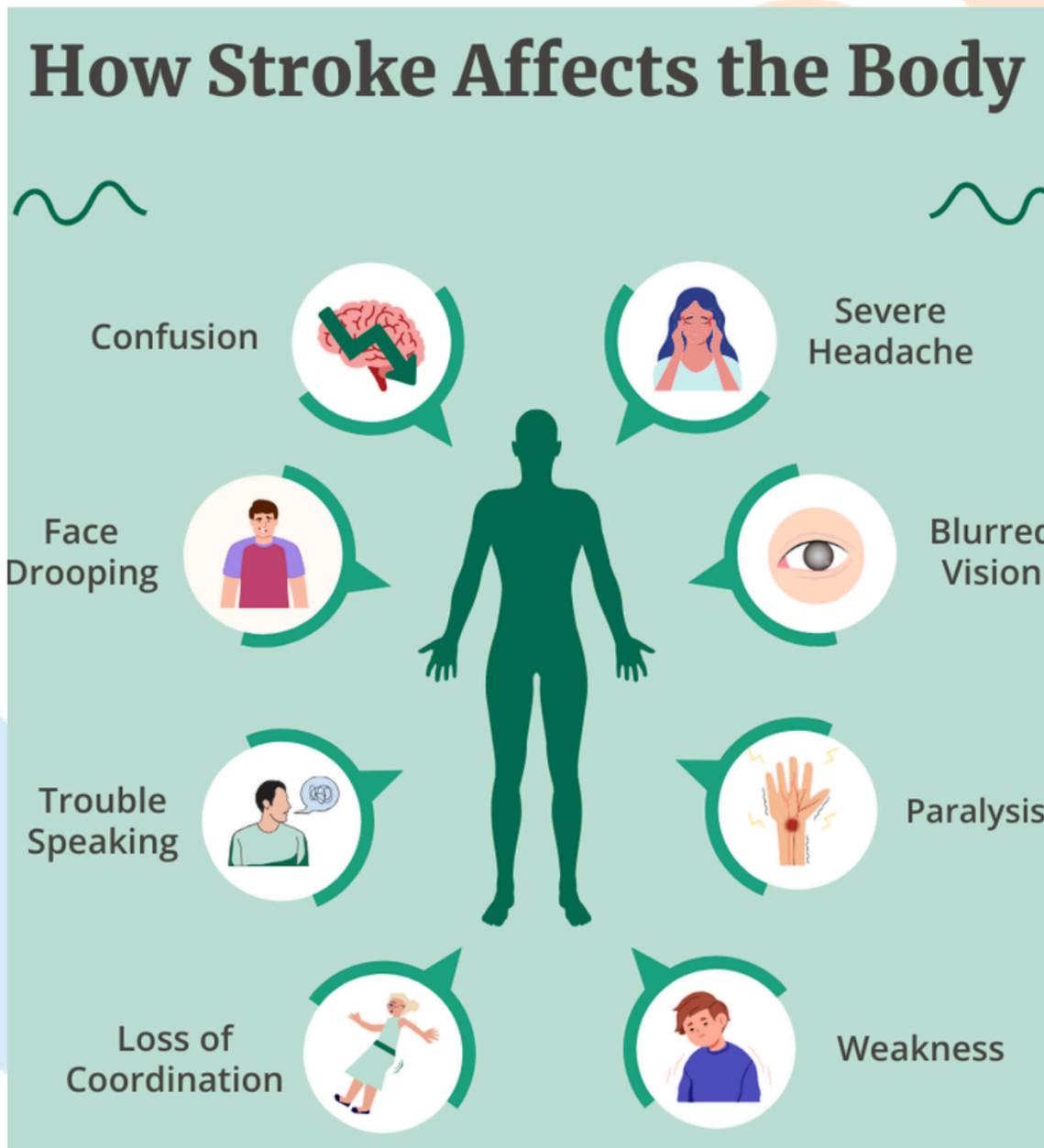
# Chronic Conditions: Coronary Disease: Stroke

A stroke is a medical emergency that occurs when blood flow to the brain is suddenly interrupted, leading to brain tissue damage.

## **Some signs and symptoms may include:**

- Sudden numbness or weakness, especially on one side of the body,
- Sudden trouble speaking or understanding,
- Sudden trouble seeing in one or both eyes, and sudden trouble walking or loss of balance.
- A sudden severe headache with no known cause can also be a symptom.

# Chronic Conditions: Coronary Disease: Stroke



# Chronic Conditions: Coronary Disease: Stroke

How can you determine if someone is having a stroke?

## **Use the FAST acronym:**

**F = Face** - is one side of the person's face drooping

**A = Arm** - is one arm weaker than the other - can the person raise both arms at the same time?

**S = Speech** - is the person slurring their words or are difficult to understand? Are they having trouble finding their words when you ask them questions?

**T = Time** - Note the time that you noticed the symptoms and call 9-1-1.

# Chronic Conditions: Coronary Disease: Heart Attack

**A heart attack, occurs when blood flow to the heart is blocked, depriving the heart muscle of oxygen.**

- Some people describe symptoms of pain that radiate in the neck or jaw, shoulders, arms, and lower extremities.
- Others describe symptoms of indigestion and are most common in women.
- However, for many people, they do not feel any symptoms or are not aware that their symptoms are related to coronary disease.

# Chronic Conditions: Coronary Disease

## **People at risk for coronary disease are:**

> People with diabetes > High blood pressure > High cholesterol > Family history of heart disease.

## **Other risk factors include:**

> A sedentary lifestyle > Smoking > Older age > High-fat diets > Obesity

# Chronic Conditions: Coronary Disease

Treatment varies depending on the severity of the disease and the location of any blockages.

## **Types of medications used to treat:**

- Beta-blockers
- Nitrates
- Calcium channel blockers
- Statins
- Surgical treatments are:
  - Balloon angioplasty
  - Coronary bypass

**Never give a medication to anyone unless trained to do so.**

# Cancer



# Chronic Conditions: Cancer

**Cancer is a group of diseases characterized by cells in the body that grow out of control. It can be severe or potentially life-threatening.**

- It has many causes and can affect many body systems. Some forms are mostly curable if caught early.
- These cells can destroy the tissues surrounding them and can spread to other parts of the body.
- Cancer can grow anywhere in the body, and anyone can get cancer.

# Chronic Conditions: Cancer

## **General symptoms may include;**

- Unexpected weight loss, fever, fatigue, and pain

## **Other symptoms may include:**

- A change in bowel or bladder function
- Sores that do not heal
- Unusual bleeding or discharge
- Indigestion or difficulty swallowing
- Recent change in a wart or mole
- Nagging cough or hoarseness



# Chronic Conditions: Cancer

**Treatment for cancer is most effective when cancer is detected early.**

- Any part of the body can be affected by cancer.
- Anyone can get cancer.
- The type of cancer and the stage of disease will determine the recommended treatment.

## **Some treatments may include:**

- Surgery to remove the cancer cells
- Chemotherapy
- Radiation

A stylized human figure composed of a light blue circle for the torso and a light orange circle for the head. The figure is positioned centrally, with a large light blue arc curving around its left side and a large light orange arc curving around its right side. The word "Arthritis" is written in a bold, black, sans-serif font across the center of the figure, underlined with a thick black horizontal bar.

# Arthritis

# Chronic Conditions: Arthritis

**Arthritis is the inflammation of joints, muscles, and tendons and can cause pain, stiffness, and swelling.**

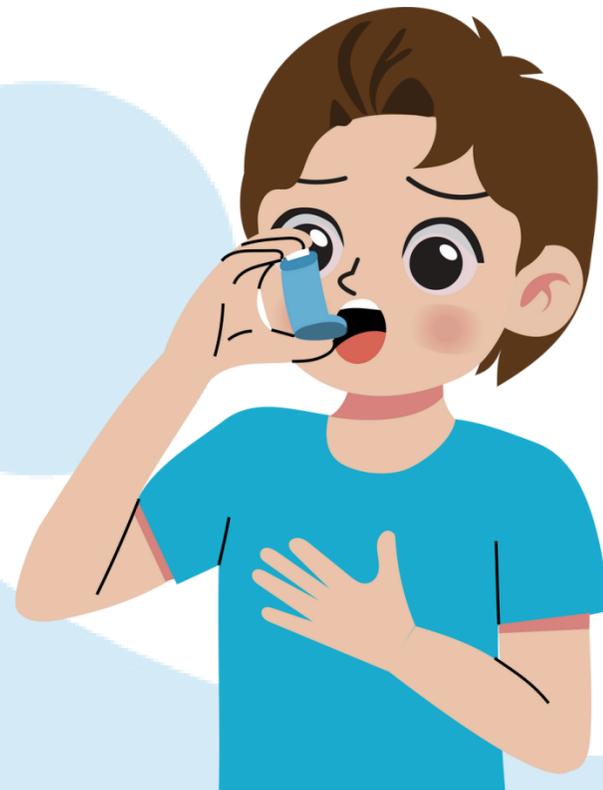


# Chronic Conditions: Arthritis

## **The most common arthritis treatments include:**

- Over-the-counter (OTC) anti-inflammatory medicine.
- Prescription anti-inflammatory medicine, including cortisone shots.
- Disease-modifying antirheumatic drugs
- Physical therapy or occupational therapy, range of motion.
- Surgery

# Asthma



# Chronic Conditions: Asthma

**Asthma is a chronic lung disease that affects a person's ability to breathe.**

- When a person has asthma attacks they may begin to take short quick breaths, having to work hard to do so.
- Avoiding known triggers, following a person's asthma plan of care and remembering to keep rescue meds on hand is crucial!

# Chronic Conditions: Asthma

**Asthma**



**Symptoms**

	Labored breathing		Frequent coughing
	Wheezing		Allergies
	Sleep problems		Common cold
	Chest pain		Feeling tired

# Chronic Conditions: Asthma

## Treatments for Asthma may include:

- Asthma Medications such as:
  - Inhaler
  - Pill
- Some people may need PRN medications such as:
  - Nebulizers
  - Oral medications
  - Inhalers

### ASTHMA TRIGGERS



POLLUTION



DUST



FOOD



PETS



SMOKING



EXERCISE

### ASTHMA TREATMENT



INHALER



MEDICATION

# Allergies



# Chronic Conditions: Allergies

**Allergies happen when your immune system overreacts to something that's usually not harmful – like pollen, pet dander and certain foods.**

- Allergies can range from mild to severe, and symptoms often vary widely (e.g., slight cold to stop breathing).
- Persons with intellectual and developmental disabilities, like many other people, have allergies.
- Allergies are a reaction of the body to a particular substance or odor.

# Chronic Conditions: Allergies

### Allergy Symptoms

 <p><b>Trouble breathing, wheezing or coughing</b></p>	 <p><b>Hives, rash or itching</b></p>	
 <p><b>Sneezing</b></p>	 <p><b>Runny nose</b></p>	 <p><b>Red or watery eyes</b></p>
 <p><b>Nausea, vomiting or diarrhea</b></p>	 <p><b>Swelling of your face, mouth, tongue or throat</b></p>	

# Chronic Conditions: Allergies

**A person can have allergies to all kinds of things, including;**

- Foods
- Medications
- Tree/plant pollen
- Bee stings
- Dust
- Scents/fragrances, or
- Pet dander

Often people aren't even aware that they are allergic to something until they have an allergic reaction.

You can try to avoid your allergens or take medications to treat allergy symptoms.

# Chronic Conditions: Allergies

## Mild or Moderate Allergic Reaction



Swelling of face, eyes

Tingling in the mouth  
Swelling of the lips



Hives or welts  
(anywhere on the body)



Stomach pain, vomiting  
(NOTE: These are signs of anaphylaxis for insect allergy)

## Severe Allergic Reaction (Anaphylaxis)

Persistent dizziness  
Collapse  
Pale and floppy (young children)



Swelling of tongue  
Difficulty talking or hoarse voice



Difficult or noisy breathing  
Wheeze or persistent cough



Swelling or tightness in throat





# Hepatitis

# Chronic Conditions: Hepatitis

**Hepatitis is a disease of the inflammation of the liver, commonly caused by viral infections.**

**The three most common types of hepatitis are:**

- > Hepatitis A (HAV)
- > Hepatitis B (HBV)
- > Hepatitis C (HCV)

# Chronic Conditions:

## Hepatitis A

### **Causes Can Include:**

> Contaminated food > Contaminated Water > Fecal matter

### **Hepatitis A:**

- It is not a bloodborne pathogen.
- It is spread when someone consumes, absorbs, digests or inhales the virus.
- This usually occurs through person-to-person contact or by eating or drinking contaminated food or drink.
- There is a vaccine for the prevention of HAV.
- Typically clears on its own in 1-2 months; rest and hydration can help.

# Chronic Conditions: Hepatitis B

- HBV is transmitted when blood, semen, or another body fluid from a person infected with the virus enters the body of someone who is uninfected.
- Many people infected with hepatitis B virus won't experience symptoms.
- If symptoms occur during acute infection, they often begin 90 days after exposure.

# Chronic Conditions: Hepatitis B

Although the symptoms of acute HBV infection and chronic HBV infection may be similar, most people with chronic infection do not have symptoms until much later in life, often decades after exposure.

## **Risk for getting HBV is:**

- Increased by sexual contact with an infected person
- Living with a person with HBV
- Coming in contact with blood through work or leisure
- People who use needles for injected illegal drugs

# Chronic Conditions: Hepatitis B

- There is also a vaccine for the prevention of HBV.
- People working in health care or direct support professions should consider this vaccine due to the risk of contact with bodily fluids of the people that you support.
- Sharing personal care items can lead to transmission (toothbrushes, razors, etc.); not through casual contact.

**Following Universal Precautions always, is key!**

# Chronic Conditions: Hepatitis C

**Hepatitis C is a viral infection that causes liver swelling.**

The hepatitis C virus (HCV) spreads through contact with blood that has the virus in it.

## **Hepatitis C**

- Some people do not have symptoms.
- Others have mild symptoms such as:
  - Feeling tired
  - Loss of appetite
  - Mild fever
  - Headaches, etc.

# Chronic Conditions: Hepatitis C

## **Risk Factors include:**

- Having sex with multiple partners.
- Having a partner who has various other partners.
- IV drug use anytime in life.
- Non-sterile tools that pierce the skin (piercing or tattoos)

**Sexually**  
**Transmitted**  
**Diseases**

# Chronic Conditions: Sexually Transmitted Diseases

There are more than 25 different types of sexually transmitted diseases. Each of these diseases is different, but all pass through sexual contact.

## **Here are some common sexually transmitted diseases:**

- Chlamydia
- Genital Warts
- Human Papilloma Virus (HPV)
- Gonorrhea
- Hepatitis B and Hepatitis C
- Herpes
- HIV/AIDS
- Pubic Lice ("crabs")
- Syphilis
- Trichomoniasis ("trich")

# Chronic Conditions: Sexually Transmitted Diseases

Some common signs may occur but keep in mind that they may appear directly after a person has been infected, or perhaps not until several weeks, months, or even years after initially being infected.

## **Respond immediately to these signs:**

- Blisters, sores, or bumps on or near the mouth or genitals.
- Flu-like symptoms of aches, chills, and fever
- Swelling in the groin area
- Burning (possibly pain) during urination or bowel movements.

# Chronic Conditions: Sexually Transmitted Diseases

*Men and women may also encounter different symptoms.*

**Women:** May experience unusual odor or discharge from the vagina, pelvic pain, burning or itching around the vagina, unusual bleeding, pain during intercourse, increased severity of menstrual cramps, or abnormal period.

**Men:** May experience discharge from the penis, pain in the testicles.

# Chronic Conditions: Sexually Transmitted Diseases

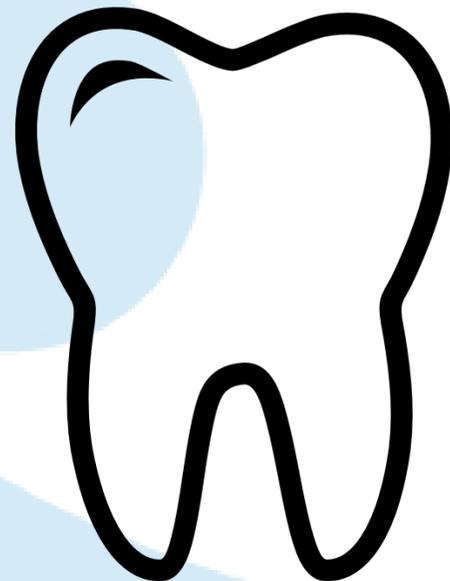
- Anyone who has sexual contact can be at risk.
- It is important to remember that MANY people do not even know that they have a sexually transmitted disease.
- Some STDs have no symptoms, so you are unable to know if you are infected and could unknowingly infect someone else!
- There are treatments and cures for some STDs, such as bacterial STDs.
- Viral STDs, are lifelong. The treatment of a particular STD will depend upon what disease a person has.

# Chronic Conditions: Sexually Transmitted Diseases

To minimize the risk of getting an STD;

- A person should not come in contact with sexual fluids or secretions.
- Latex condoms may reduce the risk and can prevent transmission when used correctly.
- Having no sexual contact at all is abstinence, and the only way to be 100% safe.

# Gingivitis



# Chronic Conditions: Gingivitis

**Gingivitis is a disease of inflammation of the gums that can result in a person losing their teeth.**

- The condition is caused by a bacteria that is in plaque, a substance that forms on your teeth.



# Chronic Conditions: Gingivitis

If a person does not take care of their teeth and gums through regular brushing and flossing, this plaque can build up on the teeth, and the bacteria infect the gums.

- Destruction of the teeth can occur when the gums are infected and swell.
- Hormone changes.
- Specific medications can contribute to gingivitis, and other health conditions within the body can contribute to a breakdown of the gum tissue.

# Chronic Conditions: Gingivitis

People who are dependent on others for oral care/hygiene are at much higher risk.

In order to prevent gingivitis, it is key to assist individuals with their oral care routines, and take individuals to regular dental appointments.

## PREVENTION

HERE ARE 3  
SIMPLE STEPS  
YOU CAN TAKE  
TO ENSURE GREAT  
ORAL HEALTH:



**1** BRUSH  
TWICE  
A DAY



**2** FLOSS  
DAILY



**3** REGULAR  
DENTAL  
CHECKUPS

& PROFESSIONAL CLEANINGS EVERY 6 MONTHS

TAKING GOOD CARE OF YOUR TEETH AND GUMS IS ALWAYS THE  
LEAST PAINFUL AND LEAST EXPENSIVE PATH TO GOOD HEALTH.

# Acute Conditions

- **Colds**
- **Flu**
- **Diarrhea**
- **Muscle Cramps**

# Colds



# Acute Conditions: Colds

**The common cold is caused by a virus that invades the body and can last a week or even two.**

- Most people typically get more than one cold per year.
- Colds are generally less severe than the flu.
- Colds come on gradually, and a person with a cold usually just doesn't feel well.

# Acute Conditions: Colds

## **Symptoms can include:**

- Cough
- Mild Headache
- Sore/scratchy throat
- Plugged Nose
- Feverish
- Chills
- Hoarseness

## **Treatments can include:**

- Over-the-counter medications can treat the symptoms of a cold.
  - Doctor's orders are required before administering, you can't just go to the store and pick something up.
  - Do not give without training from the nurse that oversees the person's care.
- Rest and hydration.



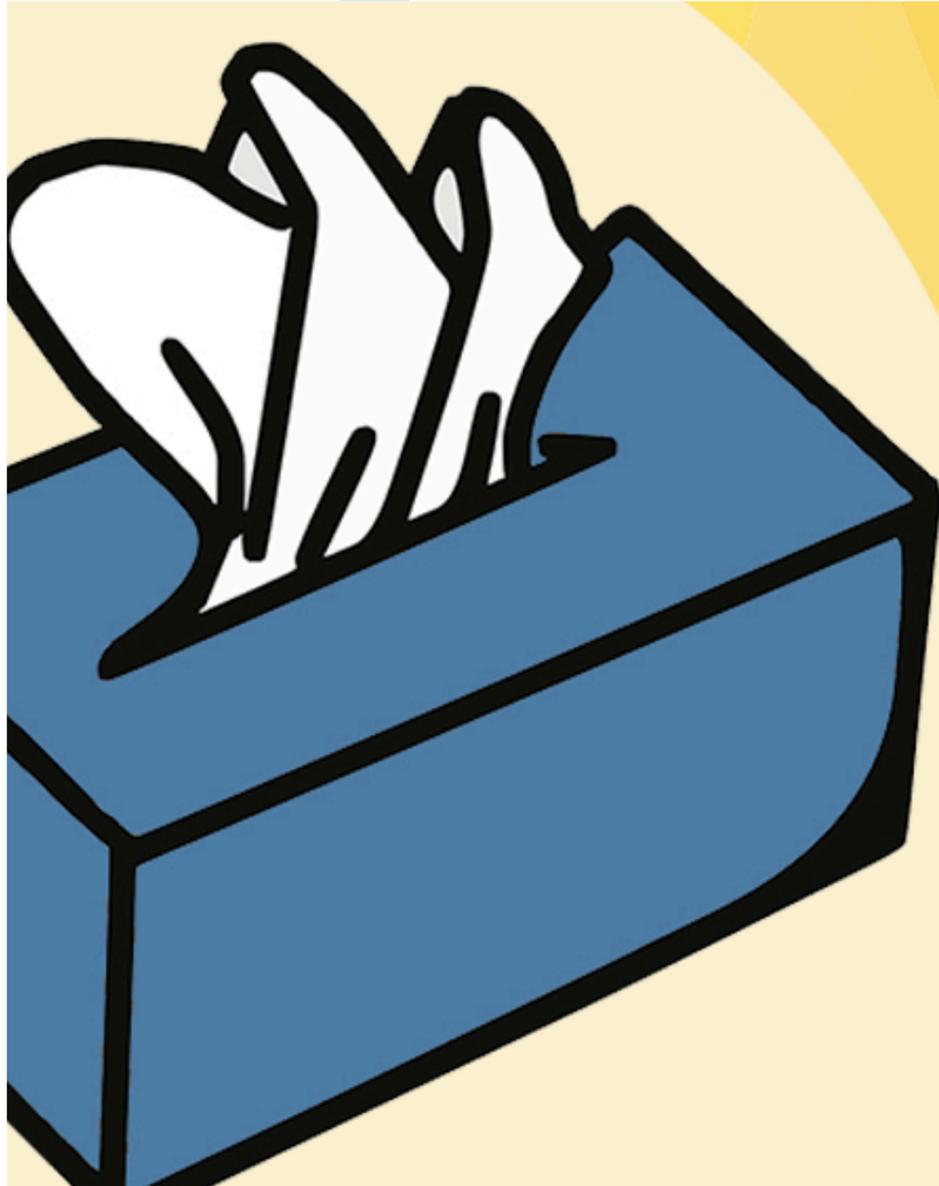
# Acute Conditions: Colds

- Everyone is at risk of catching a cold.
- There is no preventative for colds. There is no vaccine.

## **You can stop the spread of cold germs by:**

- Washing your hands with soap and water
- Disinfect high touch areas; for example:
  - Door Handles/ fridge handles/oven etc...
  - Keyboards
  - Phones
  - Light switches

# Acute Conditions: Colds



## **Prevent the Spread!**

- Stay at home when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze
- Cough or sneeze into your upper sleeve, *not* your hand
- Put used tissues in the waste basket

# Flu



# Acute Conditions: Influenza Virus “Flu”

**The flu is a disease caused by the influenza virus. It is different than a common cold since a specific virus causes it.**

- The flu can affect you suddenly and quickly spread to other people through germs.
- Germs spread through;
  - Coughing,
  - Sneezing, or
  - After a person with the flu has touched a surface with germs on their hands, and then another person comes in contact with that same surface.

# Acute Conditions: Influenza Virus "Flu"

- The flu can turn into other related severe illnesses like;
  - Pneumonia,
  - Bronchitis, or
  - Sinus infections, and
  - Ear infections
- It is recommended that everyone should get a flu shot annually.

# Acute Conditions: Influenza Virus "Flu"

People with asthma are likely to have increased difficulty with their breathing when they have the flu.

- People with seizure disorders are more prone to having seizures being triggered.
- It is particularly severe and can be fatal for the elderly, people with immune problems like HIV/AIDS, and people on steroids.

## **Symptoms can include:**

- Body Aches
- Chills
- Dry Cough
- Stuffy nose (nasal congestion)
- Fever
- Sore Throat
- Tiredness (VERY Tired)
- Headache

# Diarrhea

# Acute Conditions: Diarrhea

**Diarrhea is a condition that causes loose and watery bowel movements.**

- Diarrhea can be either a bothersome, non-serious condition.
- Diarrhea, loose, and watery bowel movements that occur more than three times a day can cause dehydration.
- Dehydration can be critical for anyone but can be a severe problem for older individuals, individuals with disabilities and small children.

# Acute Conditions: Diarrhea

## **Possible Causes:**

- Parasites
- Viral Infections
- Bacterial Infections
- Food Intolerance
- Medication Reactions
- Bowel Disorders
- Intestinal Diseases

Diarrhea can be a temporary condition or a chronic condition that reoccurs.

# Acute Conditions: Diarrhea

## **Possible Symptoms:**

- Abdominal cramping/ pain
- Bloating
- Nausea
- Urgent need to use the bathroom
- Possible fever
- Severe cases may have bloody stools/bowel movements

Anyone is at risk, yet people traveling outside of the country or people who have food reactions, such as;

- Intolerance to dairy products

# Acute Conditions: Diarrhea

## **Treatment for diarrhea:**

- Drink plenty of fluids and replenish the fluids lost due to diarrhea.
  - Avoid caffeinated drinks such as; pop and coffee
- Take over the counter anti- diarrheal medication
  - Only if directed and trained by a registered nurse, physician's assistant or physician.
- Eating low fiber foods such as; bananas, rice, applesauce, toast, noodles etc...

# Syndromes

**Syndromes are health conditions with a specific set of symptoms or characteristics that define them.**

# Syndromes

- **Fetal Alcohol Syndrome**
- **Down Syndrome**
- **Autism**
- **Attention-Deficit/Hyperactive Disorder**
- **Prader Willi**
- **Tourette**

# Syndromes: Fetal Alcohol Syndrome

**Fetal Alcohol Syndrome (FAS) is a serious condition in a child that results from the mother's alcohol consumption during pregnancy.**

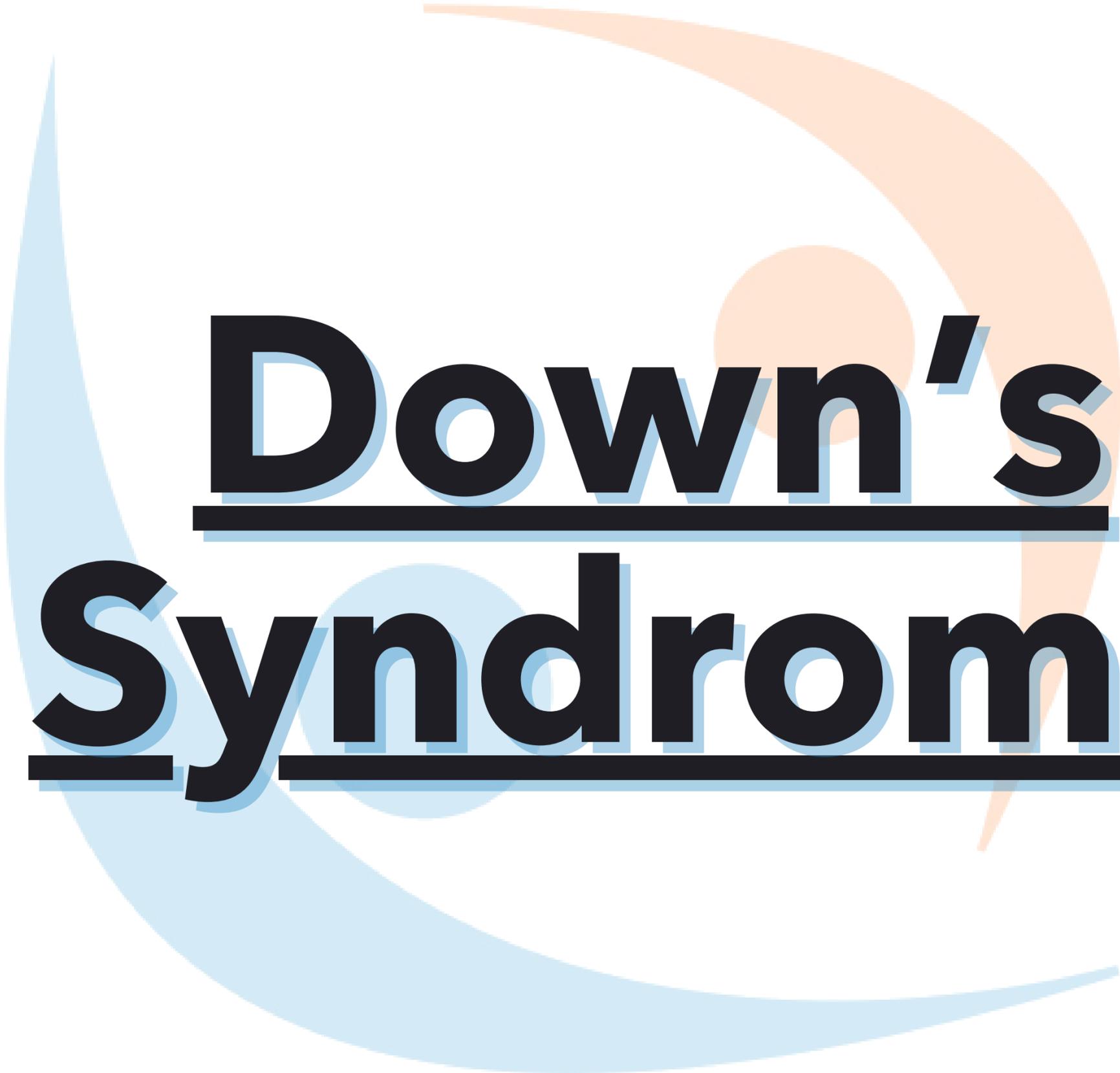
- FAS affects the central nervous system and causes a variety of congenital disabilities.
- These can include IDD, poor motor skills, poor eye-hand coordination, behavioral, and learning problems.

**Fetal Alcohol Syndrome is entirely preventable!**

# Syndromes: Fetal Alcohol Syndrome

## People with FAS may have:

- Facial deformities
- Growth deficiencies
- Attention
- Judgment difficulties.
- Behavioral Issues
- Sensory impairments
- Language problems
- Poor problem-solving abilities
- Impaired learning
- Poor memory
- Impulsivity
- Distractibility
- Poor social judgment
- Cognitive impairments

A large, stylized graphic of a smile. The top curve is a light orange arc, and the bottom curve is a light blue arc. In the center, there is a light orange circle representing the nose and a light blue circle representing the mouth. The text 'Down's Syndrome' is overlaid on this graphic.

# Down's Syndrome

# Syndromes: Down's Syndrome

**Down Syndrome is a genetic disorder where there is an extra chromosome in some or all the cells.**

- This additional genetic tissue is found along the 21st chromosome and results in genetic deformities.
- It involves some degree of cognitive impairment and intellectual disability.

# Syndromes: Down's Syndrome

## **People with Down Syndrome may have:**

- Have an increased risk of hearing and vision impairments.
- Delayed development (cognitive as well as motor development)
- Heart abnormalities
- Infections (especially upper respiratory infections)
- Thyroid disorders
- Early aging
- Development of Alzheimer's-like dementia as they age.

# Syndromes: Down's Syndrome

Like everyone else, people with Down Syndrome are unique and have many abilities.

- People with Down Syndrome can and do learn many skills of daily living.
- Any woman who is pregnant can have a child born with Down Syndrome.
- Early intervention, educational stimulation, and good healthcare improve the quality of life and length of life for people with Down Syndrome.



# Autism

# Syndromes: Autism

**Autism spectrum disorder is a lifelong developmental disability that affects a person's communication, social skills, and the ability to self-regulate.**

- Every person diagnosed with autism spectrum disorder (ASD) is different.
- Their abilities also vary greatly depending on how the characteristics associated with ASD affect them.
- It is essential to understand that no two people with ASD are alike.

# Syndromes: Autism

**Two categories of characteristics used to diagnose autism spectrum disorder are:**

- Consistent and persistent issues with social communication and or interaction.
- Restricted, repetitive patterns of behavior, including sensory issues.

**Some behavior can include:**

- Both over responsiveness to stimuli
- Under responsiveness to stimuli such as:
  - > Sights > Sounds > Smells > Tastes > Touch > Balance

# Syndromes: Autism

**People with ASD can have challenges in:**

- Expressing or recognizing emotions or intent
- Reading and using body language
- Facial expressions
- Taking turns in conversation.

# Syndromes: Autism

Early detection, diagnosis, and early specialized intervention are essential for a person diagnosed with ASD.

## **With treatment from:**

> Occupational therapists > Speech-language pathologists > Dietary professionals > Cognitive therapists

Work together for a team approach to support the person.

**ADHD:**  
**Attention-Deficit/**  
**Hyperactive**  
**Disorder**

# Syndromes: ADHD

**Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurobiological disorder caused by chemical, structural and connectivity differences in the brain.**

**ADHD is also a neurological condition associated with poor attention, disorganization, and impulsivity.**

- Misdiagnosis occurs due to a lack of proper training and the various ways in which the syndrome shows itself.

# Syndromes: ADHD

- ADHD can affect or interfere with a person's ability to function with regular daily activities.
- Most people with ADHD are inconsistent in their performance.
- If they are unable to focus on one thing, they may be able to focus on another (they are most likely over-focusing).
- There are three forms of ADHD, including;
  - Inattentive,
  - Hyperactive, or
  - Combined type

# Syndromes: ADHD

## **People with ADHD generally:**

- Have difficulty following directions
- Seem not to listen
- Have trouble paying attention for very long OR pay too much attention to something
- Miss details
- Have trouble starting tasks or completing tasks with long term effort
- Are impulsive
- Are easily distracted or forgetful
- Have poor handwriting
- Appear disorganized
- May struggle to develop and to maintain relationships with others

# Syndromes: ADHD

- ADHD affects both men and women, and most cases persist into adulthood.
- It is now known to be a genetic disorder.
- People have different treatment needs, and people's health condition(s) impact their treatment choices.
- Always check with a physician before treating any illness.

# Syndromes: ADHD

**Treatment for this disorder is highly individualized and must be tailored directly to the difficulties that the adult or child is demonstrating.**

## **A combination of:**

- Skill development
- Supportive reinforcement of those skills
- Accommodation of specialized needs
- Medication (stimulants and or antidepressants).

# Prader-Willi

# Syndromes: Prader Willi

**Prader Willi is a genetic disorder of chromosome 15.**

- It impacts the physical, cognitive, emotional, and behavioral aspects of a person's life.
- The part of the brain that controls eating does not function.
- A primary medical concern with this syndrome is the issue of extreme obesity.
- Research continues with this disorder to improve the quality of life and independence for people with Prader-Willi Syndrome.

# Syndromes: Prader Willi

- They may struggle with a short attention span and short-term memory.
- The crucial part of the treatment plan for persons with Prader-Willi is to avoid having easy access to food.
- A strict diet and supervision around food is essential, as well as behavior programs designed to support the person in their daily routine.

# Syndromes: Prader Willi

## **A few traits of Prader Willi may include:**

- Short stature
- Low muscle tone
- Incomplete sexual development
- Cognitive disabilities
- Problem behaviors
- Chronic feelings of hunger and involuntary obsession with food

It is not possible at this time to predict who is at risk to bear a child who has Prader-Willi Syndrome.

This genetic disorder occurs spontaneously.

# Syndromes: Prader Willi

There is no prevention or cure for Prader-Willi Syndrome.

- Treatment combines;
  - Support,
  - Diet,
  - Behavior programs, and
  - Medication.

**Treatment is best when there is early detection so that both the person and their family can benefit from education and support.**

# Tourette Syndrome

# Syndromes: Tourette

**Tourette Syndrome is a neurobehavioral condition.**

- It is often visible through sudden, jerky, and often dramatic behaviors that can sometimes be inappropriate.
- They could also include compulsive rituals and routines.
- People with Tourette Syndrome can have very few of these behaviors where others may have many of these behaviors.
- The severity of these behaviors is also different among individual people.

# Syndromes: Tourette

## **Other conditions, such as:**

- Obsessive-compulsive disorder
- Attention deficit disorder
- Mood disorders
- Sleep disorders
- Impulsivity
- "Rage attacks" or "storms"

**Because there is a spectrum of behaviors or tics that a child may display, there are no "common symptoms."**

# Syndromes: Tourette

## **People with Tourette Syndrome may show signs of:**

- Uncontrollable physical spasms.
- Compulsive type behaviors such as:
  - Counting the floor tiles in the kitchen every time they enter the room.
- May display impulsivity or inattentiveness.
- There is no medical test to detect this syndrome in infancy.
- The syndrome is diagnosed based on symptoms and not prevented.
  - There is no cure.

# Syndromes: Tourette

- Medications may also control aspects of this syndrome.
- Other conditions often occur with Tourette Syndrome.
- The healthcare provider may need to prioritize the treatment of specific conditions.
- Medications don't necessarily treat multiple diseases.
- Medicine, for one, could create complications for another.

A stylized graphic consisting of two curved lines, one light blue on the left and one light orange on the right, both curving towards the center. In the center, there are two circles: a light blue one on the left and a light orange one on the right. The text "The End" is centered between these circles.

**The End**