Adults with Special Healthcare Needs

Summary of the 2015 RMHP Clinical Practice Guideline: Adults with Special Health Care Needs

Description of Adults with Special Health Care Needs (pg. 1)

Adults with special health care needs are a diverse group with the following characteristics:

- Health conditions ranging from hypertension and heart disease to severe mental and physical disorders
- Levels of disability varying from speech and motor disorders to paraplegia
- Type and intensity of services needed range from the regular use of doctor prescribed medicines to round the clock nursing care

Definition of Adults with Special Health Care Needs (pg. 1)

Adults with special health care needs are those adults who:

- Have or are at increased risk for a disease, defect or medical condition that may hinder the achievement of normal physical growth and development
- Require health and related services of a type or amount beyond that required by individuals generally.

There is a wide variety of physical, mental, and psychological health conditions considered to be special healthcare needs that range from relatively mild to chronic and severe.

The National Center for Health Statistics (NCHS), which provides much of the data about characteristics of health insurance for those with disabilities, defines Adults with Special Health Care Needs as persons with the following:

- A specific physical, functional, or mental or emotional disability or limiting condition
- Significant limitations in performing daily self-maintenance activities
- Need for the use of special equipment or devices, such as a wheelchair or breathing aid
- Limitation in a major or other life activity because of physical, mental, or emotional problems
- Other indicators of disability, such as poor overall health status, use of specialized programs or services, or other behavioral indicators of disability or developmental delay

Identification of Adults with Special Health Care Needs (pg. 2)

- Why identify adults with SHCNs?
  - Estimate Prevalence
  - Evaluate Care Quality
  - Offer Prescreening
- How to identify adults with SHCNs?
  - Functional Limitations
o Services Use Need
o Presence of a Condition
o Duration of a Condition
o Conceptual Approach
  ▪ Program-based
  ▪ Diagnosis-based
  ▪ Consequence-based

Addressing the Needs of Adults with Special Health Care Needs (pg. 3)

- Preventive Screenings and Immunizations
  o Identify risks including fall risks, self-neglect
  o Interventions for unhealthy lifestyle, habits
  o Screen for domestic violence and family support
  o Mental health assessment
  o Use of high risk medications
  o ADLs- abilities and limitations

- Referrals and care coordination
  o PT/OT/ST
  o Home Health
  o Human Services
  o Specialist care
  o Family
  o Diagnostics
  o Case Management (Strive)
  o RMHP Case Manager

- Patient education and engagement
  o Screenings
  o Home self-monitoring
  o Medications Management (side effects/adherence)
  o ER utilization
  o Activity Level

- Special circumstances
  o Chronic Conditions (dialysis/chemo)
  o Group homes
  o Transportation needs
  o Adaptive equipment
  o Recent hospitalization or procedure
  o Recent ER visit
  o Homeless
  o Mental Health Provider

- Develop a Care Plan
Medical Summary

- Emergency contact
- Allergies and medications
- Diagnosis and active problem list
- Consultants and their contact information
- Transport/equipment needs
- Past medical history
- Review of systems
- Coverage concerns/recurrent problems
- Hospitalizations

Emergency Treatment Plan

- Primary care specialty contact numbers
- Diagnosis, past medical history
- Most recent physical exam
- Allergies: Medications/Food
- Procedures to be avoided
- Immunizations
- Common presenting problems/findings with specific suggested managements

Adult Care Planning

- Prioritize list of main concerns/goals
- Current clinical, educational, and social information pertinent to the concerns/goals
- Current plan/intervention for that concern/goal
- Person(s) responsible for that intervention
- Due date for the intervention

This guideline summary is not all-inclusive of available guideline content. Please reference the full guideline for comprehensive content.