



An online personal care plan
for caregivers and primary care physicians

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HARVARD
MEDICAL SCHOOL

Parents who have children with Down syndrome worry the medical established has passed them by.

*"In an era when the offer of prenatal testing is universal and termination of pregnancies involving Down syndrome is commonplace, families of people with Down syndrome often say **they worry that the medical establishment has passed them by.** They feel marginalized, unseen, and unserved. Families of people with Down syndrome don't want admiration, and they don't want pity. **They feel a critical and urgent need for adequate health care for their loved ones, which is the right of every American.**"*



Patricia E. Bauer
Mother

—Patricia Bauer, caregiver

There are 71 Down syndrome clinics in U.S.



www.ndss.org/Resources/Health-Care

At best, though, all of these clinics serve
< 5% of the population with Down syndrome.

My sister is one of those patients who does not have access to a specialty clinic.

- I have a sister with Down syndrome.
- She is 41 years old.
- There are no adult Down syndrome clinics in Cleveland, where she lives with my parents.



It is unreasonable & impractical for primary care physicians to stay up-to-date on Down syndrome medical care.

<10% of patients with Down syndrome were up-to-date on 5 of the basic healthcare screens recommended by the American Academy of Pediatrics, according to our study



**We just completed a 3-year, \$2.1M project,
funded by PCORI.**



MassGeneral Hospital DSC2U Team

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RN, PhD



Holly Parker



Lloyd Clarke

National Advisory Groups Provided Critical Inputs

Expert Advisory Workgroup



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Mother



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Mother



Sarah Cullen
Mother



Melissa Kline Skavlem
Mother



Lisa Majewski, MSW
Mother



Jawanda Barnett Mast
Mother



Maureen Gaffagher

**DSC2U is an automated, direct-to-consumer tool
in English & Spanish**



dsc2u.org

1 General Information

2 Current Medical Concerns

3 Current Mental Health/Behavioral
Concerns

4 Immunizations

5 Nutrition

6 Past Medical History

7 Blood work and Diagnostic Testing

8 School and Therapies

9 Life Skills Checklist

10 Down Syndrome Community

Virtual Clinic (October 5th version)

General Information**Information About the Patient**First name *(required)*Date of birth *(required)*Gender *(required)*

- Male
- Female
- Other

What is Kristin's diagnosis? Please click any and all that may apply.

- Trisomy 21
- Mosaic Down Syndrome

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Virtual Clinic (October 5th version)

Current Medical Concerns

Are any of these symptoms a current concern for Kristin? Please select any and all that may Kristin may have experienced within the last month.

General

- Fever that hasn't gone away in at least five days
- Weight gain
- Undesired weight loss
- New limp
- Increasing fatigue

Eyes

- Concerns about vision
- Involuntary eye movements

Down Syndrome Clinic to You (DSC2U)

Nutrition and Swallowing

1 General Information

2 Current Medical Concerns

3 Current Mental Health/Behavioral Concerns

4 Bloodwork and Diagnostic Testing

5 Past Medical History

6 Immunizations

7 Nutrition and Swallowing

8 School, Therapies, and Resources

9 Life Skills Checklist

10 Down Syndrome Community

11 Feedback

Types of food eaten

How many cups of sugar-sweetened drinks does Kristin have in an average day?

- Less than 1 per day
- More than 1 per day
- Not sure

This includes: juice, sports drinks, soda, chocolate milk, etc. This does not include artificially sweetened drinks like Crystal light and diet sodas.

How many servings of calcium-rich food does Kristin have in a typical day?

- 2 or less per day
- 2 or less per day, plus a calcium chew or multi-vitamin with calcium
- 3 or more per day
- Not sure

1 serving = 1 cup of milk, or fortified soy or almond milk, 1 ounce of cheese (size of 3 die), 1/2 cup of yogurt, 1 cup of leafy greens. Some examples of calcium rich foods include: dairy milk, fortified soy or almond milk, tofu, cheese, yogurt, leafy green vegetables.

Do any of the following describe Kristin's snack preferences?

- Eats mostly 'munchie' food like chips and pretzels
- Eats mostly sweet foods like candy, baked goods, and ice cream

1 General Information

2 Current Medical Concerns

3 Current Mental Health/Behavioral Concerns

4 Immunizations

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Virtual Clinic (October 5th version)

Blood work and Diagnostic Testing

Has Kristin...

...seen an audiologist for a formal hearing examination in the past 2 years?

- Yes
 No
 Not sure

...seen an ophthalmologist for a formal eye examination in the past 2 years?

- Yes
 No
 Not sure

...ever had a sleep study performed for obstructive sleep apnea?

- Yes
 No
 Not sure

1. Caregiver Checklist for You

2. Primary Care Provider Plan to Share

Personalized Checklist for Molly's Caregiver

Thank you very much for taking the time to complete the Down Syndrome Clinic to You (DSC2U) intake form. **We used your responses to create this personalized checklist of information, resources, and recommendations for Molly.** To find out why certain suggestions were made, please click on the **"Why?"** link after each recommendation.

We know Molly's health and wellness are very important to you, and we hope these resources will be helpful as you oversee her care. At the same time, a long list can sometimes feel a bit overwhelming. We encourage you to talk through the contents of this checklist with Molly's primary care provider and other trusted caregivers or family members who may help you with Molly's care.

The suggestions in this checklist were generated by a computer, based on your answers to the DSC2U intake form. The checklist was not prepared or reviewed by a clinician specifically for Molly but was assembled from information that was carefully chosen by a team of medical experts. Whenever possible, the information in this document was drawn from national healthcare guidelines for people with Down syndrome. The information has been reviewed to make sure it is consistent with current best practices.

Endocrine Conditions & Down Syndrome

Individuals with Down syndrome have a higher incidence of endocrine problems than the general population. The endocrine system refers to a set of glands that include the thyroid, adrenal and pituitary glands.

What Is Hypothyroidism?

Hypothyroidism results from a malfunctioning thyroid gland. The thyroid gland is involved in various metabolic processes controlling how quickly the body uses energy, makes proteins and regulates hormones. In hypothyroidism, the synthesis of the hormone thyroxin is decreased. Thyroxin is the hormone that promotes growth of the brain and other body tissue.

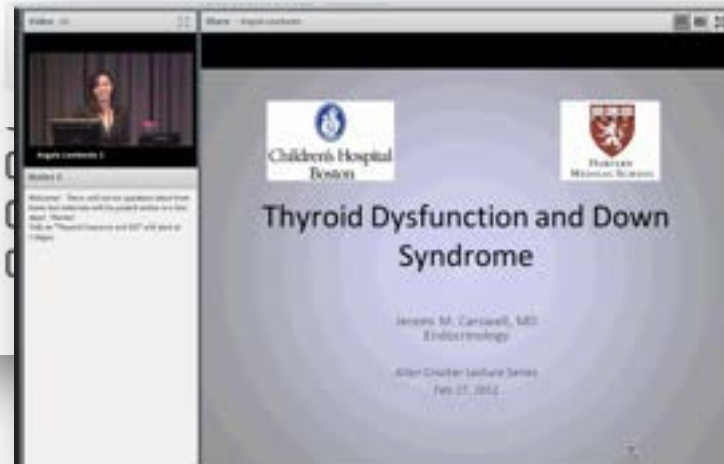
How Common Is Hypothyroidism?

Hypothyroidism is the most common endocrine problem in children with Down syndrome. It is estimated that approximately 10% of children with Down syndrome have congenital or acquired thyroid disease. Hypothyroidism is also common in adults with Down syndrome and can lead to symptoms of fatigue, mental sluggishness, weight fluctuations and irritability. Studies of adults with Down syndrome vary widely, but the incidence of thyroid disease in adults with Down syndrome is believed to be between 13% and 50%. Hypothyroidism can occur at any time from infancy through adulthood.

Labs, Tests, and Procedures for Molly

It is recommended that you ask Molly's doctor to consider ordering the following during the up

- Eye exam.** Molly is due for a vision test by an eye doctor specialist. [More info on treatment options \[video\]](#). [Why?](#)
- Celiac screen** (blood work). Molly has symptoms that might be consistent with [follow-up testing](#). Treatment options are available for those with a confirmed [Why?](#)
- Sleep study.** Molly has symptoms that might be consistent with obstructive [Why?](#) with many medical consequences if apnea is present and untreated [\[video\]](#). Here is how caregivers can prepare for sleep studies. [Why?](#)
- Thyroid function tests** (blood work). Molly is due for her thyroid check. Further testing is needed. [Treatment options are available for those with a confirmed diagnosis \[video\]](#). [More information on thyroid conditions in Down syndrome.](#) [Why?](#)



is drawn. Individuals with Down syndrome have a significant risk of developing thyroid problems, which are important to be checked annually.

having Molly referred to a Speech and Language Pathologist and a neuropsychologist to

Woodbine House

Publisher of the Special-Needs Collection...books for parents, children, teachers, and other professionals

Home Shop All Down Syndrome Autism ADD & ADHD Children's Books Sale

Home Down Syndrome Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges

Mental Wellness in Adults with Down Syndrome



Dennis McGuire, Ph.D. & Brian Chicoine, M.D.

Mental Wellness in Adults with Down Syndrome: A Guide to Emotional and Behavioral Strengths and Challenges

\$24.95

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Why?

re is a handout [?](#)

Nutrition Recommendations for Molly

People with Down syndrome, in general, have slower metabolism. Focusing on healthy eating, at all ages, is important. Sometimes, making just a few tweaks in one's diet can go a long way. Based on your responses, here are some suggestions:

- Ask Molly's doctor if she should have **more calcium in the diet**. [This handout](#) details daily calcium needs based on age, and foods you can offer to ensure that Molly is meeting her needs. Also, individuals should take between 400 - 1000 international units of Vitamin D a day based on their age, which can be consumed through food, pill, or supplement. [Why?](#)
- Healthier snacking**. [This handout](#) is a great visual guide to encourage healthy snack choices. [Here are some options for healthy, low-calorie snacks.](#) [Why?](#)
- Consider reading [this book](#) for a detailed overview on **healthy nutrition for people with Down syndrome**. [Why?](#)

Using Public Transportation on My Own



This is a good time for me to learn where to pay for or buy a ticket for my ride.

I am going to _____

My trip will cost me _____

I will pay for my trip with _____



Education/Therapy Resources for Molly

Recursos de educación/terapia para Molly

Cada año, los investigadores entienden mejor cómo aprenden las personas con síndrome de Down. Estos son algunos recursos específicos, basados en su solicitud, para Molly.

- Habilidades del habla y la comunicación.** Consulte [el capítulo 6 de este libro](#). Puede buscar fonoaudiólogos locales [aquí](#).
- Habilidades de adaptación para la vida.** Consulte [el capítulo 9 de este libro](#).
- Habilidades vocacionales/oportunidades de empleo.** Haga clic aquí para ver un resumen de [las opciones de empleo](#). Además, consulte los recursos de la [campana Your Next Star](#), que incluyen [recursos para los solicitantes](#) y [empleadores](#). Estos son más recursos e historias de éxito de [#DSWORKS](#). Para obtener más información sobre el empleo, consulte [este sitio web](#) y [este manual](#).

Información y recursos para el cuidador de Molly

Estos son algunos recursos específicos basados en su solicitud.

- DS-Connect®.** Considere [inscribir a Molly en DS-Connect](#) para que esté en contacto con investigadores y proveedores de servicios de salud. [¿Por qué?](#)
- Global Down Syndrome Foundation.** Encuentre más información en su sitio web. [Suscríbese a su lista de correo.](#) [¿Por qué?](#)
- LuMind Research Down Syndrome Foundation.** Encuentre más información en su sitio web. [Suscríbese a su lista de correo.](#) [¿Por qué?](#)
- National Down Syndrome Congress (NDSC).** Encuentre más información en su sitio web. [Suscríbese a su lista de correo.](#) [¿Por qué?](#)
- National Down Syndrome Society (NDSS).** Encuentre más información en su sitio web. [¿Por qué?](#)
- Organización local de síndrome de Down.** Puede acceder [desde este enlace](#) para encontrar una lista con todas las organizaciones de síndrome de Down en Estados Unidos. Podrá ver si hay una cerca de usted. [¿Por qué?](#)
- Ingreso Suplementario de Seguridad Social (SSI).** Consulte [este kit para principiantes](#) para los adultos con discapacidades que solicitan beneficios a la seguridad social. Además, consulte [este sitio web](#) para ver una guía paso a paso sobre cómo solicitar la SSI. [¿Por qué?](#)

1. Caregiver Checklist for You

2. Primary Care Provider Plan to Share



07/08/2018

Dear Dr. Schwartz,

The caregiver of your patient, **Molly Schmidt (DOB 08/20/1960)**, is participating in a research project aimed at improving healthcare outcomes for patients with Down syndrome. The project is coordinated by a team of clinicians and researchers at Massachusetts General Hospital in Boston and is funded by a grant from the Patient-Centered Outcomes Research Institute. More information about our project can be found at www.dsc2u.org.

The caregiver of your patient completed an online questionnaire which generated automated suggestions for testing and treatment that are anchored on published practice guidelines and/or expert consensus. The online tool encouraged **Molly's** caregiver to share and discuss these with you.

On the next page, you will find a checklist of these recommendations and list of educational resources specific for Down syndrome. We hope you will find them helpful during your next clinical visit with this patient.

Sincerely,

MGH Down Syndrome Program Research Team

Recommended Labs, Tests, and Procedures for Molly

(AAP = American Academy of Pediatrics)

- Ophthalmology Evaluation:** Experts recommend an ophthalmologic exam at least every two years for adults with Down syndrome, ages 21 and older.
- Celiac screen** (total IgA & TTG-IgA). Molly's caregiver indicated that within the past month of completing our intake, she had constipation that is hard to treat, nausea, passing excessive gas, bloating, mood swings, crying easily or for no reason. Molly has never had celiac testing done. Celiac disease is more common in people with Down syndrome.
- Sleep study.** Molly's caregiver indicated that within the past month of completing our intake, Molly experienced snoring, gasping, snorting, choking during sleep, sleeping on multiple pillows, not feeling refreshed despite adequate sleep, feeling down, depressed, or hopeless, crying easily or for no reason, moving slowly, distress about being alone. Molly has also never had a sleep study. Experts recommend that everyone with Down syndrome be evaluated for sleep apnea if symptoms arise. We would recommend a sleep study to assess for obstructive sleep apnea, which can occur in up to 75% of people with Down syndrome. Research has also shown that patients with Down syndrome may lose up to 9 IQ points within a year when their apnea is untreated.
- Thyroid function tests** (TSH & fT4). Molly's caregiver indicated that within the past 12 months of completing our intake, Molly has not had her thyroid levels drawn. Experts recommend that everyone with Down syndrome have their thyroid levels checked once annually, given the high incidence of thyroid disorders in patients with Down syndrome.

Potential New Conditions/Diagnoses to be Considered for Molly

We recommend that you consider initiating evaluations for the following conditions that can often co-occur with Down syndrome:

- Depression.** Molly's caregiver marked that within the past 6 months of completing our intake, Molly has experienced feeling down, depressed, or hopeless, little interest or pleasure in doing things, crying easily for no reason, moving slowly, distress about being alone. Generalized depression is a common co-occurring condition for people with Down syndrome. Resources and book recommendations are on our web page. Psychopharmacological consult should be considered if possible underlying medical causes can be eliminated.
- Arthropathies.** Molly's caregiver indicated that within the past month of completing our intake, Molly has experienced joint stiffness, joint pain. Gout and osteoarthritis are all common in people with Down syndrome, and a full standard work up should be pursued in patients presenting with symptoms of joint pathology, including a workup for other connective tissue disorders.
- Chronic constipation.** Molly's caregiver indicated that within the past month of completing our intake, Molly experienced constipation that is hard to treat. Chronic constipation is a common feature in patients with Down syndrome and can lead to behavioral issues if left untreated. Consider obtaining a KUB and trying medication to alleviate the constipation if needed.

OTHER INFORMATION, RESOURCES, and SUPPORTS for Molly

For your information, we provided Molly's caregiver links to the following online resources and information. If you would like online access to these resources, please go to <https://www.dsc2u.org/primarycare>.

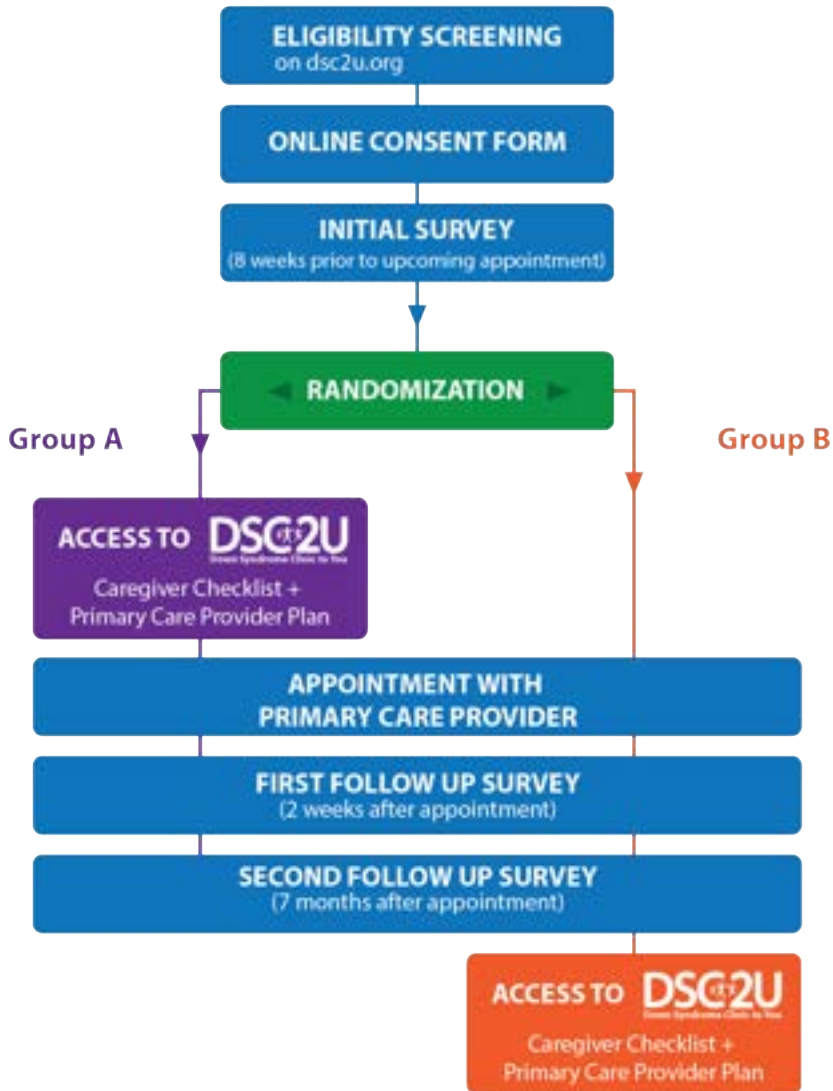
Health and Wellness Resources

- Disruptive behaviors
 - Oral-Contraceptive Pills (OCPs) for women with Down syndrome
 - Dating and Social Boundaries
 - Puberty and Sexual Development
 - Resources for weight gain in people with Down syndrome
-

Nutrition

- Molly should be encouraged to increase her overall calcium intake.
 - Molly should be encouraged to develop healthier snacking habits.
 - Resources for healthy eating habits in persons with Down syndrome.
-

We conducted a national randomized control trial to assess efficacy and satisfaction



Specific Aim 1: To test whether a customizable Caregiver *Plan* and PCP *Letter* versus usual care will increase caregiver-reported, provider-driven health actions consistent with national guidelines.

Specific Aim 2: To determine whether a customizable *Plan* and *Letter* versus usual care is satisfactory to caregivers and providers and improves quality of life for caregivers/families.

DSC2U is effective

The group that received DSC2U had a **1.6-fold increase** in the number of indicated evaluations that were recommended by the primary care provider or completed compared to controls.

No. of Assessments completed and/or recommended by PCP	Overall	Control	DSC2U	P-value
0	134 (62.0%)	77 (69.4%)	57 (54.3%)	0.004
1	67 (31.0%)	31 (27.9%)	36 (34.3%)	
2	13 (6.0%)	3 (2.7%)	10 (9.5%)	
3	2 (0.9%)	0 (0%)	2 (1.9%)	

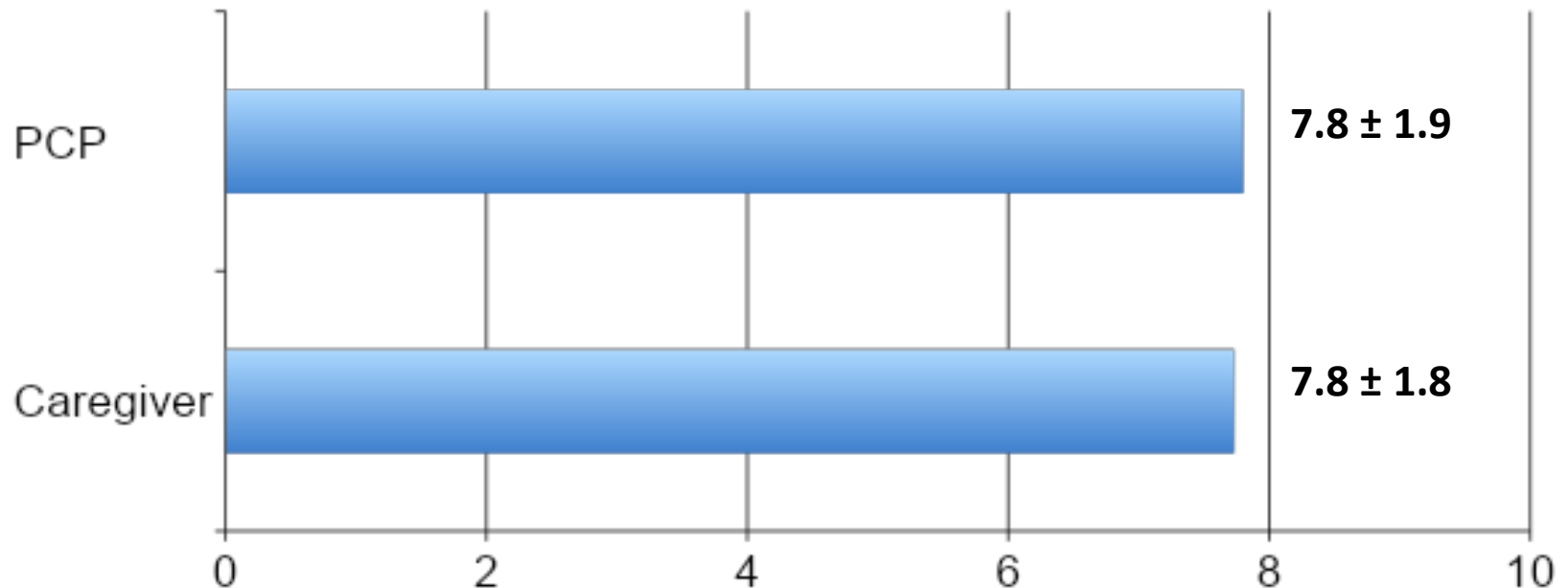
Caregivers are highly satisfied with DSC2U

Question	Yes, Definitely	Yes, Somewhat	No
Did Caregiver Checklist explain recommendations in a way that was easy for you to understand ?	86%	11%	3%
Would you recommend the DSC2U to another caregiver of someone with Down syndrome?	83%	17%	0%
Did you use the links to information that were included in the Caregiver Checklist?	38%	39%	24%

PCPs are satisfied with DSC2U

Question	Yes, Definitely	Yes, Somewhat	No
Did you discuss this primary care plan or any of its recommendations with the caregivers?	75%	25%	0%
Did you agree with the recommendations in this Plan?	61%	36%	3%
Were you interested in any of the information in this Plan?	71%	29%	0%

Overall, DSC2U had high rates of satisfaction from caregivers & PCPs



Using any number from 0 to 10, where 0 is the LEAST HELPFUL information possible and 10 is the MOST HELPFUL information possible, what number would you use to rate the CAREGIVER CHECKLIST or PRIMARY CARE PROVIDER PLAN?

Our results have now been published

© American College of Medical Genetics and Genomics

ARTICLE

Genetics
in Medicine



A randomized controlled trial of an online health tool about Down syndrome

Jeanhee Chung, MD^{1,2}, Karen Donelan, ScD, EdM^{2,3}, Eric A. Macklin, PhD⁴, Alison Schwartz, MD^{5,6}, Ibrahim Elsharkawi, MD⁵, Amy Torres, BS⁵, Yichuan Grace Hsieh, PhD, RN^{1,2}, Holly Parker, BA¹, Stephen Lorenz, BA¹, Vasiliki Patsiogiannis, BA⁵, Stephanie L. Santoro, MD^{5,6}, Mark Wylie, BA¹, Lloyd Clarke, BA¹, Greg Estey, BA¹, Sandra Baker⁷, Patricia E. Bauer, BGS⁸, Marilyn Bull, MD⁹, Brian Chicoine, MD¹⁰, Sarah Cullen, BA¹¹, Ariel Frey-Vogel, MD, MAT⁶, Maureen Gallagher, MS¹¹, Reem Hasan, MD, PhD¹², Ashley Lamb, MD, MPH¹³, Lisa Majewski, MSW, Jawanda Mast, MS, Travis Riddell, MD, MPH¹⁴, Karen Sepucha, PhD¹⁵, Melissa Skavlem, BA and Brian G. Skotko, MD, MPP^{5,6}

<https://rdcu.be/b6Hk4>

Diversity, Equity, Inclusion in Healthcare

Our goal is to **better understand the barriers and facilitators** that face the Black/African American and primarily Spanish-speaking populations in accessing healthcare for their loved ones with Down syndrome.

We then hope to **create tangible solutions** to confront these barriers and better engage minority populations in their Down syndrome community and healthcare.



Our work is made possible by a 2-year [Engagement Award](#) from PCORI.

Black and Latino/s Caregivers often feel that quality of care is worse when compared to white patients with Down syndrome.

- **59%** of caregivers feels that patients with Down syndrome **who do not speak English** receive lower quality of medical care than most white patients with Down syndrome.
- **53%** of caregivers feels that patients with Down syndrome **who are black** receive lower quality of medical care than most white patients with Down syndrome.
- **37%** of caregivers feels that patients with Down syndrome **who are are Latino/a** receive lower quality of medical care than most white patients with Down syndrome

DSC2U has been launched!



Founding Philanthropic Supporter

dsc2u.org

All families across the globe can access DSC2U right now in English and Spanish



dsc2u.org

DSC2U has 3 low-cost options

One Time

\$49

Best if you don't expect many health changes and just want a quick check for your child or loved one who is doing well.

This plan entitles you to:

- Complete DSC2U once to enter symptoms and concerns
- View and print these results as often you like

1 Year Unlimited

\$89*

*or free with participating insurance

Best if you expect your child or loved one is likely to have health changes in the upcoming year and you would like to check in with DSC2U more frequently.

This plan entitles you to:

- Unlimited access to DSC2U for a year
- Complete DSC2U again whenever symptoms change or new concerns arise
- View and print the results as often as you like

***Select this option if your health insurance provider covers DSC2U**

Annual Subscription

\$69/year

Best value if you want to stay abreast of the latest in Down syndrome care and expect to check in with DSC2U at least once yearly.

This plan entitles you to:

- Unlimited access to DSC2U each year you subscribe
- Complete DSC2U again whenever symptoms change or new concerns arise
- View and print the results as often as you like
- Automatic renewal each year at a discounted annual rate
- Cancel at any time



Many Down syndrome organizations are purchasing discount codes to their members

Special Bulk Discounts

Bulk discounts are available to Down syndrome nonprofit organizations through the LuMind IDSC Foundation.

[Learn more below](#)

dsc2u.org/organizations

DSC2U is now covered by some insurers

- **AllWays Healthcare** has committed to having DSC2U fully covered for its families
- We have the capability of doing real-time insurance eligibility check on DSC2U prior to payment
- Our team has started conversations with **United Healthcare/Optum** and **National Health Services (UK)**

dsc2u.org/insurers

The following insurance companies cover the full fees of DSC2U.



At the payment page for DSC2U, caregivers will be asked to enter the insurance number and birthdate for the person with Down syndrome. Afterwards, the costs of DSC2U will be waived, and the caregiver will be able to access DSC2U as many times as they like throughout the year.

www.dsc2u.org/insurers

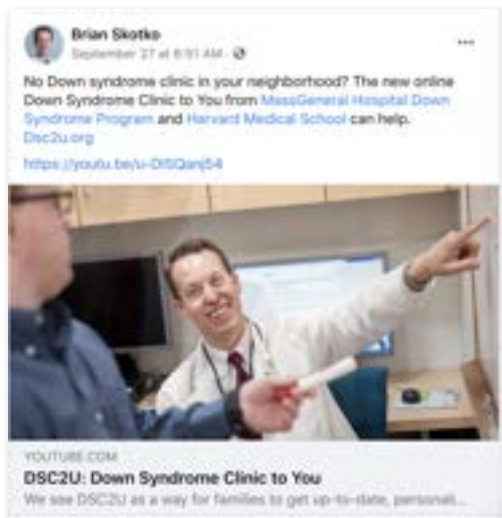
How you can make a difference

1. Spread the word about DSC2U on **social media**.
1. Include information about DSC2U in your **next e-newsletter**.
1. Distribute our **DSC2U flyer** at your in-person membership events.
1. **Offset the costs** for families in your area.

dsc2u.org/organizations

Please help us spread the word about DSC2U

dsc2u.org/socialmedia



facebook.com/drbrianskotko

www.facebook.com/MGHDownSyndrome/



twitter.com/MGHDownSyndrome



twitter.com/brianskotko

We have ready-to-go material for your social media pages and e-newsletters

Social Media Blurbs

<https://dsc2u.org/socialmedia>

Newsletter Material

<https://dsc2u.org/newsletter>

YouTube Videos

English: <https://youtu.be/u-DISQanj54>

Spanish: <https://youtu.be/nYp0ol2VGCo>

Overall Toolkit

<https://docs.google.com/document/d/1gngeF8921woW19FcdspFR3PEU9d86GpoYMRYLZ-pD98/edit?usp=sharing>

Flyers available in English and Spanish



DSC2U
Down Syndrome Clinic to You

Accede en dsc2u.org

We know that it may not be easy to get expert medical care for your loved one with Down syndrome. So, we are bringing the best health information directly to you and primary care providers.

What is DSC2U?

- An online resource providing the best of health care and medical information about Down syndrome to family, caregivers and primary care providers around the globe.
- An online free medical and educational resource about Down syndrome, Down syndrome pregnancy and pregnancy health, medical information for parents and children with Down syndrome.

How does DSC2U work?

- DSC2U is a provider website. When available, it will give you:
- The latest medical literature & medical information about your loved one with Down syndrome.
- The complete medical and educational documents. It suggests you read and understand that you, the caregiver, can use DSC2U as a companion to your doctor's advice to learn and understand your loved one.
- The ability to communicate or connect, online, designed to reduce their isolation/solitude.
- Access to dsc2u.org.

Dr. Alan Rubin, Director, DSC2U
University of Maryland, Baltimore

University of Maryland, Baltimore
University of Maryland, Baltimore
University of Maryland, Baltimore
University of Maryland, Baltimore

This work was partially supported through a National Institutes of Health Contract Research Award (R01-NS073562).



DSC2U
Down Syndrome Clinic to You

Accede en dsc2u.org

Sabemos que quizá no sea fácil obtener atención médica especializada para su ser querido con síndrome de Down. Por eso, le ofrecemos la mejor información de salud directamente a usted y a los proveedores de atención primaria.

¿Qué es DSC2U?

- Un recurso digital que le brinda la mejor información de salud y educativa sobre el síndrome de Down a los familiares de la familia y a los médicos de atención primaria en todo el mundo.
- Un recurso que le proporciona los datos y conocimientos sobre salud infantil que usted necesita de forma oportuna y la mejor información médica para el ser querido con síndrome de Down.

¿Cómo funciona DSC2U?

- Se accede a DSC2U en línea. Cuando esté disponible, le proporcionará:
- La información más reciente sobre su hijo/a con síndrome de Down y la información médica sobre su hijo/a con síndrome de Down.
- Los documentos médicos y educativos completos. Le sugerimos que lea y entienda esa información que usted, el cuidador, puede utilizar y utilizar como un compañero de su médico para aprender y comprender a su hijo/a con síndrome de Down.
- La capacidad de comunicarse o conectarse en línea, diseñada para reducir su aislamiento/solitud.
- Acceso en dsc2u.org.

Dr. Alan Rubin, Director, DSC2U
University of Maryland, Baltimore

University of Maryland, Baltimore
University of Maryland, Baltimore
University of Maryland, Baltimore
University of Maryland, Baltimore

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<https://dsc2u.org/assets/documents/en/MGHfC-DSC2U-Provider-Handout-English.pdf>

<https://dsc2u.org/assets/documents/es/MGHfC-DSC2U-Provider-Handout-Spanish.pdf>

Thank you

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