IDD-MH Med Student Knowledge Questions Answer Key

Q6 The most common mental health conditions experienced by people with intellectual and developmental disabilities are:

* Personality Disorders, Psychotic Disorders & Trauma-Related Disorders (1)
* Anxiety, Depression, & Trauma-Related Disorders (2)
* Bipolar Disorder, Psychotic Disorders, & Trauma-Related Disorders (3)
* Depression, Psychotic Disorders, & Schizophrenia (4)

Q10 How do you define positive medicine?

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1 point: Positive medicine is the focus on both physical and mental wellbeing that promotes a sense of hope, and allows the person to thrive.

.5 points: Answer may include a mention of strengths or wellbeing/thriving, but not both.

0 points: Answer does not address the core components of positive medicine (wellbeing, strengths, thriving)

Q30 Why is the recognition of neurodiversity important in medical care?

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1 point: Recognizing neurodiversity is important because it is respectful to the person and allows the provider to understand the person, communicate more effectively, understand implications for their care, and to develop treatment approaches that address the person’s strengths and needs.

.5 points: may address some but not all of the components above.

0 points: does not include the components above

Q31 Which of the following statements are true about systems of care for people with intellectual and developmental disabilities? Select all correct answers.

* In order to receive IDD services, the person must have a diagnosed intellectual or developmental disability, and must have impaired adaptive functioning (1)
* Medical providers may need to engage family members and other caregivers in the patient’s care (2)
* All people with IDD receive the same array of services (3)
* The majority of people with IDD receive care in institutions (4)
* The person’s case manager/service coordinator from the developmental disabilities service agency could be helpful at medical appointments (5)

Q34 What are the three (3) most common medical conditions experienced by people with IDD?

* Neurological disorder(s) (1)
* Leg pain (2)
* Asthma (3)
* Pain (ex: dental, ear) (4)
* Kidney Disease (5)
* Cardiovascular disease (6)
* GI problems (ex: constipation, GERD) (7)

Q36 Which of the following statements are true when assessing aggression in patients with intellectual and developmental disabilities? Select all correct answers.

* Medical/biological issues should be ruled out first (1)
* Some genetic disorders can cause increased risk of mental health or medical issues (2)
* Constipation, dental pain and gastroesphogeal reflux are common medical causes of aggression that should be considered (3)
* Aggression should be managed by your state’s developmental disabilities service agency (4)
* Behavior is a form of communication (5)
* Psychosocial stressors don’t need to be considered (6)

Q37 Which of the following is not a common presentation of anxiety in people with intellectual and developmental disabilities and limited communication skills?

* Irritability or aggression (1)
* Running away (2)
* Talking to inanimate objects (3)
* Withdrawal (4)
* Staring into space (5)
* Increased repetitive speech and movement (6)

Q39 Signs of psychosis in people with intellectual and developmental disabilities include which of the following? Select all correct answers.

* talking to themselves, monologue (1)
* having an imaginary friend (2)
* Unusual interests (3)
* Lip smacking (4)
* Auditory hallucinations that are intrusive and distressing (5)
* Change from baseline behavior (6)
* Covering ears/eyes (7)

Q11 How do you define culturally competent patient care?

1 point: Two components: 1) Understanding and respect of a person’s unique perspective, experiences, and culture (values, beliefs, etc.) and 2) integration of culture and unique perspectives in care and treatment planning.

.5 points: has one component of the definition but not the other

0 points: does not clearly note an understanding/respect of the person’s culture or the need to integrate this understanding in care

Q12 Which of the following are best practices in communicating with patients with IDD-MH and their families? Select all correct answers.

* Ask your patient exploratory questions (1)
* Talk to, and engage with, the patients’ caregiver rather than the patient themselves (2)
* Ask questions other than that directly pertain to the reason for the visit (3)
* Know that people with the same disability will always communicate in the same way (4)

Q13 If a patient with IDD-MH is acting out in the waiting room, you and your waiting room staff should: Select all correct answers.

* Discipline the person to get them to behave (1)
* Get a copy of their behavior plan for the next time they are in your office (2)
* Administer a PRN (3)
* Defer to the person’s caregiver (4)
* Give the patient the option to wait outside or in the car (5)

Q22 Which is not a treatment approach that people diagnosed with intellectual and developmental disabilities and OCD may need?

* An extensive review of previous diagnoses and treatment (1)
* Extensive, long-term behavior modification treatment (2)
* Combination treatment, including pharmacotherapy/manualized psychotherapies (3)

Q23 Which of the medications below are among those that should be considered first when treating patients with intellectual and developmental disabilities and mania?  
Select all correct answers.

* lithium (1)
* quetiapine (2)
* divalproex (3)
* asenapine (4)
* aripiprazole (5)
* paliperidone (6)
* risperidone (7)
* cariprazine (8)