

E1-E8- Intervention checklist

Learning objectives

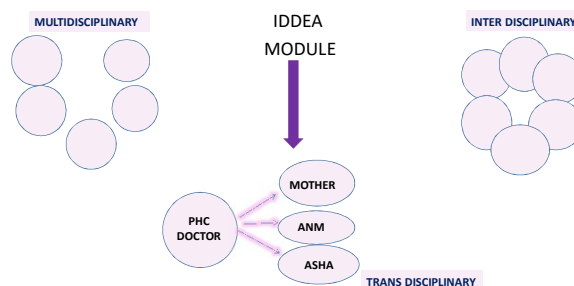
1. Understand that developmental disorders may not be curable but they are always treatable
2. Know that holistic intervention is represented by of E1 to E8
3. Should be able to initiate most of the intervention strategies in the absence of a team of specialists
4. Know intervention strategies considered under E4, E5 and E6
5. Choose age appropriate intervention activities for early referral

What can we do in home & family setting?

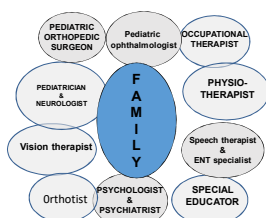
- ✓ E1- Early diagnosis
- ✓ E2 – Educative information to parents
- ✓ E3 – Early developmental intervention
- ✓ E4 – Effective medical management
- ✓ E5 – Environmental enrichment
- ✓ E6 – Empowerment
- ✓ E7- Ensure life span care
- ✓ E8- Enable implementing 6f's- function, family, future, friendship , fitness & fun

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Health Care Models



Multidisciplinary models: work best in teaching institutions and we should not forget its value



Transdisciplinary models is a possible solution in the Indian scenario

E4 – Effective medical management

Look for conditions which may worsen child's well being and are amenable to medications

- Seizures: start an antiepileptic appropriate for the seizure type
- Spasticity: consider oral baclofen/ diazepam
- Dystonia: consider oral levodopa/ trihexphenidine
- Constipation: give oral laxatives, dietary advice, position of child
- Inadequate sleep: consider mild sedative at night
- Pain: consider oral tizanidine after 4yrs
- Micronutrient deficiency: consider supplementation [especially look for iron deficiency, vitamin B12 and vitamin D deficiency]
- Family health & life style counselling

E5 Environmental enrichment

Enriched home
Colourful walls-E5

E5-Clockwork lifestyle

E5- festivals & family outings together

E5 – Family eating together once at least!

E5 – involve grand parents

E6- Empowerment

Empowerment is giving power to those who need it most - David Werner

- Mother- skill training to improve her competence in handling the child
- Provide information about the following:
 - Government schemes and special benefits available for children with differences – www.iacp.co.in
 - Niramaya scheme to support financial cost of treatment: Group insurance www.thenationaltrust.gov.in/content/scheme/niramaya.php
 - Rights of Persons with Disability (RPWD): Employment generation and skill development. <http://www.disabilityaffairs.gov.in/content/skilling.php>
 - Disability certification procedure: <http://disabilityaffairs.gov.in/content/page/guidelines.php>
- Stress importance of family health: avoid neglecting other members of the family- Grand Parents[Sandwiched generation] and siblings [invisible victims]

blessing or a headache?

Developmental intervention supports integration and builds better brains- who else to do it better than you people?

summarising

- Solve the most pressing presenting complaint first
- Epilepsy or seizures can derail development because of AED effects on learning and bone density
- A poor environment where child does not have freedom to explore and learn will add more problems
- Joint families are added supports or can be a big barrier.
- Counsel on what the family can do together than on what the child cannot do by himself
- Decision making is helped if you tell what govt facilities are available