Winter 2013

Staying Healthy - Preventive Health Care

Preventive Health Care is an important part of a healthy lifestyle for all people. And, it is especially important for people with developmental disabilities. People who have developmental disabilities may be at greater risk for disease and health conditions because of their disability. Last year, more than 4000 Major Unusual Incidents (MUIs) were filed for unscheduled hospitalizations. Often these conditions can be avoided or minimized with proper preventive care and screening.

The *"Every Healthy Person"* initiative is a joint effort between the Ohio Department of Developmental Disabilities (DODD) and the Ohio Department of Health (ODH) to focus attention on the importance of preventive healthcare, including periodic health care screenings, for people with developmental disabilities.

The joint initiative also complements *Healthy Ohioans* — a statewide health and wellness plan with the goal of replacing unhealthy habits with healthy ones. Through the *"Every Healthy Person"* initiative, planning and informational materials have been

developed to assist individuals, family members, providers, and health care practitioners to promote good health care and supports. This information should be discussed at an individual's service plan meeting to ensure that needs are being addressed.

Visit the online resource at *http://dodd.ohio.gov/healthandsafety/Pages/Every-Healthy-Person.aspx* for more information.

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*Featured Article

Well-Informed for safe and healthy living
is a quarterly newsletter published by the Ohio Department of Developmental Disabilities MUI Registry Unit. More resources are available online at www.dodd.ohio.gov.

To Contact the MUI Registry Unit:
MUI Main Number 614-995-3810
MUI Fax Number 614-995-3822
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Preventive Health Care Guidelines

Guidelines	Who Needs This Test?	Screens for ...	Guidelines
Comprehensive Physical Exam with PCP	Everyone	General health	Annually
Dental	Everyone	Dental	Annually
Tetanus Immunization (Td or TT)	Everyone	Tetanus	Every ten years
Blood Pressure	Everyone	Hypertension	Annually
Blood Glucose Test	Everyone	Type II Diabetes	Every 5 years (ages 19-44), every 3 years after age 45
STD Screening	Sexually active people	Sexually Transmitted Diseases	For those who are sexually active
Pap Smear	Women ages 18-65	Cervical Cancer	When a woman is sexually active or age 21, every 1-3 years
Mammogram	Women ages 40-69	Breast Cancer	Starting at age 40, every 1-2 years, ages 50-69, every year
Cholesterol Test	Age 19 and older	High Cholesterol	Every 5 years (every year if previously abnormal)
Bone Mineral Density (BMD)	Women age 65 and older	Osteoporosis	Annually
Vision and Hearing Screenings	Everyone	Vision and Hearing Loss	Starting at age 50, annually
Colorectal Cancer Screen	Everyone age 50 and older	Colon Cancer	Starting at age 50, and then determined by physician
Flu Shot (Influenza vaccine)	Age 65 and older	General health	Every year
Pneumonia (Pneumococcal vaccine)	Age 65 and older	General health	Every year

Frequently-Asked Questions

FAQs - and their responses ...

Question
I was wondering what the most reported MUI is?

Answer
'Unscheduled Hospitalizations' tops the list of the most reported MUI category. There are more than 4000 reported unscheduled hospitalizations per year. This makes up about 23 % of all MUIs.

Question
How do I sign up for Abuser Registry Updates?

Answer
That is a great question! To subscribe to receive an email when the Abuser Registry is updated, send an email to (or click on) this address:
join-abs.alert@list.dodd.ohio.gov

Sleep Tight - Don't Let the Bed Bugs Bite

Bedbugs are a growing problem throughout the state. Bedbugs are parasites that seek out sleeping people or animals. After feeding, they hide. Not only are these bugs a nuisance, and difficult to treat, but the process to get rid of them is extremely long and costly.

It is a challenge, but not impossible, to prevent, detect, and control bed bugs. Bedbugs are not known to transmit disease, and are not caused by poor housekeeping. There are many resources for individuals, families and providers on Bedbug prevention and detection.

For more information, please visit the Ohio Department of Health website at
http://www.odh.ohio.gov/odhprograms/dis/zoonoses/vbdp/bedbug.aspx

GOOD NEWS!

Caring and well-trained staff continue to save lives. In 2012, life saving techniques like back blows and the Heimlich maneuver were used more than 330 times.

Free Training Opportunities

Did you know that the Health & Safety Toolkit located on the DODD Home Page offers free resources? Look for the Toolkit picture.

To review the latest Health and Safety Alerts... subscribe by sending an email to:
join-info.notice@list.dodd.ohio.gov

Sexual Abuse Prevention

Service providers have duties and responsibilities to protect individuals from harm, including reporting suspected sexual abuse. Unfortunately, sexual abuse is under-reported. This means that incidents of suspected sexual abuse are not reported to the proper authorities as they should be.

Sexual abuse is defined as *unlawful sexual conduct or sexual contact* as those terms are defined in section 2907.01 of the Ohio Revised Code, and the commission of any act prohibited by section 2907.09 of the Ohio Revised Code (e.g., public indecency, importuning, and voyeurism).

There are different reasons why suspected sexual abuse may not be reported. These include:

- The individual may not be able to clearly express what occurred (or is occurring) in ways that others understand.
- The individual may not realize that he or she has been victimized.
- The individual may be afraid to reveal what has occurred.
- Possible signs of sexual abuse are not recognized, or are not fully considered by staff and others close to the individual.
- The individual's allegations may be dismissed as fabrications or untruthful reports.
- Persons aware of the suspected sexual abuse may be reluctant to get involved, and thus remain silent.
- Staff may fear reprisal if a co-worker is the suspected perpetrator.
- Staff may be uncertain if the actions described or observed constitute sexual abuse.
- Staff also may be uncertain about what to do – how the suspected abuse should be reported, and to whom.

When suspected sexual abuse is not reported, the individual may continue to be victimized and suffer the consequences repeatedly. Needed services and supports to assist the individual in response to such an event cannot then be provided.

Service providers must be prepared to respond to incidents of suspected sexual abuse. Listed below are the basic steps that service providers should take:

Be aware of the possible signs of sexual abuse. This includes, but is not limited to:

- Bruising, bleeding, soreness, redness, irritation, itching, and unusual discharges.
- Torn or stained underwear or linens.
- Difficulty in walking or sitting.
- Ongoing and unexplained health problems such as stomach pain.
- Display of new fears.
- Withdrawal from previously enjoyed activities, places, or persons. The person may suddenly avoid these places or people, or display fear or discomfort.
- Changes in sleep patterns such as nightmares, trouble sleeping, sudden bedwetting, and other sleep problems. (cont. on p. 5)

- Changes in appetite, loss of appetite, weight gain or loss.
- Resistance to being touched or undergoing physical examination.
- Sudden or marked changes in behavior -- Examples: aggression, attention-seeking behavior, self-destructive behavior, depression, refusal to participate in activities, clinging to others.
- New sexual knowledge or sexual behavior, including hints about sexual activity.
- Unexplained accumulation of money or gifts.
- Sexually transmitted diseases

Take action if an individual communicates that he or she has been abused.

Reports must be made immediately. Do not ignore or dismiss any such reports, regardless of whether or not they appear plausible. The proper authorities will determine what occurred.

Report according to O.A.C. 5123:2-17-02 including Law Enforcement or CSB, and 4-hour report to the appropriate County Board.

Immediately protect the individual from continued contact with the alleged perpetrator. If the alleged Primary Person Involved (PPI) is a staff member, the staff member should be removed from a position of direct contact with individuals. If the alleged perpetrator is another individual, necessary precautions, including separating the affected individuals, should be taken to protect others from harm.

If sexual assault (including rape or attempted rape) is suspected, preserve any evidence at the scene of the incident for disposition by law enforcement.

If sexual assault is suspected, seek immediate medical evaluation and treatment for the individual from a local hospital emergency room or sexual assault center in your community. The person should not bathe or brush teeth beforehand. Know ahead of time where to go in your community.

Do the right thing – if you aren't sure something should be reported, report it anyway. And, provide comfort and support to the individual.

Avoid questioning the individual about details of what occurred – trained investigators are in the best position to do this.

Assuring the health and safety of people served is of the utmost importance.

What's New?

The MUI Rule O.A.C. 5123:2-17-02 was revised, and became effective Sept. 3, 2013.

For a copy of the Rule, go to *https://doddportal.dodd.ohio.gov/rules/ineffect/Documents/5123-2-17-02%20Effective%202013-09-03.pdf*

STEADY U Ohio, a statewide collaborative initiative, with the goal of preventing falling, is supported by Ohio government and state business partners to ensure that every county, every community, and every Ohioan knows how they can help to prevent falls -- one step at a time -- was established in autumn 2013. For 'falls prevention' information, tools, and other resources, visit: *www.steadyu.ohio.gov*

Lessons Learned

The beginning of the new year is a perfect time to reflect on the past and what we may have done differently as we plan for the future. In 2013, there were some cases in which delay of treatment resulted in tragic outcomes. We cannot encourage you enough to act and to provide care in a timely manner. Please refer to the Alert, 'Health and Well Being is Priority One' at http://dodd.ohio.gov/healthandsafety/Documents/51-03-11.pdf

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