

September 9, 2010

DDD Clinical Quality Bulletin

“The Fatal Four”

Part Two--Dehydration

Dear Care1st Physicians and Staff:

Division of Development Disabilities (DDD) identified four major health issues that occur within this population more frequently than in other populations and often result in significant morbidity and mortality. They are:

- aspiration
- dehydration
- constipation
- seizures

Dr. Bob Klaehn, Medical Director for DDD, presents an in-depth look at each issue in a new DDD Clinical Quality Bulletin series. Last year he reviewed aspiration, this Bulletin focuses on dehydration and is the second in the series.

To access the entire Clinical Quality Bulletin on Dehydration:

1. Go to www.care1st.com/az
2. Click on Care1st Health Plan Arizona
3. Click on “Providers”
4. Choose “Practice Guidelines & Preventive Health Guidelines” in the Provider menu
5. Click on “The Fatal Four – Part 2 Dehydration”

Please review the signs and symptoms and common causes of dehydration in persons with a developmental disability. Suggestions for prevention are included, which can be helpful in providing instruction to the family and/or caregivers in an effort to reduce the likelihood of dehydration.

As mentioned in the article, medications need to be considered. Individuals that are being treated with Lithium for example are at high risk for developing Lithium Toxicity should they become dehydrated.

If you have any questions, please contact our DDD Liaison, Kanika Lindsay at 602.778.1800 x1835.

Thank you!