HSC7011 Research in Health and Social Care

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Introduction

Health and social care support for individuals with learning disabilities concerns a general spectrum and specific clinical, therapeutic solutions to the course of action. The research will investigate relevant literature for the identification of ascertained problems along with the resolving approaches of clinical psychologies, and therapeutic interventions. The report will explore knowledge about the advantages of implicating reasonable healthcare changes and providing accessible information for individuals with the learning disabilities. The paper will focus on background, aim, objectives, research problem, research questions using PICO framework. Eight quantitative research paper will be selected in this paper with research method including search strategy, search database, exclusion criteria, inclusion criteria, and PRISMA chart. The literature reviews, finding, and critical appraisal will be explored in this research paper.

According to Williamson *et al.* (2021), health and social care sectors are programmed to provide services to the population that requires them for survival and sustainable quality of daily life. The spectrum of healthcare services is predominantly segmented based on the mortality rate and severity of the illness, symptoms and contagious index of certain viral, and bacterial illnesses. According to Miciak and Fletcher (2020), mental health and related interventions are being considered one of the most prioritised healthcare services in recent times. According to Willcutt *et al.* (2019), learning disabilities have become significant for their increasing prevalence globally. According to Quinn *et al.* (2020), around 19.18% of the population in the world is exposed to learning disabilities in certain ways. The top five learning disabilities are ADHD, dyslexia, dysgraphia, dyspraxia and dyscalculia.

Research question

How effective are the modern clinical and therapeutic treatments on people with learning disabilities?

Population	People with dyslexia and ADHD; aged between 17 to 53 years.
Intervention	People who were critically admitted for their conditions of learning disabilities aged between 13 - 67 years in the UK.
Comparison	Compared with the nervous impairment of people without learning disabilities however exposed to the condition for unfortunate accidents.
Outcome	Behavioural pattern and level of stress will be vastly disrupted among the compared patients.

Table 1: PICO table

The research tends to understand the indicated nodes of learning disabilities by inspecting relevant literature in the research. According to Benson *et al.* (2020), around 3.5% of the individuals with learning disability are only being treated with clinical, therapeutic interventions. According to Barnes *et al.* (2020), therefore, it is important to create ergonomic, cheap, and affordable solutions for treatments across the world. According to Faramarzi and Enayati (2021), the solutions are required to be economically viable for enabling any demographic.

According to Marks *et al.* (2023), the research tends to address the meta-analysis research results with proper studies that have contrasted the therapeutic activation and effectiveness compared to the previously attained neurological methods. According to Shea *et al.* (2019), the neurological, psychological, and biological perspectives can provide extensive value to the outlining and

holistic coverage of the matter. According to Basham *et al.* (2020), therefore, the research is important to correlate the nodes of variability in the research.

The research aim is to understand the potential clinical, and therapeutic solutions that can be changed from the conventional treatment to increase the effective management of learning disabilities.

The objectives are:

- To identify the potential medical, neurological, and psychological treatment of individuals with learning disabilities.
- To assess the programmed action of clinical and therapeutic interventions in the specific medical sector that focuses on the treatment of people with learning disabilities.
- To evaluate the effectiveness of clinical and therapeutic treatments.

Methods

Search Strategy

The researcher has searched the literature based on multiple filtration and consideration of strategic segmentation of the literature. Finally, 8 literatures were selected for the systematic literature review. According to Woods *et al.* (2023), the incorporation of data, methods and findings of the research has allowed the researcher to collect and collaborate data on the therapeutic and clinical stances of the medical community for people with learning disabilities. In the first search on PubMed, 12 articles were identified. The researcher has used the PRISMA Flow chart to represent the consideration of factors that have allowed the researcher to disregard

the literature. According to Dean (2020), the irrelevant variables were omitted from the selection of the final literature.

Searched database

Total database types		Total research numbers based on the focused criteria	Rejected articles and journals	Finally selected literature
Primary research	Longitudinal study	45	43	2
	Cross-sectional study	60	59	1
	Online Survey	25	23	2
	Clinical trials	75	72	3

Table 2: Searched database

Boolean Operators

Term	Operator	Description
intellectual disability	AND	This term must be included in all results.
learning disability	OR	This term can be used interchangeably with "intellectual disability".
healthcare	AND	This term must be included in all results.
changes	AND	This term must be included in all results.
implementation	AND	This term must be included in all results.
accessible	AND	This term must be included in all results.

Mental health	AND	This term must be included in all results.
treatment	AND	This term must be included in all results.
with	AND	This term must be included in all results.

Table 3: Boolean Operators

(Source: Author)

The boolean operator of 'OR' has not been used in this literature appraisal assessment. Instead, it tried to diverge the study to a broad spectrum of electronic, biological, tropical or diagnostic treatments for individuals with learning disabilities.

Inclusion and exclusion criteria

According to Theobald *et al.* (2019), exclusion and inclusion criteria are one of the most critically programmed search strategies that can potentially filter specifically relevant information-oriented research for literature research. According to Lipka *et al.* (2019), the condition for configuring the exclusion and inclusion criteria can be developed based on the identification of keywords. The research from the PUBMED and CINAHL database were included with relevant presence of data in the research. The researcher has focused the study on the intervention programs used in various research. According to Antonis (2021), therefore, the filtration of the literature that can be used in the research were specified in the inclusion and exclusion criteria.

Inclusion criteria	Exclusion criteria
• Literature with systematic review as the foundation of the study has been included in the research.	• Literature with study on the African, Indian and middle east region were excluded from the literature selection.

• Research with paramedical, subclinical, and therapeutic studies on the people with learning disabilities were included. • Data verified by the database of PUBMED and CINAHL were included in the research. • Correlational and longitudinal studies with more than 4 independent variables were included in the research. • Literature with the specified location of the UK and European region were included in the literature selection.	• The research finding the result of 'T' value and Cronbach alpha value more than 0.7 and 0.3 respectively were excluded from the research. • Literature with least relation with any independent variable from the core-study analysis were excluded from the selection of the literature. • Non-RCT group sampling was excluded from the research for neutralised value orientation and less specified results. • The researcher has excluded the articles of meta-analysis and systematic reviews. • Moreover, the literature before 2010 was excluded from the selection of the literature.

Table 4: Inclusion and exclusion criteria

(Source: Author)

PRISMA flow chart

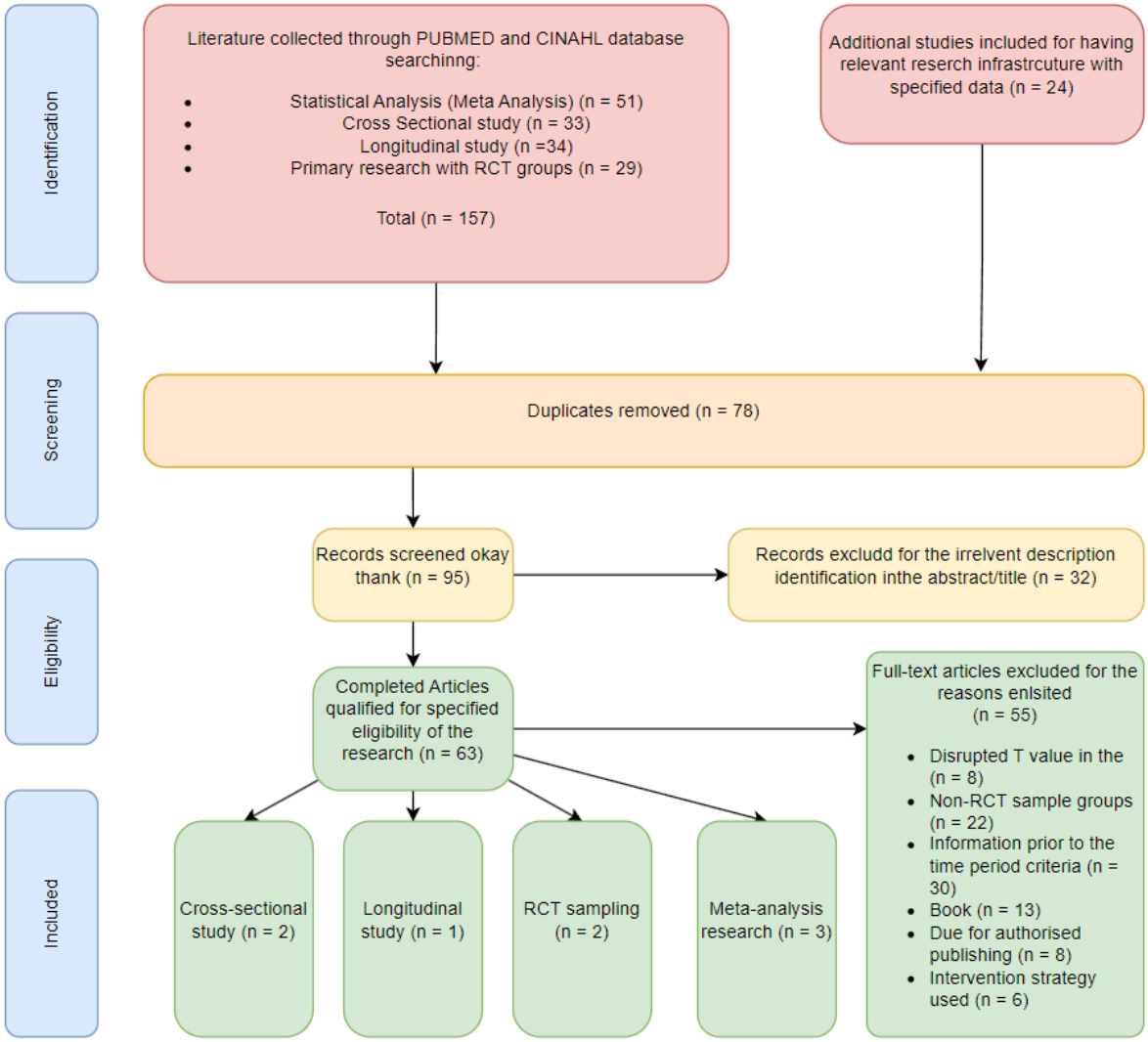

Figure 1: PRISMA Flow chart

The researcher has used the PRISMA flow chart to regulate the accessibility representation of the literature on the relevance of treatment for people with learning disabilities. There was a lot of literature with different values and different literature. The PUBMED and CINAHL database provided ideas for correlative literature searching processes. The systematic literature reviews

were encapsulated in the literature for comparative study. This has increased the credibility of the research. Primarily, the researcher has collected a list of 157 research with additional 24 pieces of research. After that, according to the filtration criteria, the researcher ended up with the 8 most relevant and credible literature for the study.

Literature review

(Kotaro *et al.*, 2020) provided clinical evidence about the long-term safety and the KC of melatonin treatment for children having sleeping problems. They have developed neurodevelopmental disorders for intervention in sleep hygiene. A 26-week clinical trial has been done by the authors on children between 6 to 15 years of age who have neurodevelopmental disorders and sleep problems. Different variables of sleep status have been considered by the authors. The study has concluded sleep hygiene interventions could be improved with the help of long-term melatonin treatment.

(Johnson *et al.*, 2021)

Johnson *et al.* (2021) have focused on long-term medication for ADHD to develop cognitive functions among adolescents and children. The study has undertaken and opened an uncontrolled trial for children between 6 to 18 years with any form of ADHD. Proper medication has depicted significant improvements among adolescents and children (Walsh *et al*., 2020). Their processing speed, verbal comprehension and working memory have improved with the medication. It will only require 1 year to reduce the symptoms of autism, ADHD and other comorbidities.

(Wigham *et al.*, 2022)

According to Wigham *et al.* (2022), inadequate preparation could impact primary care and annual health checks for people having learning disability. The views of the stakeholders are

important in this case to improve access to primary care for people having learning disabilities. The study of Wigham *et al.* (2022) has selected 16 participants for the study which reflected the needs of the people having learning disabilities required to be identified. Among sixteen participants four people have learning disabilities, four people related to them have completed surveys or interviews, and eight people were general practitioners, nurses or housing managers. Five themes have been identified in the study of Wigham *et al.* (2022) such as innovation and improvement, proactivity, prioritisation, personalisation, prevention and personalisation and lastly follow-up. The researchers have suggested primary care guidance and stakeholder consultation for improving primary care access. The stakeholders could take initiatives for the development of the service provision and reduce inadequate preparation in primary care.

(Jeste *et al.*, 2020)

According to Jeste *et al.* (2020), the emergence of the global pandemic has limited access to healthcare services for all people. These resulted in developmental and intellectual disability among the person. The researchers have done an online survey for individual people to identify genetic diagnosis and neuro-developmental diagnosis which could impact intellectual development among people. Eventually, these disabilities could develop into epilepsy or autism among children. The researchers have got 818 responses among waste most of the families reported a loss of some healthcare or educational services. According to this study, 74% of the families reported that their child has lost access to one education service or at least one therapy after the emergence of the COVID-19 Pandemic.

(Owens *et al.*, 2017)

According to Owens *et al.* (2017), people who have learning disabilities suffer from oral health problems. The researcher has conducted a questionnaire survey about the oral health and service

requirements of adults who are having learning disabilities. The dental status was closely monitored among those people. The report demonstrated 11.5% of people have learning disabilities and dental problems at the same time.

(Manickam *et al.*, 2021)

The study was done on paediatric patients who have an intellectual disability or congenital anomalies. This evidence-based clinical practice was done on children who have attained one year of age. The researchers have suggested exome sequencing and genome sequencing tests for patients to identify intellectual disabilities before 18 years of age. According to Manickam *et al.* (2021), clinical diagnosis will require the favour of different stakeholders such as patients, healthcare practitioners, laboratories and families as well.

(Chan *et al.*, 2022)

A total of 53 students having learning difficulties during their second to fifth grade were studied by the researchers. The researchers have examined whether eye-tracking training could improve memory or learning more efficiently than conventional training. According to Chan *et al.* (2022), the participants voluntarily provided consent to take part in the study to evaluate their memory, learning, reading and intelligence abilities from different paradigms. The researchers presented that eye-tracking training was effective for improving reading skills and significantly increased reading speed as well. the children having Dyslexia. The researchers assessed memory by the Delayed Recall Trial method. According to the results of the research, eye-tracking training has improved memory compared to conventional training methods because conventional training groups did not demonstrate significant changes. On the other hand, eye-tracking training groups have a large impact rather than a great extent of improvement in memory recalling after a small

delay. That group has demonstrated consistent positive changes which yielded a better outcome of the treatment compared to conventional training.

(Tinland *et al.*, 2020)

A randomised control trial has been done in four French cities namely Paris, Lille, Marseille, and Toulouse. All the participants were 18 years old and absolutely homeless. The people who are provided support by the mental health team with a recovery-oriented approach to those people. According to Tinland *et al.* (2020), people were provided housing in the first scheme and significantly fewer inpatient days were found as an outcome. This trial has demonstrated that a homeless person who does not have mental well-being and support could suffer from schizophrenia

Critical Appraisal – Quality (Critical Appraisal Skill Programme Tool)

(Tinland *et al.*, 2020)

Checklist items	Yes/No
Clear focus on the research question?	Yes
Was there a cohort way recruited	Yes
Accurate measurement of the outcome for reducing biases	Yes
Identification of all important confounding factors	No
Enough following of the subjects	No
Enough length of subjects	No

(Wigham *et al.*, 2022)

Checklist items	Yes/No
Clear focus on the research question?	Yes
Was there a cohort way recruited	Yes
Accurate measurement of the outcome for reducing biases	Yes
Identification of all important confounding factors	Yes
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(Jeste *et al.*, 2020)

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(Owens *et al.*, 2017)

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(Manickam *et al.*, 2021)

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(Chan *et al.*, 2022)

Checklist items	**Yes/No**
Clear focus on the research question?	Yes
Was there a cohort way recruited	Yes
Accurate measurement of the outcome for reducing biases	No
Identification of all important confounding factors	Yes
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Enough length of subjects	No

Kotaro *et al.*, 2020

Checklist items	**Yes/No**
Clear focus on the research question?	Yes
Was there a cohort way recruited	Yes

Accurate measurement of the outcome for reducing biases	Yes
Identification of all important confounding factors	Yes
Enough following of the subjects	Yes
Enough length of subjects	Yes

Johnson *et al.*, 2021

Checklist items	Yes/No
Clear focus on the research question?	Yes
Was there a cohort way recruited	Yes
Accurate measurement of the outcome for reducing biases	Yes
Identification of all important confounding factors	Yes
Enough following of the subjects	No
Enough length of subjects	No

Findings

The researcher has concentrated on the quantitative studies selection for conducting this research. According to Johnson et al. (2021), ADHD is a neurodevelopmental disorder which affects the development of the cognitive functions of adolescents and children. The research study investigates the cognitive function development and the symptoms of ADHD on well-

controlled medication for 1 year. The ongoing long-term medication will help children and adolescents belonging to 6 years to 18 years old. Around 29% of children face autism spectrum disorder due to the symptoms of ADHD (Doherty et al., 2020). This study has the limitations to select 87 participants due to having sampling bias. Kotaro et al. (2020) stated that the long-term treatment of melatonin for aberrant behaviour and sleep problems is important to treat neurodevelopmental disorders. Clinical trials are necessary to highlight the long-term efficacy as well as safety of melatonin treatment for insomnia in children. The treatment for neurodevelopment disorders highlights the adequate interventions of sleep hygiene. Kotaro et al. (2020) conducted a 26-week phase III clinical trial for melatonin granules in 6 years to 15 years old children. Johnson et al. (2021) and Kotaro et al. (2020) have supported the long-term treatment process for treating neurodevelopmental disorders. Johnson et al. (2021) are different from Kotaro et al. (2020) as Kotaro et al. (2020) focus on only children affected by NDDs. Both journals agree with the effectiveness of long-term treatment for NDDs for maintaining adequate interventions for sleep hygiene.

Tinland et al. (2020) stated that the housing support team intervention is effective with the recovery-based approach in emergency departments as well as hospitals to treat severe mental illness. According to Tinland et al. (2020), homeless people use the services provided by the emergency department and hospital to hold the housing support team intervention. The immediate access to support from the mental health team and independent housing result in the decrements of inpatient days (McGinley et al., 2021). The cost savings for homeless people with high housing stability are less susceptible to access mental health treatment. Kotaro et al. (2020) and Johnson et al. (2021) focus on NDDs among children which is treated by long-term treatment. The purpose of Tinland et al. (2020) is different from Kotaro et al. (2020) and Johnson

et al. (2021) as Tinland et al. (2020) focused on the mental health conditions of homeless people with lower accession to independent housing. The research study created researcher bias in selecting a population of homeless people which varies the outcomes of the research (Tinland et al., 2020). Study design bias is created based on the selection of the study design selected by the researcher.

Wigham et al. (2022) explained the developing access to annual health checks and primary care for learning-disabled people. The research paper has investigated the views of key stakeholders on how to develop primary care accession in general practice settings for learning-disabled people. The authors of this research paper have explored the inequalities in annual health checks (Daveney et al., 2019). The open-response surveys, interviews, and groups have been performed by the authors. Around 16 people participated in the research study, out of which, four people have learning disability.

Jeste et al. (2020) stated that accession to healthcare and educational services for individuals is important for dealing with developmental and learning disabilities during Covid-19. The restrictions of Covid-19 limit access to healthcare services and in-person educational services for all (Myszczynska et al., 2020). The authors conducted an online survey on the caregivers of individuals with neurodevelopmental diagnosis, and genetic diagnosis. Tinland et al. (2020) stated the accession of stable housing for homeless people whereas Jeste et al. (2020) focused on the accession of the healthcare and educational services for individuals. Jeste et al. (2020) focused on telehealth to provide opportunities for the delivery of care as well as education due to the Covid-19 pandemic. Tinland et al. (2020) and Wigham et al. (2022) do not focus on the accession of telehealth for remote patients unlike Jeste et al. (2020). The risks of bias were found out in this research as personal outcome measurements for the lifestyle change of intellectually

disabled people are measured through a single study. The researcher bias in this research methodology includes selection bias where the researcher felt confused to select the children with NDDs for the 26 weeks of clinical trials (Kotaro et al., 2020).

Owens et al. (2017) focused on the oral health of learning-disabled people and a user-friendly survey of the oral health of adults has been implemented. The authors conducted 2,000 questionnaires mailed and 625 were completed with 31.3% of response rate. The dental status of learning-disabled people is similar to the postal survey of the Sheffield population conducted in 2008. Manickam et al. (2021) stated that genome and exome sequencing are deployed for patients of pediatric with intellectual disability. The authors stated that genome sequencing and tesexome sequencing tests are important for intellectually disabled patients before 18 years old. Chan et al. (2022) concentrated on eye-tracking training which develops the memory of learning disabled children. Manickam et al. (2021) are different from Chan et al. (2022) as Manickam et al. (2021) focused on the genome and exome sequencing test for treating learning-disabled people. The quantitative method is time-consuming and the selection of samples is not biased free.

Critical Appraisal – summary and synthesis

Discussing the themes of the literature in relation to the research question

According to Myszczynska *et al*. (2020), around 3% to 7% of children, adults, and adolescents are suffering from dyscalculia. Dyscalculia diagnosis needs to be demonstrated if the mathematical performance of the children is below average. The purpose of Johnson *et al.*, (2021) is to highlight the long-term cognitive function and ADHD development in children as well as adolescents. This study has focused on the open and uncontrolled trial of the medication for ADHD belonging to 6 years to 18 years old children as well as adolescents (Johnson *et al*.,

2021). The entire children and adolescents expressed significant developments in the Wechsler tests. The result of this test is 97.95 at 12 months and 92.6 at baseline among 87 participants (Johnson *et al.*, 2021). The proper healthcare accession develops the cognitive functions for children and adolescents. The research is limited within the open and uncontrolled trial design which creates bias on the viewpoints of the researchers (Davey, 2021). The quantitative research methodology create researcher bias where the researcher focuses on specific associations or communities (Johnson *et al.*, 2021).

The researcher bias has been noticed in this research study as the researcher has selected the random sampling method for selecting the participants which affects the drawing of the conclusion for this research study (Char *et al.*, 2020). The integrated services of mental health are important for the development periods of individuals (Cai *et al.*, 2020). The new clinical services represent the radical mental healthcare transformation from 0 years to 25 years people. The reformation of youth mental services concentrated on people belonging to 12 years to 25 years old people experiencing psychosis. Different researchers have focused on different medical research literature for gathering data creating researchers' bias in their viewpoints (VanPuymbrouck *et al.*, 2020). The selection of people with psychosis from different backgrounds leads to variations in the research outcomes.

Kotaro *et al.* (2020) supports the contents of the health accessibilities in the development periods of individuals. The authors of this article have focused on the clinical evidence about the long-term safety of melatonin treatment for children with insomnia (Edinger *et al.*, 2021). Around 99 children were enrolled from June 2016 to July 2018 in different medical institutions with NDDs (Watson *et al.*, 2019). The psychological and neurobiological changes are happened from 0 years to 25 years old people which is considered a vulnerable period for people. Children with NDDs

are treated with medicine for insomnia with a medical prescription. As described by Kotaro *et al*. (2020), children with NDDs face hyperactivity disorder, spectrum disorder, intellectual disabilities, spectrum disorder, communication disorder, and motor disorders. According to Kotaro *et al*. (2020), the neurological and psychological treatment of individuals is deployed through long-term melatonin treatment with adequate intervention in sleep hygiene (Johnson *et al*., 2021). Cognitive function development and ADHD treatment are important for children as well as adolescents for directing the medical procedure towards learning prospects (Johnson *et al*., 2021).

Lifestyle change intervention and adequate sleep intervention are the clinical as well as therapeutic interventions focusing on the treatment of people with intellectual or learning abilities. Cognitive learning is important for children which changes the medical procedures or clinical trials of patient treatment. Neurological treatment and potential medical treatment are required for the mothers or caregivers of the children (Grigorenko *et al*., 2020). The poorer health conditions and the access to medical services result in negative health outcomes for the caregivers. According to Kotaro *et al*. (2020), sleep intervention is a socially accessible therapy session where the patients have undergone three phases of clinical trials.

Therapeutic and clinical treatments are important for examining the effectiveness of clinical trials. The interventions for intellectually or learning-disabled people are important to play an active role in the children's learning disable management arena. Medical care, programmable medical actions, clinical trials, and frequent treatment are important for children, adolescents, and adult older people. People with ADHD and dyslexia are treated with therapeutic and clinical treatments with clinical trials. The clinical trials approve the diagnosis process and treatment formulas to treat learning-disabled people.

Conclusion

The researcher has conducted an extensive literature search in the first part of the research. The researcher has encapsulated the background of anticipative ideas on the broad spectrum of treatment of people with disabilities. The consideration of and standardisation of indicative processes for severely exposed patients with learning disabilities were discussed in the background of the study, and the prevalence of the learning disability patients was explained in the study course effectively. Moreover, the aim and objectives of the study were set followed by the construction of research questions. The research questions were analysed using the PICO framework.

The second part persuaded an explanation of the filtration of literature that will be used in the research. The selected literature was sorted by the exclusion and inclusion criteria explained in the former section. After that, the literature study was conducted on the selected 8 literature. The results of the literature were compared in the following sections. The quality appraisal tools were used to analyse the credibility of the literature and the comparative analysis process among them. Moreover, the summary of the selected literature was analysed. The final section provided details on the analysis of the findings of the research. Moreover, the recommended improvement directives from the global doctrine were provided in the last section of the research.

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