



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Avista



Trinity Centre
for Ageing and
Intellectual Disability



Feasibility of the Echolight Device for Bone Health Assessment among Adults with Intellectual Disability

Easy Read Report



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Power, A; Moynihan, J; & Burke, E. Feasibility of the Echolight Device for Bone Health Assessment among Adults with Intellectual Disability. Trinity College Dublin, 2025.

“Inclusion is not about making room, it’s about recognising that everyone already belongs”

- Special Olympics Ireland



Message from the Research Team

We would like to warmly thank all the participants and the supporters for taking part in this important study. By taking part, you have helped us show that there can be different ways to check the health of people's bones. We are delighted to share the results with you in this report. We also want to sincerely thank the funders and the service providers who supported this study. They have helped make this study possible.

Thank you from the research team

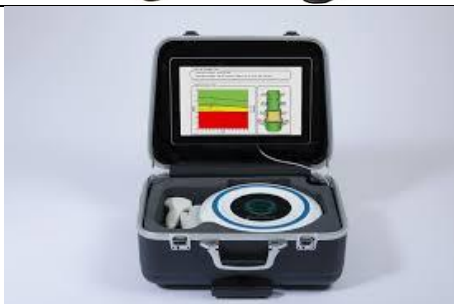
Éilish, Jean and Anne

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What is the study about?



This is a study to see if a new type of bone scan machine is easy for people with intellectual disability to do.



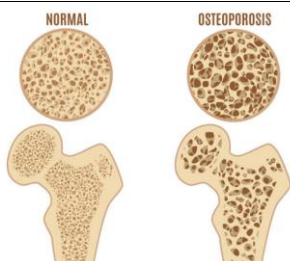
The machine is called an Echolight REMS.

This machine can see if you have poor bone health.

Why it this important?



A lot of people with intellectual disability have poor bone health and do not know about it.



Poor bone health is a condition called osteoporosis which makes your bones weak.



This means your bones could break easily.



Many people with intellectual disability find it hard to do a DXA scan to have their bones checked.



The Echolight REMS is a different type of machine.

The scan takes only 2 minutes.

The machine scans your tummy and hip.

Who took part and what were they asked?

40+ years

People aged 40 years and over across all levels of intellectual disability took part in the study.








We asked people to do the bone scan and tell us if it was ok.

This helped us find out if it would work for other people.



In total 84 people agreed to take part.

	<p>Just 3 people changed their mind on the day and did not do the scan. This was OK, they used their choice.</p>
	<p>The scan took place where the person chose to do it.</p>
	<p>The research team worked with people with life experience of intellectual disability to make reasonable adjustments to the process and make easy read material to explain what was going to happen.</p>
	<p>People were asked some questions before they did the scan to find out what they felt about doing it.</p>
	<p>People were asked some questions after they did the scan to tell us what they thought about doing the scan.</p>

What we found out.



More women than men took part in the study.



Some people were a bit nervous before doing the scan.



But they were happy when everything was explained using easy read by the nurses.



The majority of people were very happy with the scan.








A few people said they felt uncomfortable.

This was mainly from the gel on their tummy being very cold.



All the people taking part were extremely happy, very happy or happy they did the scan. No one was unhappy with it.

	<p>The majority of the people said they would tell a friend to do the scan.</p>
<p>What people told us about doing the scan.</p>	
 <p>Hospital</p>	<p>People told us they were very happy they did not have to go to hospital to have the scan done.</p>
	<p>People told us things like <i>"I liked everything, it was quick and easy to do, great not to have to go to hospital to do it"</i></p>
	<p>People were very happy it was fast and did not hurt at all. They said, <i>"It was pain-free and very quick."</i></p>
	<p>People were very happy they got their results straight away, saying <i>"I got my results on the day to bring home to show my doctor."</i></p>



People told us doing the study helped them understand more about their bone health. One person said, *"It is important to have your bones checked, I didn't know about this at all"*



People thought it was great to take part in the study and to have their bones checked. As one family member said *"The Echolight enables people with intellectual disability to have a bone scan if they cannot comply with DXA."*

What should we do next?



This study showed that the Echolight REMS machine was easy for people with intellectual disability to have their bones checked.

	<p>This service should be available for everyone with an intellectual disability so that they can get their bones checked.</p>
	<p>We need to do more research so that we can show people's risk of breaking their bones.</p> <p>This information will help healthcare professionals set up programmes to prevent this from happening.</p>
	<p>Having people with intellectual disability tell you what they think is really important. This study shows that with support they can take care of their health.</p>



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