# Health Assessments

Health assessments that attend to specific health issues of people with intellectual and developmental disabilities (IDD) increase preventive care actions and disease detection. 52, 53

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Types of Knowledge</th>
<th>Recommendation Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perform a periodic comprehensive health assessment using guidelines for primary care of people with IDD and adapted tools (eg, the Preventive Care Checklist Form). 10, 11</td>
<td>Empirical</td>
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<tr>
<td>Include a physical health examination, mental health assessment, and review of the adequacy of financial and other community supports. 14, 51</td>
<td>Expert</td>
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Success in implementing health assessments depends on making changes to the context and organization of primary care practices. 54, 55

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<td>Monitor and seek ways of improving rates and outcomes of comprehensive health assessments of patients with IDD in your practice (eg, by proactively inviting patients, training staff, and aligning such assessments with guidelines for primary care of people with IDD). 10, 11, 55, 56</td>
<td>Empirical</td>
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A health action plan helps to set goals, clarify responsibilities for health care, and facilitate partnerships among patients, caregivers, and members of their interprofessional health care team. 29

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<td>Based on health assessments, develop a health action plan that identifies health and related issues in an order of priority and with timelines acceptable to patients and their caregivers. Give a copy to the patient and caregiver. 51</td>
<td>Expert</td>
<td>🟢</td>
</tr>
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## Icon Legend

**Recommendation Strength:**

- 🔄 Clinicians’ top recommendation
- ✔️ Recommended
- ✨ Strongly Recommended

**Types of Knowledge:**

- 🔄 Blue and grey colours specify different knowledge subtypes. Half circle symbols indicate that reviewed publications pertain to the background information to the recommendations that is presented in the first column.

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References


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