

NURSING INTERVENTIONS TO IMPROVE COMMUNICATION WITH PATIENTS WITH INTELLECTUAL DISABILITIES



Universidad
de Navarra

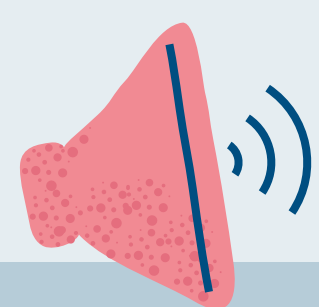
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INTRODUCTION

- Intellectual Disability (ID) affects intellectual functioning, adaptive behavior, and communication.
 - 57.8% of adults with ID experience difficulties in expressing symptoms and understanding health information.
- Nurses often feel unprepared to communicate with patients with ID, impacting care quality.
- Poor communication linked to higher hospitalization rates, misdiagnoses, and preventable deaths.
- Addressing communication barriers is critical to improving health outcomes, empowering patients, and ensuring equitable care.

OBJECTIVES

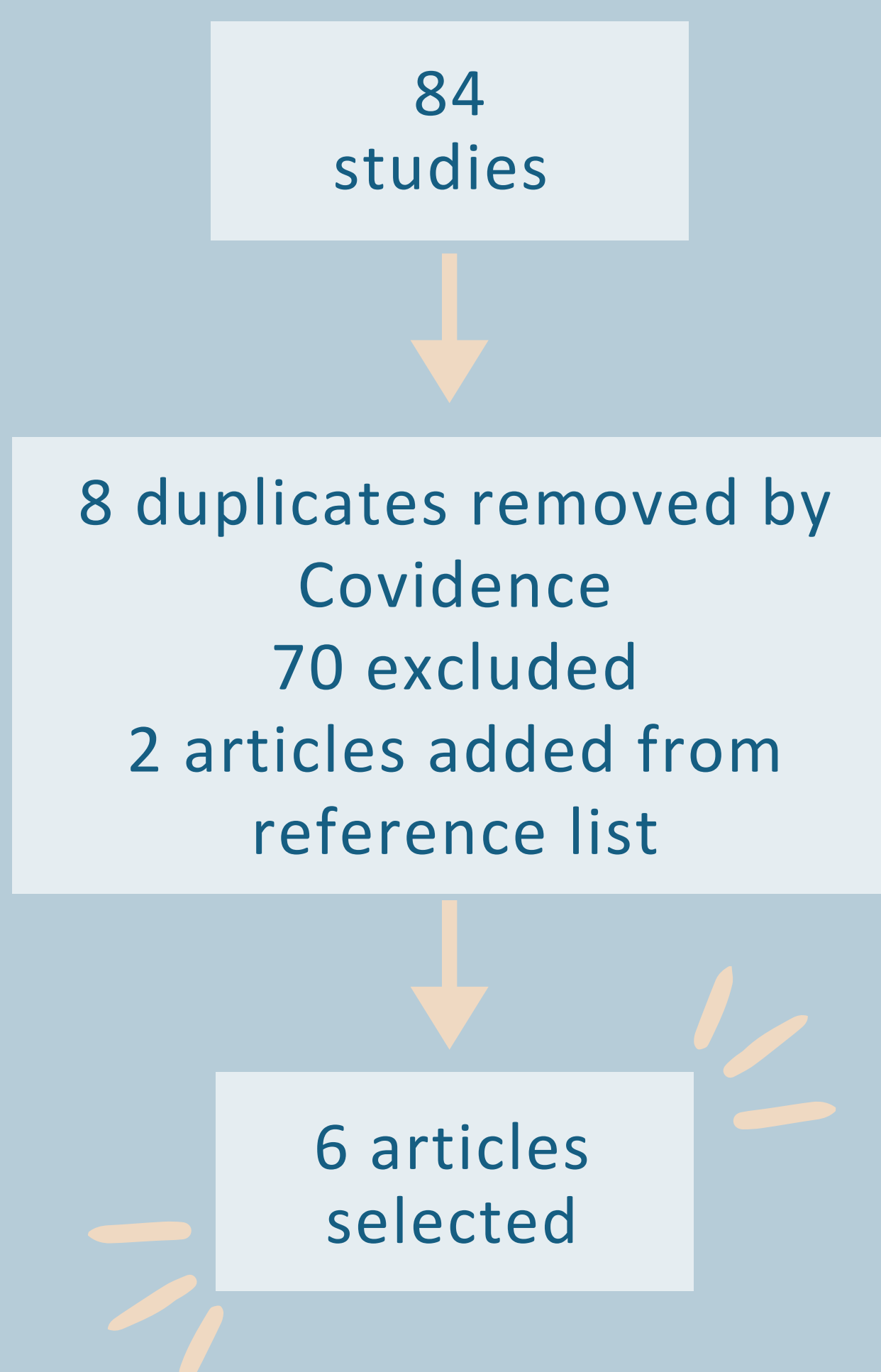


- Explore nursing interventions to improve communication with patients with ID.
- Identify strategies to enhance patient autonomy and overall quality of care.

METHODOLOGY



- Formulated a PIO question to guide the search:
 - P: Patients with intellectual disabilities
 - I: Nursing interventions
 - O: Improved communication
- Used search databases:



RESULTS



Training and Education:

- Training on specialized communication → improves nurses' confidence & patient outcomes.
- Online modules and AAC tools (ex: talking mats) enhance communication skills.

Continuity of Care and Interprofessional Communication:

- Familiarity with patients → strengthens trust and recognition of non-verbal signs.
- Consistent caregivers and interdisciplinary communication improve care quality.



Individualized Care Approach:

- Communication strategies are effective when adapted to each patient's cognitive and emotional profile.
 - Ex: Patient's passports, talking mats, hospital diaries.

Time as a Clinical Tool:

- Adequate time essential for observing behavioral cues and building therapeutic relationships.
- Institutional barriers, like staff shortages, limit time and compromise communication.



CONCLUSION

- Communication with ID patients can be improved by:
 - Specialized training for nurses
 - Individualized care approaches
 - Continuity and familiarity in nurse-patient relationships
- Lack of training has a negative impact on nurses' confidence and care quality
- Adapting communication to each patient's cognitive and emotional profile enhances autonomy and participation.
- Consistent caregivers improve recognition of non-verbal cues and strengthen trust.

