COVID19 and Down syndrome

Medical Overview

April 17, 2020 | Brian Chicoine, MD
The Adult Down Syndrome Center

– Opened in 1992
– 6000+ adolescents and adults served
– 7000+ patient encounters per year
Risk

– We don’t clearly know what the risk is for people with DS
– Susceptibility to respiratory infections and (very) limited data from a previous large influenza outbreak suggest increased risk
– My advice is be conservative
CDC: risk factors

- Age- > 65 - effect of early aging?
- Nursing home or long-term care facility (residential facilities) -- Staff in and out
- Chronic lung disease
  - More susceptible to respiratory infections
- Serious heart conditions
  - Mild residual - probably not
- Immunocompromised (DS?)
Risk factors, continued

• Obesity - particularly BMI >40
• Diabetes
• People with DS don’t seem to be at higher risk:
  – Kidney disease requiring dialysis
  – Liver disease
• Sleep apnea??
Minimize risk

– Handwashing, physical distancing, etc
– Work
– Residential facilities
Supporting people with Down syndrome

- Structure/routine
- Physical activity - outdoors
- Sleep - including routine
- Healthy eating
- Visuals
  - Calendars, Schedules, Pictures, Videos