

Adults with Down Syndrome: Service Innovation

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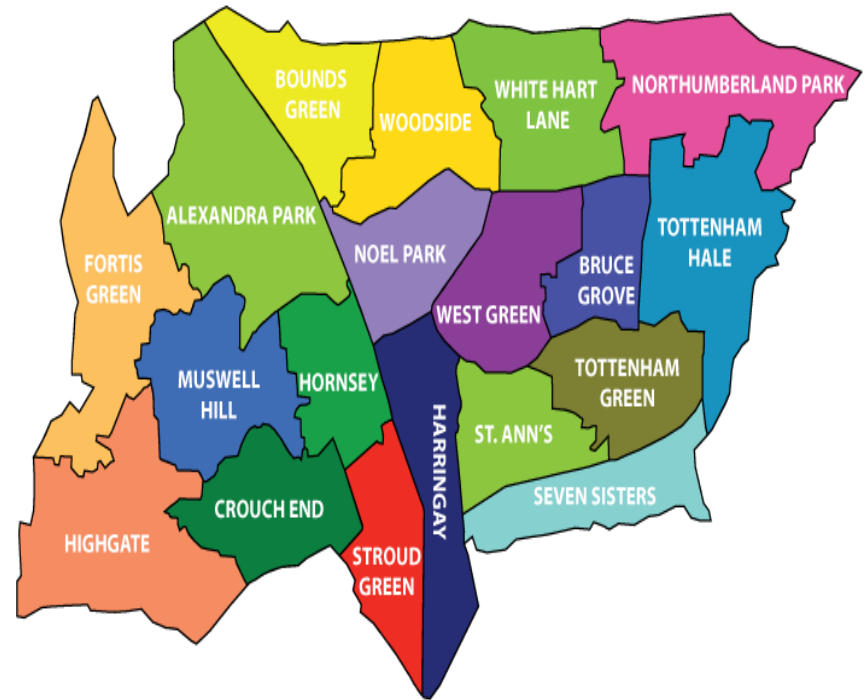
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Haringey



Haringey

- London Borough
271,000
- Diverse population
White British 35%
BAME 35%
- Deprivation levels



Services Down Syndrome in Haringey

- Community Intellectual Disability Team
- Down Syndrome Clinic (Children's Services)
- Child and Adolescent Mental Health Services
- Population 54 adults

Physical Health

- Heart
- Senses – eyes, ears
- Nervous System
- Skin
- Bones – neck, hips
- Glands – thyroid, sex
- Gut
- Genito-urinary

Mental Health

Children

- Behaviour
- Autism
- Anxiety

Adults

- Depression
- Anxiety
- Autism
- Dementia

Evidence

- Guidelines
 - Down Syndrome Association
 - Down Syndrome Medical Interest Group
 - NICE Guidance
 - Leicestershire Down Syndrome Care Pathway
 - Capone 2018
- Jones (2009) – Fife model

Down Syndrome Clinic – why?

- Morbidity physical and mental health disorders
- Adults
- Community Service
- General Practitioners
- Families and Carers
- Person with Down Syndrome
- Health outcomes
- Dementia Care pathway

What did we do?

- Population 54 adults population of 265,000
- Identify adults with Down Syndrome
- Focus Group of Parents
- Invite to have health check with Psychiatrist
- Physical health check
- Mental health check
- Dementia assessment

Demographics (54)

Age Bands	60+	50+	40+	30+	20+	Mean Age
No.	2	13	11	12	16	39
Male (28)	0	6	3	8	11	35
Female (26)	2	7	8	4	5	43

Physical Health (20)

CVS	Chest	GIT	GUT	CNS
5 (25%)	1 (5%)	6 (30%)	4 (20%)	3 (15%)
Metabolic	Vision	Hearing	Skin	TFT
9 (45%)	16 (80%)	8 (40%)	6 (30%)	6 (30%)
Orthopaedi c	Dental	AHC	Range BMI	Medication
5 (25%)	3 (15%)	10 (50%)	22 - 47	12 (60%)

Mental Health (20)

Mental Disorder	Behaviour	Dementia
4 (20%)	6 (30%)	5 (25%)

Morbidity

- Special senses - visual and hearing
- Older population – dementia
- Disorders of Ageing - multimorbidity
- Bone health

Learning Points

Current

- Morbidity
- AHC
- Blood tests
- Breast health
- Effective and efficient
- Use of resources
- Target at-risk population
- Resource on Down Syndrome

Review

- Uni-professional
- Inform GPs
- Medical Information
- More frequent clinics
- Feedback

Acknowledgements

- Down Syndrome Medical Interest Group
www.dsmig.org.uk
- Dementia Special Interest Group UCL
www.ucl.ac.uk
- LonDownS
www.ucl.ac.uk