



Improving the Health of Individuals with Intellectual Disabilities through MedFest and Inclusive Health Training

Bryson Rial, OTS¹, Peter Giroux, PhD, MHS, OTR/L, FAOTA² and Leigh Anne Lamm²
University of Mississippi Medical Center¹ and Special Olympics Mississippi²



OVERVIEW OF CAPSTONE SITE

The purpose of this poster is to provide an overview of the capstone site, display relevant literature that highlights the need for this capstone project. This poster will also provide relevant information related to the OTD capstone project.

: Special Olympics Mississippi (SOMS) serves 7,000+ individuals with intellectual disabilities whose ages range from 2-88. SOMS aims to use sports as a vehicle for promoting health literacy and inclusion across the state. The organization continuously makes efforts towards health for all, or inclusive health.

LITERATURE SUMMARY

- Special Olympics Mississippi is currently serving over 7,000 athletes with intellectual disabilities and aims to promote inclusion and participation for all its athletes because of the belief that participation in activity and occupation can lead to increased well-being and decreased anxiety.
- People with intellectual disabilities (ID) have shorter lifespans and are more at risk for developing health problems.
- Special Olympics' health programming focuses on improving the physical and social-emotional well-being of people with ID by increasing inclusion in health care, wellness, and health systems for Special Olympics athletes and others with ID.
- Over half (52%) of US medical school deans and students report that graduates are "not competent" to treat people with intellectual disabilities

NEEDS ASSESSMENT

A Phase I Needs Assessment was planned and implemented by the capstone student in the summer of 2020. Data from the Phase I Needs Assessment indicated a need for MedFest in the state of Mississippi. The capstone student would be responsible for planning and implementing Mississippi's first MedFest. A Phase II needs assessment was conducted in the spring of 2021 and the capstone student and mentor decided the student would create a project plan for MedFest. Additionally, the two decided to develop a plan for provider training because of the research found in the student's literature review.

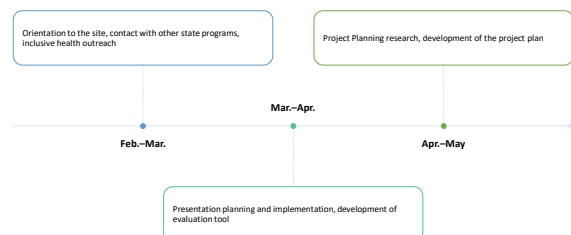
PROJECT GOALS / OBJECTIVES

The capstone student will:

- Develop a plan for executing MedFest by the end of week eight.
 - Objective 1: Complete needs assessment with key stakeholders by the end of week one.
 - Objective 2: Meet with clinical director and other important MedFest staff by end of week four.
 - Objective 3: Discuss the process for recruiting MedFest attendees by the end of week four.
- Collaborate with Special Olympics administration to develop a plan for follow-up care by the end of week ten.
 - Objective 1: Meet with administrators regarding typical plans for follow up care by the end of week six.
 - Objective 2: Discuss the current procedures for providing follow-up care by week seven.
 - Objective 3: Assess the current plan's efficacy by week eight.
- Collaborate with Special Olympics administration to develop an in-service educational presentation regarding treating individuals with intellectual disabilities by week eleven.
 - Objective 1: Meet with administrators to develop in-service course outline by week eight.
 - Objective 2: Assist in the planning and execution of the in-service by week nine.
 - Objective 3: Develop an evaluation tool for in-service effectiveness by week ten.

PROJECT DEVELOPMENT and/or IMPLEMENTATION

A MedFest Project Plan (Toolkit) was developed through the lens of the PDSA model after data from the Phase I and Phase II needs assessments were analyzed. The purpose of the MedFest Project Plan is to assist with planning and implementing MedFest in Mississippi. Since MedFest has never been hosted in Mississippi, the student relied heavily on input from other states' programs. To ensure thoroughness, the student arranged meetings with various Special Olympics Directors of Health or individuals responsible for planning and implementing MedFest. The student synthesized information from meetings with other states and began to create a project plan specific to the needs of SOMS. The capstone project is comprised of countless resources and methods for successfully hosting Mississippi's MedFest event. To meet the needs of the capstone site, an Athlete Recruitment policy was created to assist with attracting new athletes while also reaching health care providers to assist with health screenings and referrals. Additionally, the student chose to incorporate inclusive health training into the capstone experience and project. These efforts were made due to evidence found in the research process related to insufficient provider training. The student delivered an Inclusive Health Training to UMMC OT1 students and further developed a procedure for SOMS to maintain contact with UMMC to continue providing inclusive health training to various disciplines across the campus. It is the hope of the capstone student that these interrelated components pave the way for a more inclusive Mississippi.



PLAN FOR PROJECT EVALUATION

To accurately measure the success of the MedFest Project Plan (toolkit), several steps were taken in the program evaluation stage. A Google Form, titled MedFest Planning Team Survey, was created and imbedded into the MedFest project plan document to be completed by each team member after a MedFest event. The Google Form is accessible through the project plan document and gives planning team members a platform to reflect on their role on the planning team, resources used, successes of the event, areas for improvement, and a chance to provide recommended additions to the project plan.

PROJECT SUMMARY AND FUTURE RECOMMENDATIONS

The components of this capstone project as well as the capstone experience prepared me to take on non-traditional roles with confidence and the skills to succeed. My occupational therapy education equipped me to provide meaningful contributions to my capstone.

It is the capstone student's recommendation that future students involved with SOMS aim to seamlessly combine all of the components created here into a successful, implemented program aimed at creating a more inclusive Mississippi. The components of this project have laid the groundwork for future success. It is the capstone student's ultimate goal that the efforts made will improve the health and lives of individuals with intellectual disabilities.

REFERENCES AVAILABLE UPON REQUEST

Special thank you to Leigh Anne Lamm for guiding me professionally and personally. Additional thanks are given to Dr. Giroux for "letting me fly." Thank you UMMC staff and Dr. Rogers for your hard work in the planning of capstone.