

# An investigation into intellectual disability nursing interventions and their impact

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## Aims

1. To identify nursing-led and / or nursing centred interventions that are in place to address the challenging and changing needs of people with intellectual disabilities (IDs).
2. To identify areas of good care delivery, innovative practices, and possible gaps in the provision of care for individuals with IDs.

## Research questions

The research sought to answer the following questions;

1. *What nursing led / nursing centred interventions are in place to respond to the changing needs of people with ID in the UK?*
2. *Are there examples of service redesign to meet future needs?*
3. *How could ID nurses better contribute to these interventions?*
4. *Where in the UK are these interventions taking place?*
5. *What is the impact of these interventions?*

## Background

1. Globally, the World Health Organisation (2011) estimated that there were 200 million people (2.6% of the global population) had ID.
2. There avoidable disparity between the health, and the health needs of people with intellectual disabilities as compared to that of the general population (Kerr, 2004; Straetmans, *et al.*, 2007; Hatton and Emerson, 2015; Kavanagh *et al.*, 2017; LeDer, 2020).
3. There is a lack of clarity on effective interventions that can be carried out by ID nurses (Mafuba 2009, 2013).

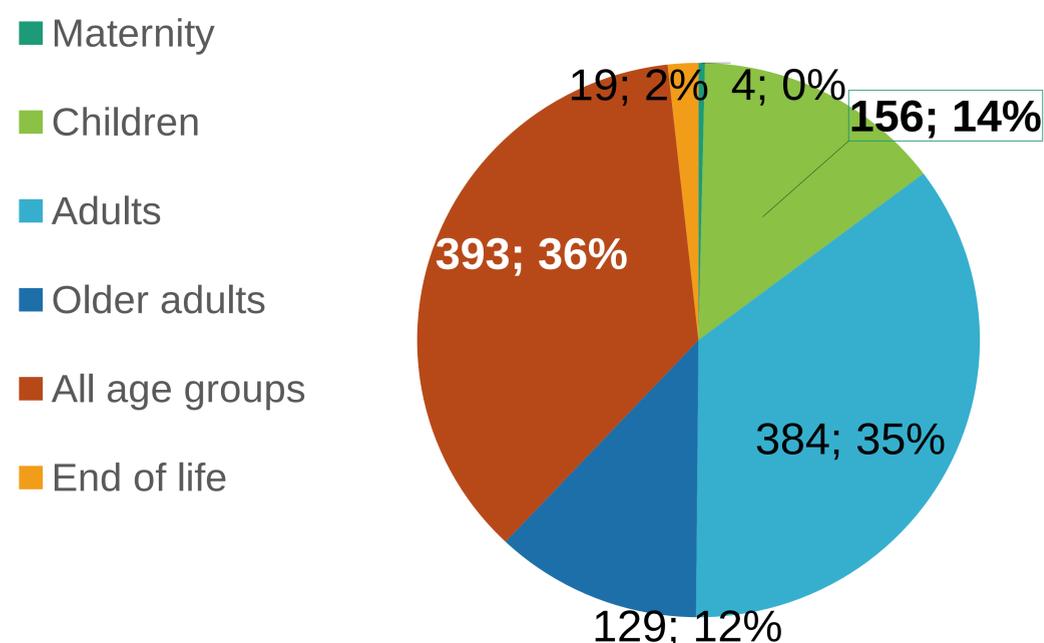
## Methods

- We undertook an online survey to collect quantitative and qualitative data.
- We used voluntary response sampling (McCombes, 2020) to collect data from 230 participants from 7 countries.
- Participants were primarily registered ID nurses working with people with ID.
- We used thematic, and content analyses to analyse qualitative data.
- We undertook descriptive and inferential statistical analyses of quantitative data.

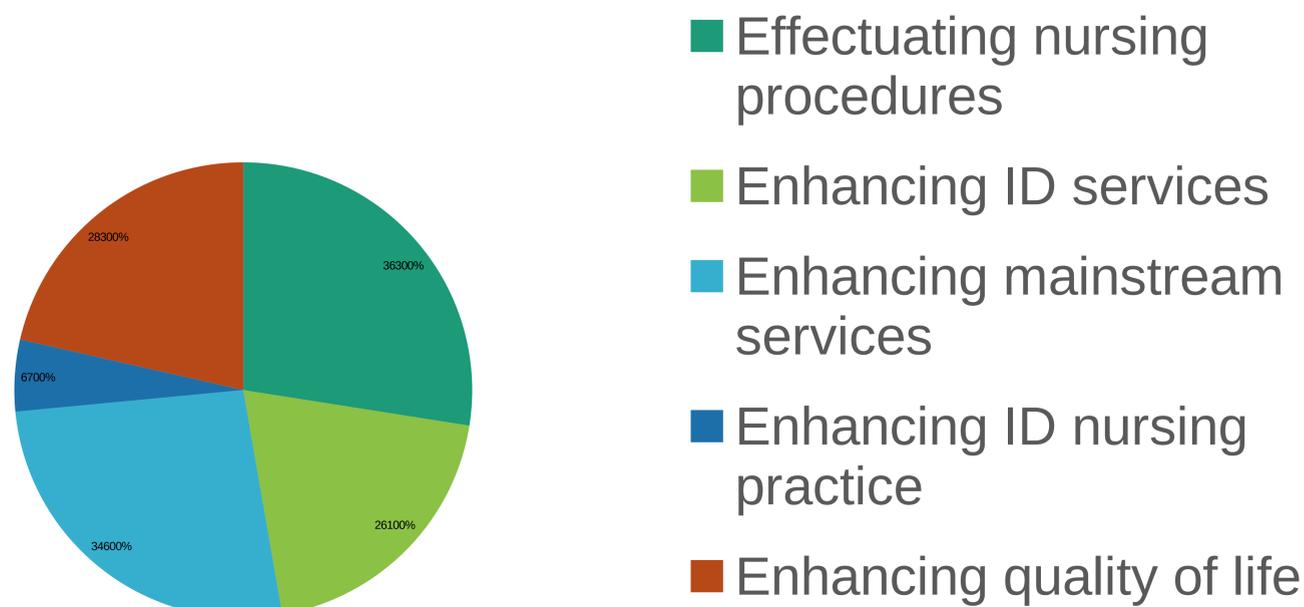
## Findings

1. We identified 878 interventions from 7 countries. These interventions were undertaken in a wide range of settings and across the lifespan (maternity (4), children (156), adults (384), older adults (129), all age groups (393) and end of life (19)).
2. We categorised the interventions into five themes; *effectuating nursing procedures, enhancing impact of ID services, enhancing impact of mainstream services, enhancing quality of life, and enhancing ID nursing practice.*
3. We identified several case studies that demonstrate the positive impact of ID nursing interventions.
4. There variation in understanding the interventions undertaken by ID nurses between countries.

**Figure 1:** Distribution of interventions across the lifespan



**Figure 2:** Distribution of interventions across the themes



### Impacts of ID nursing interventions

We used Braun and Clarke (2006)'s framework to analyse the data and we identified 13 themes of these impacts;

1. Having a voice.
2. Increased independence and choice.
3. Improved health and quality of life.
4. Improved access to health and social care services.
5. Improved standards, quality of care, and patient experience.
6. Improved awareness of the needs of people with intellectual disabilities.
7. Reduced health inequalities and risks.
8. Making reasonable adjustments.
9. Improved transitions.
10. Improved family life.
11. Improved healthcare outcomes.
12. Increased community presence and inclusion.
13. Improved mental health and reduced challenging behaviour.

### Case studies

- We illustrated 51 case studies in 23 groups of interventions that ID nurses identified that they carried out.

### Conclusions

- ID nurses implement a wide range of emerging interventions working in multi-disciplinary teams. They practice in a wide range of settings in the UK and other countries.
- More work is needed in order to better understand the reasons for the limited involvement of ID nurses with pregnant women with IDs and in end-of-life care.
- The variation in understanding the interventions undertaken by ID nurses between countries need to be further investigated.

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