



Healthy Outcomes

Developmental Disability Awareness Month

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HCQU@geisinger.edu

Don't forget to add NEW staff!



Every March, the National Association for Councils on Developmental Disabilities (NACDD) celebrates Developmental Disabilities Awareness month. The event raises awareness about the inclusion of individuals with developmental disabilities.

“People First Language” is used to speak appropriately and respectfully about an individual with a disability. It emphasizes the person first, not the disability. By placing the person first, the disability is no longer the primary, defining characteristic of an individual, but one of several aspects of the whole person. [People First Language Handout.](#)



Person first language places the focus on the person, not the disability. For example, **“an individual with epilepsy” is a person-focused phrase, while “an epileptic person” is disability- focused.** This shift in language eliminates labeling and instead helps us view individuals with disabilities with respect.

What is the Difference Between an Intellectual and a Developmental Disability?

Sometimes an intellectual disability is also referred to as a developmental disability, which is a broader term that includes autism spectrum disorders, cerebral palsy, developmental delays, fetal alcohol syndrome and other disorders that occur during the developmental period (birth to age 18). The major differences between an intellectual and a developmental disability are:

- Age of onset
- Severity of limitations
- The DD definition does not refer to an IQ requirement

While some people may have both an intellectual and developmental disability, it is important to recognize that these two diagnoses are not the same and have different diagnostic criteria. A person may have one or both disabilities.

How Many People Have an Intellectual and Developmental Disability?

Studies show that somewhere between one (1) percent and three (3) percent of Americans have an intellectual disability. There are many causes of intellectual disabilities, including physical, genetic and/or social. [The Arc of New Jersey for people with intellectual and developmental disabilities](#)

March is Brain Injury Awareness Month

Concussions can happen to anyone, anywhere, at any time.

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body that may squeeze the brain against the skull. Call 9-1-1 right away, or go to the ER if a person has one or more of the following danger signs after a bump, blow, or jolt to the head or body:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions, or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously. [CDC Brain Injury Basics](#)



Supporting People Who Have Difficulty Swallowing

The National Dysphagia Diet (NDD) has been replaced by the [International Dysphagia Diet Standardisation Initiative \(IDDSI\) Framework](#). The [Central PA HCQU](#) has partnered with [Kent Precision Foods Group-Thick-It](#) to offer an educational series on IDDSI to help build awareness.

We highly recommend checking out the wealth of resources provided in this series. Encourage caregivers to become familiar with the new language, symbols, and terms used in the IDDSI language by downloading the IDDSI Guide and viewing the videos.

DYSPHAGIA TESTING AND THE IDDSI STANDARD

Last month's article covered what to know about chewing and swallowing problems, also known as Dysphagia. If you missed this article and are interested in learning more about the key topics surrounding Dysphagia disorders, you can download a free guide [here](#).

[FREE IDDSI GUIDE](#)

This month, we are covering the importance of measuring to the IDDSI standard and how to accomplish this.

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://idssi.org/framework/>
Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>.
Derivative works extending beyond language translation are NOT PERMITTED.

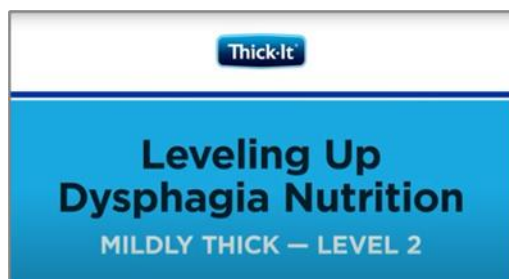
As recent as 2015, there has been confusion and miscommunication regarding diet textures and drink consistencies that have resulted in an increased risk of illness and even death for dysphagia patients. The International Dysphagia Diet Standardization Initiative, or IDDSI, has sought to change this by creating a common language and standards for naming and describing textured-modified foods and thickened liquids. ¹

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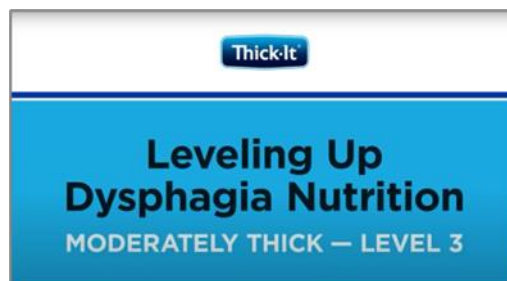
This framework consists of a continuum of 8 levels (0 - 7), where drinks are measured from Levels 0 – 4, and foods are measured from Levels 3 – 7. Testing of these levels can range from gravity flow tests using a 10ml syringe to using common eating utensils that minimize the need for subjectivity. ² These two videos easily demonstrate how to measure Mildly Thick - Level 2 liquids and Moderately Thick - Level 3 liquids. You can find more information about testing for all IDDSI levels by downloading the free guide [here](#).

[FREE IDDSI TESTING INFORMATION GUIDE](#)

WATCH AND LEARN



[Mildly Thick - Level 2 Video](#)

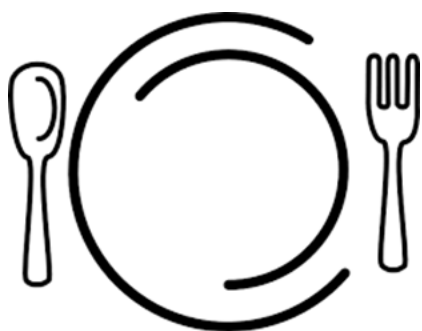


[Moderately Thick - Level 3 Video](#)

By measuring foods and liquids to the IDDSI standards, healthcare professionals can ensure that dysphagia patients are receiving the appropriate consistency of foods and liquids, reducing the risk of aspiration and improving their overall safety and quality of life. So, what are you waiting for? Start measuring to IDDSI standards today!

¹ The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/About-Us/Mission>

² The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>



Promote Safe Swallowing with Proper Training and Resources for Staff

Protecting individuals is the highest priority.

Contact the HCQU for a virtual instructor lead (Registered Nurse) training on **Dysphagia and Mealtime Safety** or reach out for additional resources.

[CONTACT US](#)

March 12, 2023

It's that time of year again. The clocks go forward, the days get longer, and families get an extra precious hour of daylight. Daylight Savings is also a great time to check your smoke alarms.



Here's why: Did you know that having a working smoke alarm doubles your chances of surviving a fire?

For the best protection, install smoke alarms on every level of your home, outside every sleeping area and in every bedroom. Smoke alarms should be mounted high on walls or ceilings and tested monthly.

Check your batteries once a year: It's important to replace smoke alarm batteries at least once a year, even if alarms are wired directly into your home's electrical system. You may also want to consider installing a smoke alarm that has a 10-year battery for more peace of mind.

Reminder: Smoke alarms don't last forever. They typically expire after 8-10 years. So, if your alarm is more than 10 years old, it's time to install a new one. *Deborah Erdman RN MSN CCRN TCRN, Injury Prevention Coordinator, Geisinger*



Joe provides participants an opportunity to feel connected with others and gain a sense of community, while maintaining brain health.

Specific studies show drumming:

- Creates a sense of connectedness with self and others
- Reduces stress and anxiety
- Provides whole brain synchronization
- Promotes alpha brain wave
- And is just plain fun!

Drumming with others is an ancient practice that people have used for millennia all over the globe to connect, heal, learn and celebrate.

Book your session now! Contact:

570.449.3070
zenryder6@aol.com
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facebook.com/JoeCiarvellaGratefulDrumming

IMPORTANT TRAINING DATES AND UPDATES

HAPPY RETIREMENT!!

With a combination of happiness for her and sadness for us, I am sharing that Joyce Leitzel, HCQU Regional Nurse-HMJ will be retiring in March.

Thank you, Joyce, for your contributions to our team. We will certainly miss you, and we hope you enjoy your future adventures during your retirement.

*All the best,
The Central PA HCQU*

The HCQU can help your agency and the individuals you support.

Check out our complete list of free training opportunities on our [HCQU website](#).

March 9, 2023 9:00 AM – 11:00 AM	The Fatal Five	Click to join the meeting
March 13, 2023 10:00 AM-11:00 AM	Maintaining Confidentiality	Click to join the meeting
March 22, 2023 1:00 PM-2:00 PM	Maintaining Confidentiality	Click to join the meeting
March 28, 2023 9:00 AM – 11:00 AM	The Fatal Five	Click to join the meeting
April 26, 2023 1:00 PM	Weis Markets Preventing Food Waste/Earth Day Activity	Click to join the meeting
April 27, 2023 1:00 PM – 2:30 PM	Human Trafficking – Working with Individuals with IDD <i>Presented by Sadie Jordan, BA Medical Advocacy Coordinator</i>	Registration Link <i>Registration is limited to 100 people.</i>
May 9, 2023 1:00 PM- 2:00 PM	Aspiration Pneumonia- <i>presented by Dr. Paul Simonelli</i>	Save the date Details to follow
May 11, 2023 1:00 PM-2:00 PM	How to Utilize the HRST Report Suite <i>Daleigh Tallent, IntellectAbility</i>	Click to join the meeting



TAKE FREE HCQU ONLINE COURSES

Learn at your own pace and at your own convenience.

[Gastroesophageal Reflux Disease \(GERD\)](#) has recently been updated.

GOOD THINGS ARE COMING!! Be on the lookout for our new online training calendar!

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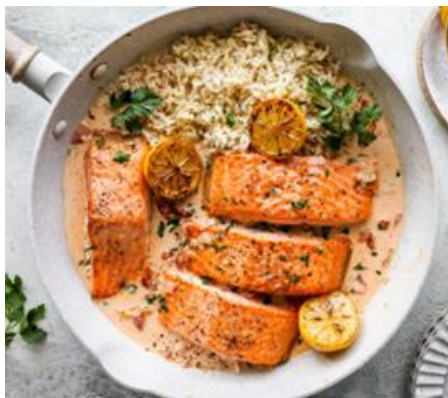
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Our HCQU includes registered nurses experienced in serving individuals with an Intellectual Disability (ID) and/or Autism. Visit our website for their contact information and the counties they support.

www.geisinger.org/hcqu



Salmon with Sun-Dried Tomato Cream Sauce



A jar of sun-dried tomatoes does double duty for this healthy dinner recipe—the flavorful oil they're packed in is used to sauté the shallots and the actual tomatoes help to add delicious flavor to the creamy sauce. Served with

perfectly cooked salmon, you really can't go wrong with this easy 20-minute weeknight meal.

Ingredients:

1 ¼ pounds salmon
½ teaspoon salt, divided
½ teaspoon ground pepper, divided
½ cup slivered oil-packed sun-dried tomatoes, plus 1
tablespoon oil from the jar
½ cup finely chopped shallots
⅓ cup dry white wine
⅓ cup low-sodium vegetable broth
⅓ cup heavy cream
2 tablespoons chopped fresh parsley
2 cups cooked brown rice

Directions:

<https://www.eatingwell.com/recipe/7894353/salmon-with-sun-dried-tomato-cream-sauce/>

The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.