

Training for Primary Care Providers Working with Individuals with Intellectual and Developmental Disabilities

The Tennessee Department of IDD (TennCare) and Vanderbilt Kennedy Center developed a training program designed to help educate physicians and other prescribers about the appropriate use of psychotropic medications for individuals with IDD. The training goals are to:

- Equip physicians and other prescribers to better understand and accurately diagnose underlying mental health conditions in individuals with IDD;
- Look for and try non-pharmacologic interventions that may better address problem behaviors and identify when psychotropic medications are appropriate; and,
- Ensure psychotropic medications are prescribed in a manner that is safe for the person and closely monitored.

The training program was designed to accommodate the busy schedules of practicing professionals by offering 90 minutes of training in eight 10-15 minute modules, each of which can be completed independently as the individuals schedule permits.

Satisfactory completion of all modules, including competency checks, is required in order to receive free Continuing Medical Education credits for the training:

- 1.5 hours American Academy of Family Physicians (AAFP);
- 1.5 American Medical Association Physician Recognition Award (AMA PRA) Category 1 credits for physicians and advanced practice nurses with prescription authority; and
- 1.5 hours American Psychological Association (APA) Continuing Education credits.

This training opportunity is being shared in the event that MCOs would like to share this information with their contracted physicians and prescribers.

The training titled, "Appropriate Use of Psychotropic Medications for People with IDD: Helping Individuals Get the Best Behavioral Health Care," can be accessed and completed online at:

<https://cme.mc.vanderbilt.edu/content/appropriate-use-psychotropic-medications-people-idd-helping-individuals-get-best-behavioral>

It builds on a body of scientific evidence and a set of tools developed specifically to support primary care providers who treat individuals with IDD. The broader toolkit is available at: www.iddtoolkit.org

A similar program has also been developed for individuals with IDD, family members and conservators that will help them understand the appropriate use of psychotropic medications, in terms they can understand. Most importantly, it will equip them to ask questions and gather and provide information to the treating professional, about the person's conditions and behaviors when they occur, why they occur to help the physician better identify the most appropriate course of treatment, including interventions other than medication when possible.

HHSC encourages MCOs to share this information with their members with IDD and their families as a training resource. The training for individuals with IDD and family members is available at: vkc.mc.vanderbilt.edu/healthtraining