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THE UNIVERSITY
OF QUEENSLAND

Oct—Dec 2013

Our aim is to improve the health and wellbeing of adults with a developmental disability in Queensland, through multi-disciplinary research, education and clinical practice.

MERRY



CHRISTMAS

QCIDD CLINIC UPDATE

Christmas is just around the corner! Are you excited?

Our waiting list times for Dr Cathy Franklin will decrease from February 2014 as a registrar will be attending our clinic. until then please see below for our current waiting list times,

- Prof Lennox is booked until March,
- Dr Margo Lane until Early February,
- Dr Gillian Eastgate until March,
- Dr Cathy Franklin until early February.

Don't let this stop you from sending in a referral or enquiring about our services, be sure to ask about the waitlist time for the doctor that you will be seeing.

If you have any queries about the QCIDD Clinic please phone us on (07) 3163 2524 or email Julie on j.gibson2@uq.edu.au

The staff of QCIDD hope all of our colleagues, friends and supporters had a very Merry and safe Christmas and New Years.

QCIDD is looking forward to working with you in 2014.



Merry Christmas

QCIDD had a visiting Registrar, Dr Willemijn Hensbroek

Dr Willemijn Hensbroek (Visiting Registrar in Intellectual Disability Medicine, the Netherlands) spent a great three weeks at QCIDD.

She attended weekly clinics and clinic meetings, met with parents and advocates at CRU (Community Resource Unit). She visited and talked with people at the Healthy Living sessions at Campbell's Club, had afternoon at Common Ground and went along on the night time run with the Mater Homelessness Health Service, all courtesy of Micah Projects.

Willemijn was invited to attend a Family Planning Queensland event in Ipswich and learnt a lot about the NDIS from the National Disability Services (Qld).

She also met with several people with disabilities and their families during home visits.

Before departing, she gave an interesting presentation to a varied audience on the differences and similarities between the Australian and Dutch healthcare systems for people with intellectual disability.

We wish her all the very best on her next ventures.



Merry Christmas

An Active Learning Module on the Healthcare of people with intellectual and developmental disability Royal Australasian College of General Practice

The development of the module was a 2013 collaboration between QCIDD, National Disability Services <http://nds.qld.projects.net/> and Metro North Brisbane Medicare Local <http://www.mnbml.com.au/>. Jennie Arnold was our curriculum designer who used the evidence-based materials provided to develop the module. GPs analysed single topics for the team, and their comments were built into the final module.

Udemy is the website where doctors and health practitioners will be able to access this module which is designed to be taken almost entirely online, and consists of a range of delivery modes including lectures, downloadable case histories, webinars, videos and links to external sites with additional information.

The module consists of 42 lectures across 14 sections, reinforced in 12 quizzes which give final scores to the participant, and include a 50 question pre-disposing self-assessment activity at the beginning. The module in full, including the use of videos, webinars and external links, is up to 8 hours' participation, very much dependent upon the participant's skills and opportunities to complete it. We will offer a face to face final session for participants who have undertaken the online course, and which will be made available in Brisbane twice a year for GPs and health practitioners to attend. At the end of the course, doctors will get credit points.

Some of the topics include:

- Population
- Health issues
- Annual health assessments
- Mental health issues
- Healthy living
- Specific Syndromes
- Promoting good oral health
- Sexual health checks
- Consultation skills
- Substituted consent



Merry Christmas

Healthy Living at Campbell's Club

Every Thursday morning

This initiative is a collaboration between Queensland Health, Micah Projects and QCIDD. For many years, Micah Projects has run Campbell's Club every Monday and Thursday at Trinity Place in Woolloongabba for between 50 and 80 people who are vulnerable, and who live in private residential services like hostels. Many people have intellectual disability.

QCIDD and Queensland Health have worked with Micah for two years now to provide health information to people who use Micah services. People with intellectual disability, especially those who live in vulnerable circumstances, have an extremely poor health status and minimal internal or other resources. They are prone to severe chronic disease including cardiovascular disease, diabetes, and asthma due to high risk factors such as obesity, sedentary activity, nutrition, and smoking as well as entrenched self-neglect. Long histories of institutionalisation and marginalisation mean they experience few social supports, sexual and physical abuse, and lack of pleasure and life-skills in ordinary activities like eating, walking and other exercise. Before seeking medical advice they often allow their health to deteriorate to such a point that they will then need to go to hospital A&E departments for a preventable condition which could have been provided earlier by primary care. This is exacerbated by their lack of social support around caring for their own health. Providing information on healthy lifestyle and self-management strategies will improve their general health and also provide them with strategies for self-management, including early interventions with a GP, and this may well reduce A & E presentations and hospital admissions for this group.

So in October 2013, we again launched into another unfunded project with Micah and Queensland Health to provide health information to people who attend Campbell's Club on Thursdays. We asked participants what health topics they wanted to hear about and came up with a very long list! We line up the speakers from health and community services. We provide them with a speaker's pack to give them ideas. The audience challenges the speakers to be creative and to keep their messages simple, so it is a great way to expose mainstream services to working with people with disability. The speaker must use simple, plain language and avoid jargon. Most participants have limited literacy so speakers have to use imagery and memorable messages.

To date, our guest speakers have covered these topics:

- ~ Going to the doctor ~ Finding a good doctor ~ Sugar in soft-drinks and milk drinks ~ The healthy plate
- ~ Arthritis and osteoporosis ~ What is breast cancer? ~ Treating breast cancer ~ Depression and anxiety

We are committed to keeping up the speakers on health topics every Thursday, rain hail or shine!

If you have any questions or suggestions, you can contact:

Troy Hakala at Qld Health on 07-3169 9956 or troy_hakala@health.qld.gov.au

Miriam Taylor at QCIDD on 07-31632446 or m.taylor3@uq.edu.au



Merry Christmas

Here are some links to view at your leisure;

- * Jacob Barnett is an American mathematician and child prodigy. At 8 years old, Jacob began sneaking into the back of college lectures at Indiana University-Purdue University Indianapolis. After being diagnosed with autism since the age of two and placed in his school's special ed. Program, Jacob's teachers and doctors were astonished to learn he was able to teach calculus to college students. <http://tedxteen.com/talks/tedxteen-2012/111-jacob-barnett-forget-what-you-know>
- * On Thursday October 24, AEIOU Foundation welcomed Dr Temple Grandin to Toowoomba, where she shared rare, personal insights into her life, her career, and autism, including her thoughts on how children with a diagnosis can be best supported during their early years. It was with great delight that AEIOU welcomed more than 330 guests, including parents of a child with autism, individuals with an autism diagnosis, teachers, education and child care practitioners, allied health professionals, medical practitioners, and other members of the community. There are Four videos for you to see <https://aeiou.org.au/aeiou-tv>
- * A new pilot program in Brisbane that has been giving special needs children the chance to experience one of the joys of an ordinary childhood, a sleepover, unfortunately is coming to an end. <http://www.abc.net.au/news/2013-10-25/dream-sleepover-club-runs-out-of-funding/5047404>
- * The classifications for Paralympic athletes with a physical disability are set to be overhauled with University of Queensland researchers developing objective machine based tests to measure impairments. <http://www.abc.net.au/news/2013-11-01/brisbane-researchers-to-revolutionise-paralympic/5065438>
- * How neuroscience can make you kinder. We can be healthier, live longer and make the world a better place by exploring our potential for compassionate behaviour. Neurosurgeon **James Doty** tells us about the surprising benefits of our better nature. http://www.newscientist.com/article/mg22029390.300-how-neuroscience-can-make-you-kinder.html#_UoL14aN--71





MERRY CHRISTMAS AND HAPPY
NEW YEAR FROM THE WHOLE
TEAM AT QCIDD.