

# Health Checks: What's the evidence?

In recent years, the notion of an annual physical exam has shifted from a commonly accepted practice, to one whose utility and efficacy for healthy patients has been questioned. For adults with developmental disabilities however, the annual physical exam remains a recommended practice, with an expansive evidence base.

In order to build momentum and interest within a practice site, it may be beneficial to share the research evidence with your colleagues. We have prepared PowerPoint slides to consolidate this material. Consider using these as a whole presentation during team meetings or department rounds, selecting a few to print out and post, or using as screensavers.

**#1. Health Checks are an evidence-based intervention for adults with developmental disabilities (Randomized controlled trial level evidence).**

**#2. Health Checks are a high-yield intervention and have been shown to increase rates of screening maneuvers and identification of previously unrecognized factors and disease.**

**#3. Health Checks are a recommended intervention of the Canadian Consensus Guidelines for Adults with Developmental Disabilities (2011).**



To access a PowerPoint presentation that provides an overview of the evidence, please [CLICK HERE](#).

## What's the evidence?

Making the case for health checks  
among adults with DD

