



# Assume that I can

*Learning Disabilities In Practice*

World Down Syndrome Day 2024  
YouTube

A photograph of two women smiling in a room. The woman in the foreground is a young woman with short blonde hair, wearing a dark blue sweater with a white collar and a white stripe on the sleeve. She is looking towards the right. The woman in the background is a Black woman with her hair styled in a bun, wearing a grey turtleneck sweater, also smiling. The wall behind them is covered with several framed photographs. The year '2024' is written in blue text in the upper right corner of the image.

2024

# Learning Disabilities Nursing In Practice

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Leah Pike

Registered Nurse Learning Disability

# About Me

Leah Pike

- I am a BSC Hons Degree Registered Nurse for Learning Disabilities. 2024
- I received my qualification in September 2012 at the University of the West of England, Bristol.
- Since then, I have worked in a variety of settings across the South of England (Bristol, North Somerset, Wiltshire, Hampshire and now Southampton).
- I have supported both adults and children with Learning disabilities, complex health needs, Autism and challenging behaviour.
- I have worked in learning disability Community Teams alongside many other health professionals and supported children and adults to mainstream appointments and hospital stays, liaising with a variety of health care professionals



# About Me



2024

## My Family

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- I am a mum of 3 amazing boys
- 2 of which are my stepchildren
- I am a partner to Colin

## My Extended Family

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- I have a very large family – when we are all together, there are 24 of us
- I have several people within my family who have Autism, chromosomal disorders or learning disabilities





# Why am I here

## My Aims of Today

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- My Passion
- Everybody's business
- There will be a time in your career when you will come across someone with a Neurodiverse need

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- Gain confidence
  - Utilising resources
  - Where to go for further support



# What is a learning disability

- **Three core criteria define a Learning Disability from the National Institute of Clinical Excellence (NICE 2015)**
  - Having a lower intellectual ability (IQ of lower than 70)
  - Significant impairment of social or adaptive functioning
  - Onset from childhood
- **The UK Department of Health and Social Care (DHSC, 2001) defines a learning disability**

‘A significantly reduced ability to understand new or complex information, to learn new skills (impaired intelligence), with a reduced ability to cope independently (impaired social functioning), which started before adulthood.’

# What is not a learning disability

- ADHD
- Dyslexia
- Dyspraxia
- Brain injury which happened after a person turns 18
- Autism



# What is Autism

According to the National  
Institute of Mental health  
(February 2024)

Autistic spectrum disorder is

- Neurological and developmental disorder
- It affects how people interact, communicate, learn and behave

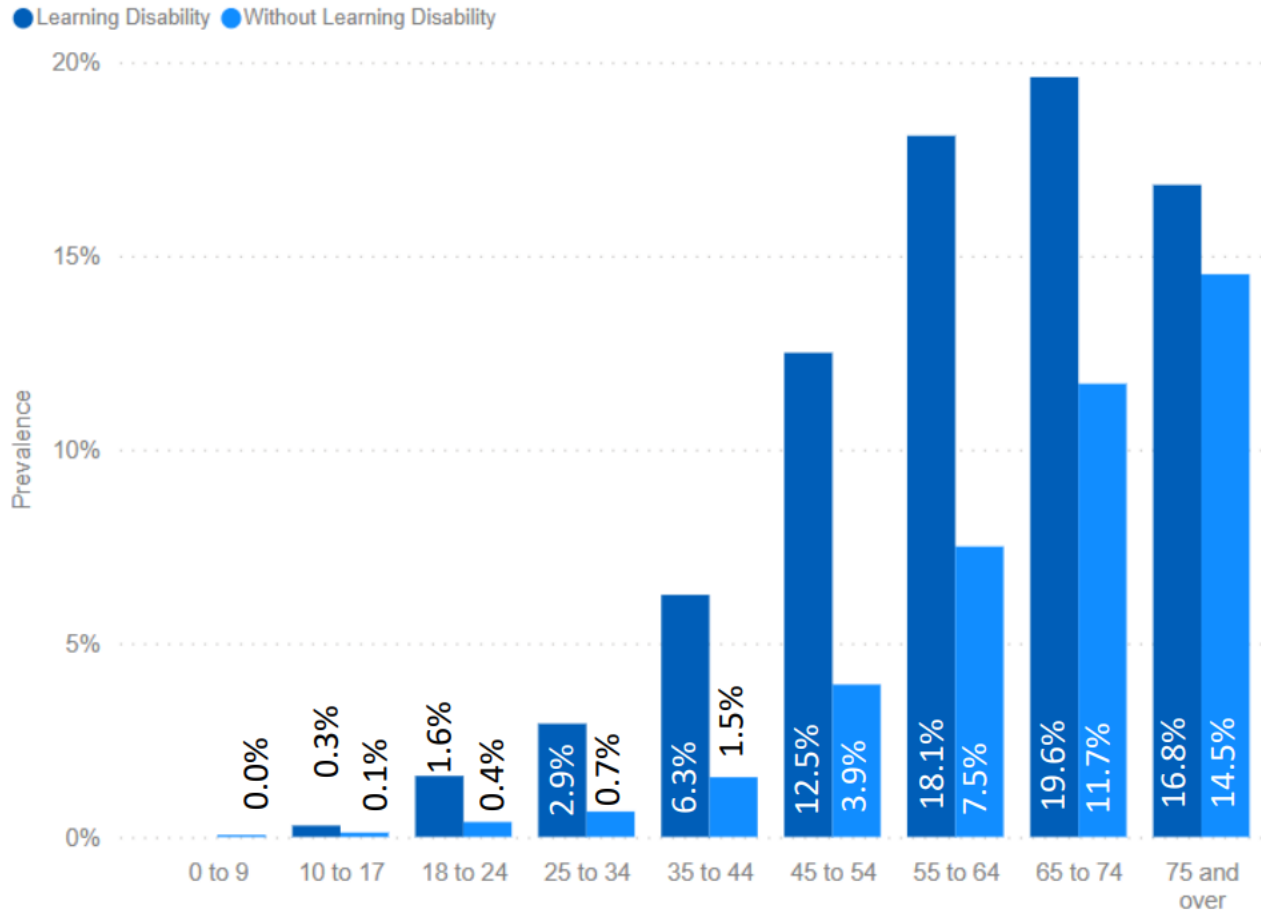


# My Health Equity Message

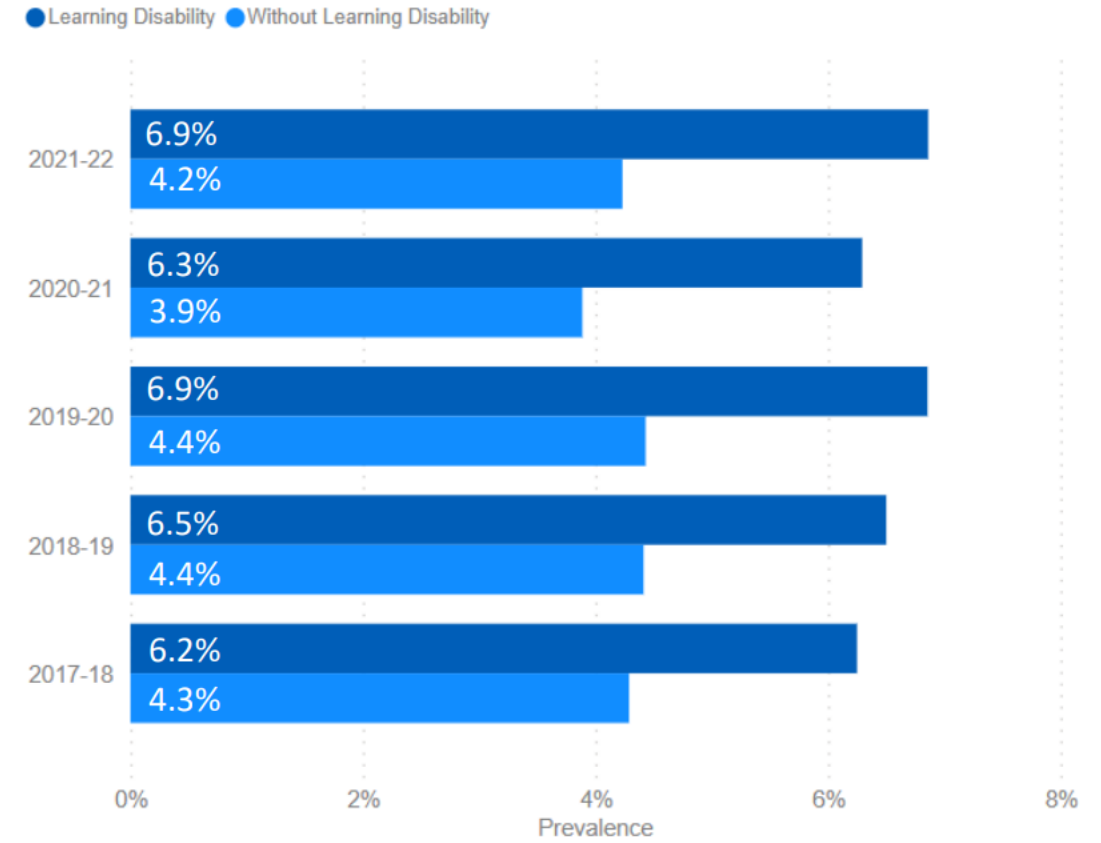
*Learning Disabilities Nursing In Practice*



### Percentage of patients with a diagnoses of **diabetes mellitus (type 2)** and a record of **IFCC-HbA1c** – Hampshire and Isle of Wight Sub-ICB: 2021-22



### Percentage of patients with a diagnoses of **diabetes mellitus (type 2)** and a record of **IFCC-HbA1c** – Hampshire and Isle of Wight Sub-ICB: 2017-18 to 2021-22



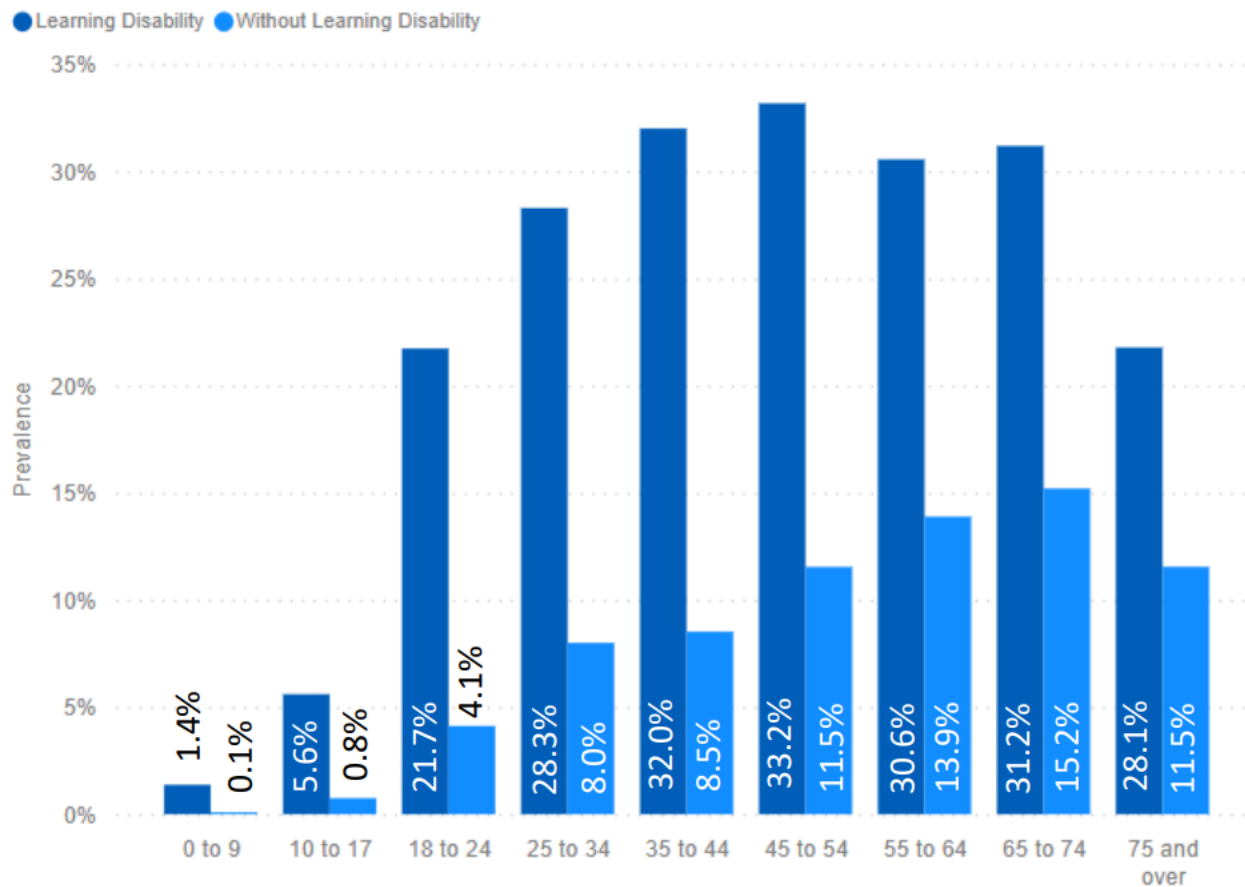
Source: [Health and Care of People with Learning Disabilities - Power BI - NHS Digital](#)



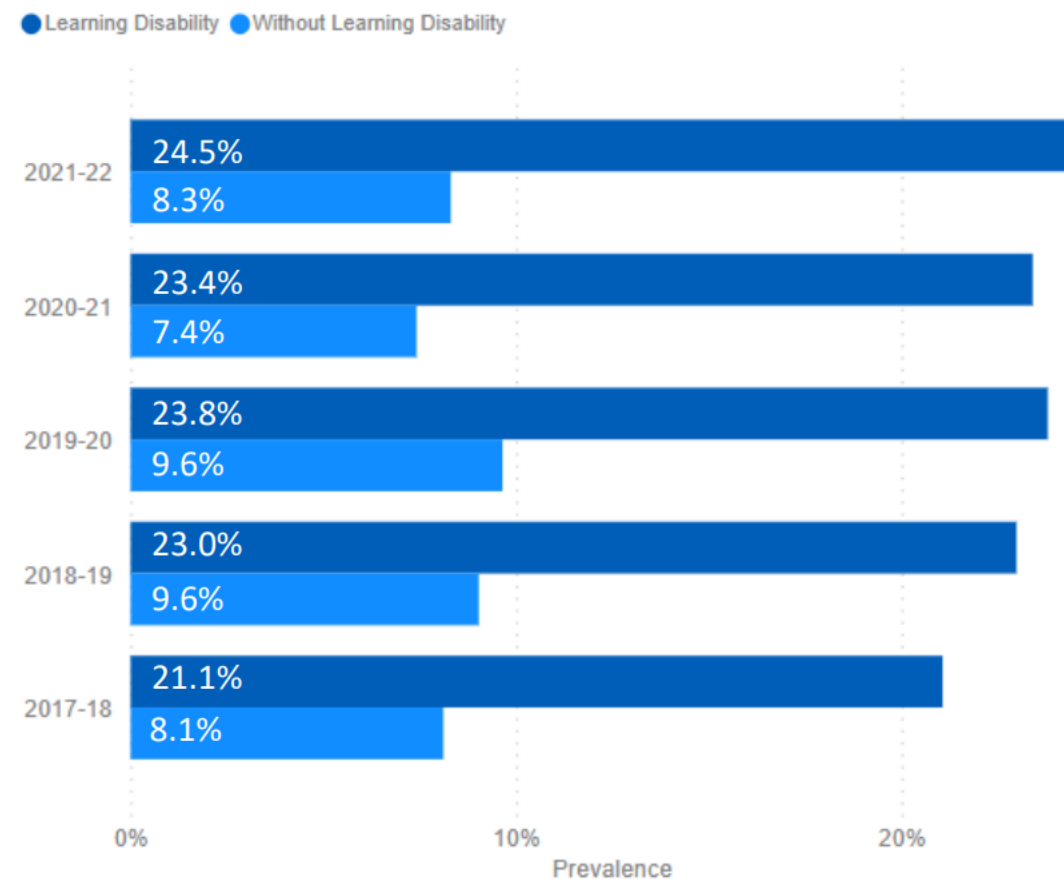


# Persons with Learning Disabilities: BMI (Obese) - H&IoW Sub-ICB

Percentage of patients whose most recent **BMI assessment classification** (or downs syndrome BMI centile classification) in the 15 months up to 31 March, is **obese** (BMI>=300) – Hampshire and Isle of Wight Sub-ICB: 2021-22

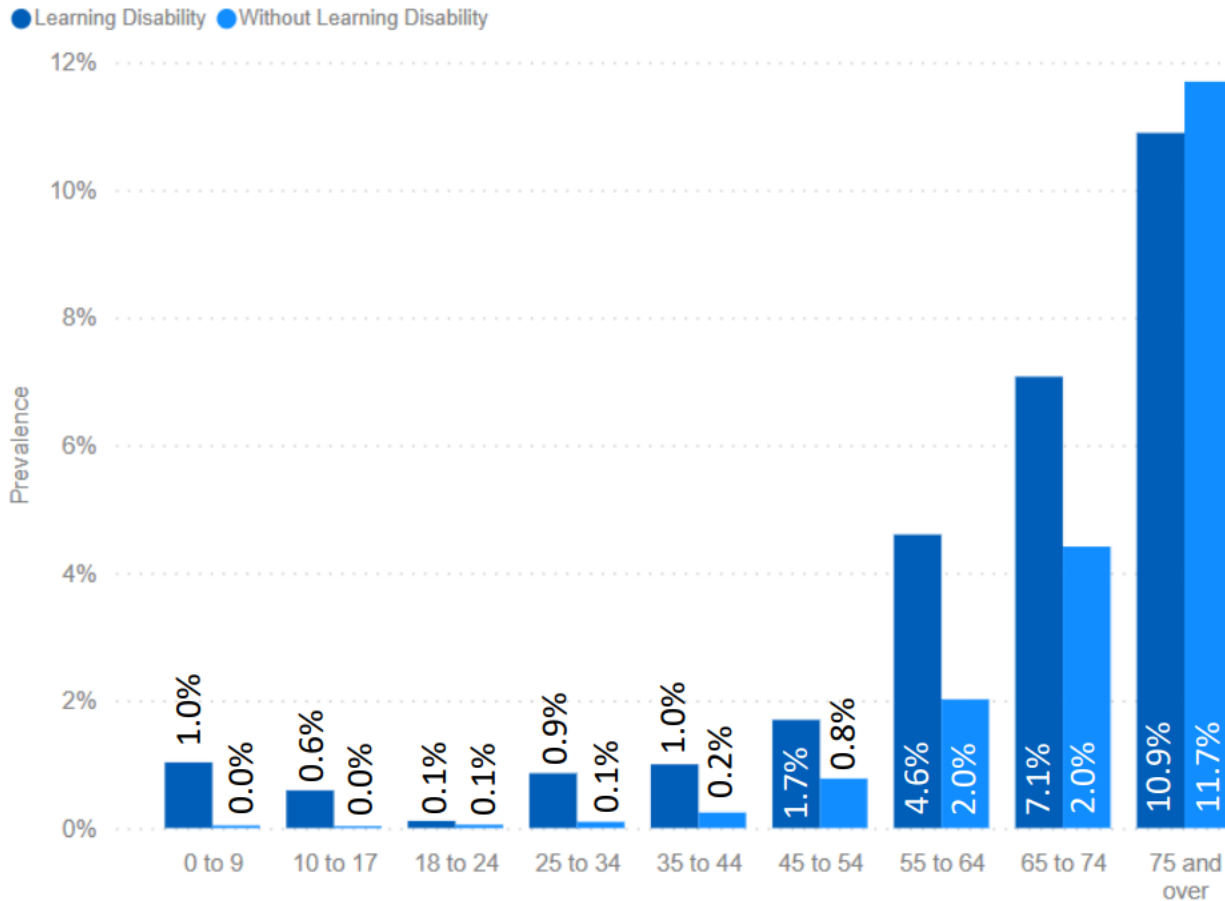


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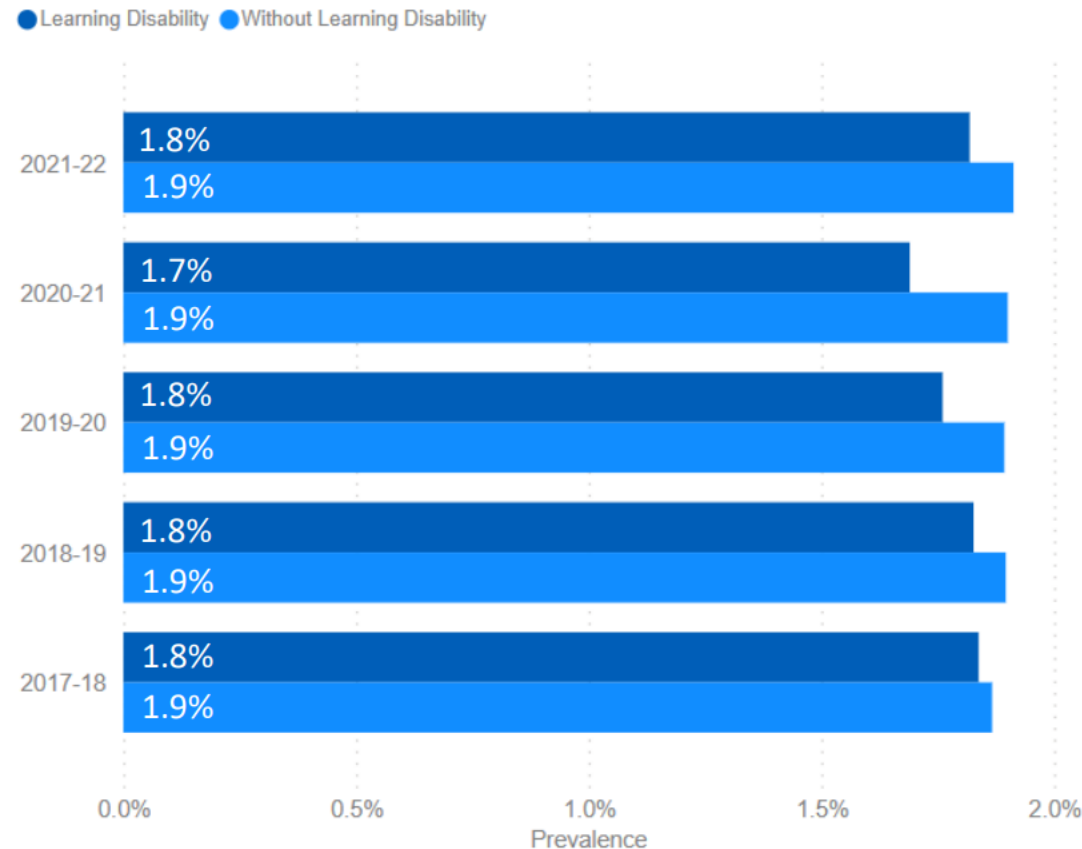




Percentage of patients with a diagnoses of **stroke or transient ischaemic attack** – Hampshire and Isle of Wight Sub-ICB: 2021-22



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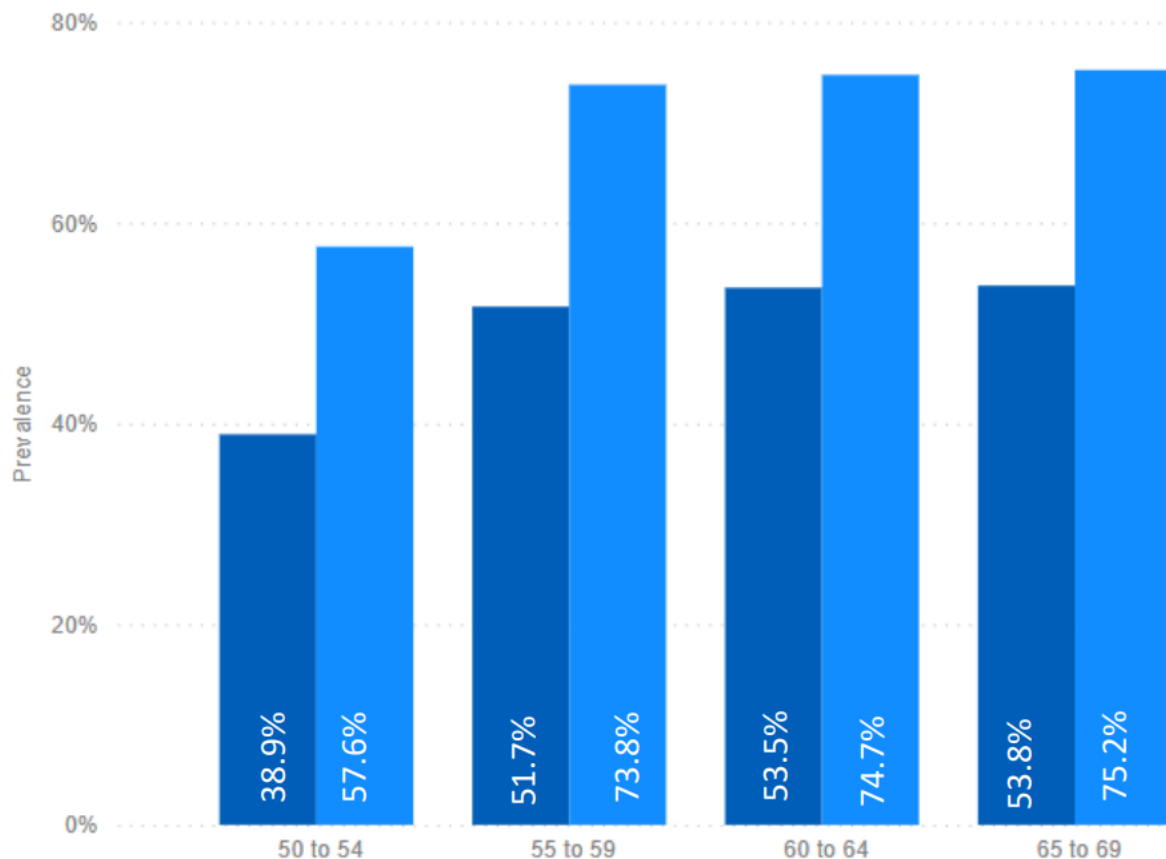


# Persons with Learning Disabilities: Breast cancer screening - H&IoW Sub-ICB

Press Esc to exit full screen

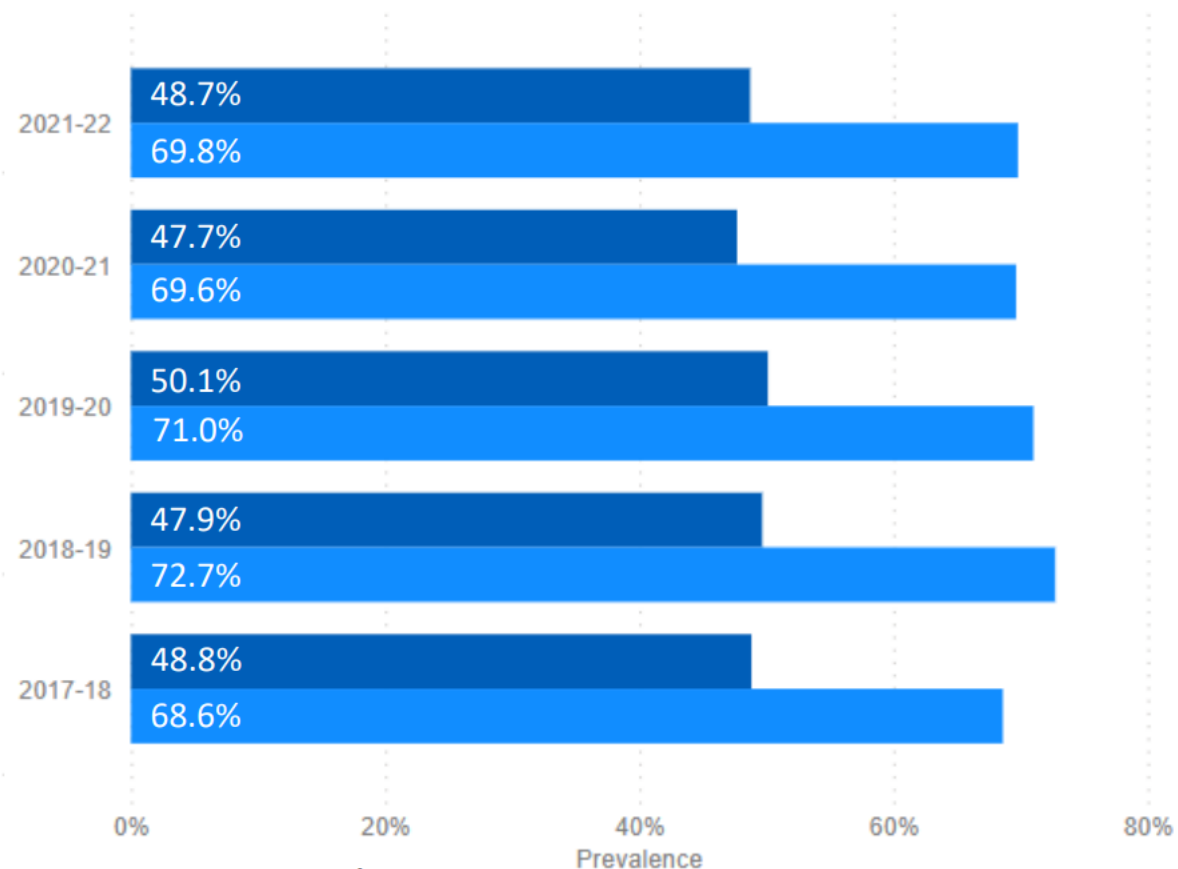
Percentage of patients who are female, aged 50 to 69 and received **breast cancer screening** in the five years up to 31 March – Hampshire and Isle of Wight Sub-ICB: 2021-22

● Learning Disability ● Without Learning Disability



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● Learning Disability ● Without Learning Disability



Higher percentages are better





# Reasonable Adjustments

What can we do to change this and help people with a Learning Disability Receive equal care - YouTube

# My Experience

- I supported a child (William) to an Inpatient stay for support with Toileting and continence issues
- History of severe constipation. He had been so constipated that this caused sickness on several occasions. He was also doubly incontinent.
- William has a diagnosis of Developmental delay, Autism and also displays challenging behaviour when unsure/uncomfortable about a situation.

# My Experience

- **William was referred to me to support the continence issues at home.**
- **Covid-19 Restrictions**
- **Mum to stay over night with him**
- **Knowledge and experience should come from staff**
- **Getting a reluctant mum on board**



# What we did...

**Together, Mum, the head matron and I worked on a plan to get William in for admission this plan included:**

- Several visits prior to the admission
- A positive behaviour support (PBS) plan was provided
- PECS
- Now and next board
- A social story
- Pictures of each room were taken
- Daily timetable
- William also met several of the staff
- Own foods for the week, (he had a very limited diet)
- own bedroom shown in advance
- MDT meeting
- A familiar teacher attends with him for an hour every day.
- Mum created a visiting plan

# What we did...

## Outcome

- Supported by his school teacher every morning
- Only did an hour of lessons
- No pressure for him to do schooling
- He tried a variety of foods and drinks
- Contenance concerns completely changed

- Pad was changed whilst standing up in the bathroom,
- starting sitting on the toilet
- Staff used their initiative to make stories about dinosaurs doing a poo
- He really enjoyed his time
- Long way to go – but a very good start

# Examples of some reasonable adjustments

- Room on their own
- No waiting times – allowing someone to go for a walk and then call when ready
- Mencap reasonable adjustments
- Putting music on that someone likes
- Not wearing a lanyard
- Home visits where possible
- Quiet place to wait, such as in the car
- Accessible information
- Reducing environmental cues for distress such as medical equipment
- Longer appointments
- Check the person's summary care record for any specific needs
- Where possible, hold the appointment in a local and familiar place
- Offer to give the vaccine at home or in their car/cab, if possible



## Examples of some reasonable adjustments cont.

- Provide a quiet or less brightly lit space
- Schedule appointment times at the quietest times of the day
- Provide double appointment times so you are not rushed
- Check if the person is scared of needles. Find out what may help them Some examples of reasonable adjustments This list is not exhaustive:
  - Using plain English and no medical jargon
  - Having easy read and accessible resources, materials and information to hand
  - Check they have fully understood what you have told them by asking them and their carer
  - Send a reminder before the appointment by calling or texting
  - Talk to the person in a kind and friendly way throughout their appointment to ease anxiety
  - Check what might help to distract the person or to help keep them calm





# Reasonable Adjustments

Make the biggest difference to people's health and wellbeing – YouTube

# Further information

- Mencap
- Olivier McGowen training
- NHS England
- Challenging behaviour foundation
- National Autistic Society
- National institute for health and care excellence (NICE)

# Learning Disability Teams - Southampton

- Jigsaw: (Children's Learning Disability Service)
- [Jigsaw.duty@southampton.gov.uk](mailto:Jigsaw.duty@southampton.gov.uk)
- 02380 915831
- Adults Learning Disability Health Team
- 023 8231 9913
- UHS Hospital Liaison Team
- [Ida@uhs.nhs.uk](mailto:Ida@uhs.nhs.uk)
- 07464 923263
- 023 8120 5367



2024

**Thank you!**

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**Any Questions?**