

# Neurodevelopmental disorders, intellectual and social disability

## Summary

### The role of the GP in the care of people with neurodevelopmental disorders, intellectual and social disability

**Intellectual disability** is associated with increased mortality and morbidity. As a GP, your role is to:

- Recognise a range of associated psychological and physical conditions, some of which may profoundly affect a person's capacity for self-care, mobility or communication
- Identify, monitor and review all patients who have difficulties with communication, social relationships and managing their own affairs; this may require additional skills in diagnosis, examination and consultation, and an understanding of legislation and guidance on mental capacity
- Carry out annual health checks for people with intellectual disability
- Be aware of the effects of intellectual disability on the life history of the patient and family
- Signpost patients and their families or carers to appropriate resources, knowing when and where to seek specialist help
- Support people transitioning from paediatric to adult services
- Advocate for people with intellectual and social disabilities; promote fairness and equity in the community, including equal access to health care.

## Key Areas for Exam preparation

### Common and important conditions

- Autism and autism spectrum disorder
- Dyspraxia
- Genetic causes of intellectual disability (e.g. Fragile X, Williams, Prader-Willi, Rett's, Down and Sturge-Weber syndromes, phenylketonuria, neurofibromatosis, tuberous sclerosis) (also see genomic summary)
- Non-genetic causes of intellectual disability (e.g. fetal alcohol syndrome, brain injury, neglect)
- Common associated physical health disorders include (but are not limited to):
  - cardiovascular disease;
  - type 2 diabetes;
  - epilepsy;
  - musculoskeletal problems;
  - obesity;
  - oropharyngeal and gastrointestinal disorders;
  - respiratory disorders;
  - sleep disorders; and
  - visual, speech, hearing and mobility problems
- Common associated mental health problems (which may present differently from the general population) include:
  - Alzheimer's disease;
  - anxiety and depression;
  - bereavement reactions;
  - bipolar affective disorder;
  - schizophrenia; and
  - specific associations (e.g. autism spectrum disorder and ADHD are linked

## Suggested Resources

### General Information

- <https://www.evidence.nhs.uk/search?q=neurodevelopmental+disability>
- <https://www.evidence.nhs.uk/search?q=Brain+injury+and+social+disability>
- <https://www.evidence.nhs.uk/search?q=intellectual+disability>
- <https://www.evidence.nhs.uk/search?q=disability+and+health>
- <https://improvement.nhs.uk/resources/learning-from-patient-safety-incidents/>
- <https://www.mencap.org.uk/sites/default/files/documents/2008-03/DBIreport.pdf>

### Autism ASD

- <https://www.evidence.nhs.uk/search?q=autism>

### Dyspraxia

- <https://www.evidence.nhs.uk/search?q=dyspraxia>

### Genetic causes of intellectual disability

- <https://www.evidence.nhs.uk/search?q=intellectual%20disability%20and%20genetic>
- <https://www.evidence.nhs.uk/search?q=fragile+X>
- <https://www.evidence.nhs.uk/search?q=Williams>
- <https://www.evidence.nhs.uk/search?q=prader-Willi>
- <https://www.evidence.nhs.uk/search?q=Rett%27s>
- <https://www.evidence.nhs.uk/search?q=Down%20syndrome>
- <https://www.evidence.nhs.uk/search?q=sturge+weber+syndrome>
- <https://www.evidence.nhs.uk/search?q=phenylketonuria>
- <https://www.evidence.nhs.uk/search?q=Neurofibromatosis>
- <https://www.evidence.nhs.uk/search?q=tuberous+sclerosis>

### Non genetic causes

- <https://www.evidence.nhs.uk/search?q=fetal+alcohol+syndrome>
- <https://www.evidence.nhs.uk/search?q=Brain+injury+and+social+disability>
- <https://www.evidence.nhs.uk/search?q=neglect+and+disability>

### Common associated physical health disorders

- <https://www.evidence.nhs.uk/search?q=disability%20and%20cardiovascular%20disease>
- <https://www.evidence.nhs.uk/search?q=type+2+diabetes+and+disability>
- <https://www.evidence.nhs.uk/search?q=epilepsy+and+disability>
- <https://www.evidence.nhs.uk/search?q=musculoskeletal%20disorders%20and%20disability>
- <https://www.evidence.nhs.uk/search?q=obesity+and+disability>
- <https://www.evidence.nhs.uk/search?q=oropharangeal+disorders+and+disability>
- <https://www.evidence.nhs.uk/search?q=gastrointestinal+disorders+and+disability>
- <https://www.evidence.nhs.uk/search?q=respiratory+disease+and+disability>
- <https://www.evidence.nhs.uk/search?q=sleep+and+disability>
- <https://www.evidence.nhs.uk/search?q=visual+disability+>
- <https://www.evidence.nhs.uk/search?q=speech+disability>
- <https://www.evidence.nhs.uk/search?q=hearing+disability>
- <https://www.evidence.nhs.uk/search?q=mobility%20disability>

### **Common associated mental health problems**

- <https://www.evidence.nhs.uk/search?q=alzheimers+and+disability>
- <https://www.evidence.nhs.uk/search?q=anxiety+and+depression+and+disability>
- <https://www.evidence.nhs.uk/search?q=bereavement+and+disability>
- <https://www.evidence.nhs.uk/search?q=bipolar+and+disability>
- <https://www.evidence.nhs.uk/search?q=schizophrenia+and+disability>
- <https://www.evidence.nhs.uk/search?q=ADHD+and+disability>
- <https://www.evidence.nhs.uk/search?q=autism+and+disability>