

ECHO Idaho: Autism STAT

Patient Case Recommendations

Presentation Date

4/25/24

Type

New

Presenting questions:

Does he have autism?

How to best help him?

Is a diagnosis of autism confirmed?

Yes

DIAGNOSTIC RECOMMENDATIONS:

Meets DSM-5 diagnostic criteria for autism spectrum disorder.

Thank you for suggesting recommendations during your case presentation. Recommendations as proposed during case discussion are endorsed.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Definitely consider developmental preschool programming for this child in order to assess developmental skills and focus on kindergarten readiness. It is likely this child will have a unique learning style that focuses on visual problem solving and imitation.
Recommendation 2:	Due to child's overactivity, strong family history of ADHD, and intense reaction to the environment, diagnoses such as anxiety and ADHD will be worth considering as the child gets somewhat older.

COUNSELOR RECOMMENDATIONS:

Recommendation 1:	Looking at supporting the family with confidence or structure that they can say no to his behaviors or help manage his behaviors as they are adapting to his behaviors and struggles with what he needs. Runaway, outbursts are all communications from him and with ABA, ADEPT or AIMS or RUBI will help them build that confidence. Also encouraging parents to support their Parental relationship to advocate towards couple's therapy. PCIT would be great in year or two once they move through ABA therapy.
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BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	I agree with your recommendations for this patient, a couple of things you might consider are headphones for loud situations (this may take some time to get used to wearing, so encourage mom not to give up if he doesn't want to wear them at first). With the elopement, consider helping mom think through safety precautions including swimming lessons and supervision for wandering, door alarms, etc. A case manager from the Developmental Disabilities program (IDHW) can also help a family think through all of these
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	things during the annual child centered planning meeting. I would recommend looking into a case manager to help find resources.
Recommendation 2:	Parent training, see if their ABA provider has a parent training component built into their plan to teach them about behavior principles (planned ignoring, reinforcement, prevention strategies, etc.). If not, there are some great online resources including the Autism Internet Modules or the ADEPT series through the UC Davis Mind Institute.

THE FOLLOWING TOOLKITS/RESOURCES MAY BE HELPFUL:

- Pediatric Medical Referral (i.e. Developmental Pediatrics)
- Clinical Outpatient Speech Language Therapy (SLP)
- Clinical Outpatient Occupational Therapy (OT)
- Applied Behavioral Analysis (ABA) - (The goal of behavior therapy is to increase behaviors that are helpful and decrease behaviors that are harmful or affect learning. Family may benefit from the implementation of techniques for understanding and changing behavior based on the principles of applied behavior analysis). ECHO Idaho Guide: Questions to ask of a BCBA or ABA Provider found here:
 - <https://iecho.unm.edu/sites/uidaho/download.hns?is=fc4f9ce1fd542d4c4d0a3084f732904a>
- Early Special Education Services / Developmental Preschool - (Local school districts have early childhood programs for children between 3 and 5 years old with developmental delays who are determined to be eligible for services. Classroom based support and peer interactions are critical at an early age)

Recommendations for Outpatient Clinical Speech Language Therapy:
Prescribe outpatient clinical speech therapy to address social communication skills

Recommendations for Outpatient Clinical Occupational Therapy:
Continue current therapy

Community Resources/Connections:
Autism Speaks Rapid Response Team - (Personalized autism information and resources for any step in the autism path can be found at <https://www.autismspeaks.org/autism-response-team-art>)

- Resources for feeding management:**
- Tool Kit: Parent's Guide to Feeding Behavior in Children with Autism - (This tool kit helps parents and professionals better understand feeding issues. It includes the sections 1) What are Feeding Problems?, 2) Conditions that Might Affect Feeding, 3) When to be Concerned, 4) Tips to Help with Feeding Issues at Home, and 5) Frequently Asked Questions. This tool kit can be found at <https://echoautism.org/feeding/> then scroll down to Autism Speaks - A Parent's Guide to Feeding Behavior in Children with Autism)
 - Feeding resources - (Best practice feeding resources including books and articles can be found at <https://echoautism.org/feeding/>. Some feeding resources include: 1) Helping Your Child with Extreme Picky Eating by Rowell, 2) Fearless Feeding by Castle, 3) Food Chaining by Walbert, 4) Kids Eat Right, and 5) Choose My Plate)
 - Regular Meals and Snacks - (Recommendations for parents to support routines at mealtimes would include establishing a regular time & place for 3 meals and 3 snacks per day. This routine helps your child to develop hunger/hunger drive and replaces the habit of grazing which can take away their normal hunger and fullness cues. Spacing meal and snack times about 1.5-2 hours is important to promote hunger drive.)

Routine Autism/Developmental Follow-up & Monitoring:

- Labs - (Recommended standard lab evaluation for a child on the autism spectrum to include Chromosomal Microarray, DNA for Fragile X and lead level. MECP2 for Rett Syndrome is recommended for girls with an autism diagnosis.)
- Refer for additional evaluation for ongoing supports and services - (An evaluation for ongoing supports and service planning is recommended between ages 5-6. Professionals such as speech therapist, occupation therapists and psychologists may be involved in this updated testing to inform the developmental and support needs for the child. Professionals may be within the local school district or through clinical programs.)

Tools to Learn more about Autism Spectrum Disorder:

- Tool Kit: 100 Day Kit for Young Children - (This guide is designed to provide you with the information and tools you need to make the best possible use of the days following the diagnosis. It is a comprehensive tool filled with facts and resources such as information about symptoms, treatment, legal rights and advocacy. This tool kit can be found at <https://echoautism.org/new-diagnosis-under-age-4/> then click 100 Day Kit for Newly Diagnosed Families of Young Children)
- Autism Navigator - About Autism in Toddlers and Video Glossary - (This self-paced program will teach families about autism symptoms and supports and intervention to help their child thrive. Autism Navigator also has information about evidence-based supports for everyday activities and developmental growth charts to recognize and monitor meaningful outcomes. Family can create a login and access modules and videos at <https://autismnavigator.com/courses/>)
- CDC Autism Case Training Videos <https://www.cdc.gov/ncbddd/actearly/autism/video/index.html>