

ECHO Idaho: Autism STAT Patient Case Recommendations

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Presenting question:
Additional identified concerns:

Is a diagnosis of autism confirmed?	No
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DIAGNOSTIC RECOMMENDATIONS: Requires further evaluation to determine if DSM-5 criteria are met for autism spectrum disorder.
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Thank you for suggesting recommendations during your case presentation. Recommendations as proposed during case discussion are endorsed.

PHYSICIAN RECOMMENDATIONS:

After review of information provided and discussion of the case, the following recommendations are provided:

Recommendation 1:	Excellent case! Refer to developmental pediatrics for further clarification.
Recommendation 2:	Great interpretation of her rote memorization of songs and inability to generalize these words, phrases, songs to other people and settings.

ADDITIONAL PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Consider ABA therapy for his behaviors that can be modified to improve the outcomes for him. This may be best to get on the list now and let speech and OT run for a bit first to not overwhelm mom.
Recommendation 2:	Explore what resilience looks like for mom and relate that to co-regulating optimally with the child so he can gain some self-regulating behaviors.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Routine monitoring of compulsive-like symptoms is appropriate given the symptoms may take on an OCD quality as the child gets older.
Recommendation 2:	Child seems to have strong visual skills due to her strong imitation skills. Child will benefit from a comprehensive assessment of her developmental skills to better understand how she learns (school can perform this evaluation, but referral for a psychological/neuropsychological evaluation in the future may be needed should school supports and interventions be insufficient).

PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1:	Private speech and language services
Recommendation 2:	Referral for occupational therapy and feeding therapy if needed

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)
- Parent/Caregiver Skills Training - (Parent training allows parents to become active participants in their child's learning and development. It can help parents learn about effective ways to support their child's skills, building and learn strategies to manage their interfering behaviors. Help is in Your Hands is a free resource by University of California-Davis with modules to show parents and clinicians how to help young children with autism connect, communicate, and learn through various activities and play exercises. Family can create a login and access all modules and videos for free at <https://helpisinyourhands.org/course>)
- ADEPT (Autism Distance Education Parent Training) - (Clinicians at the University of California-Davis developed these online, on-demand learning modules to help parents/caregivers learn more about behavior and autism. The following are particularly helpful: Module 1: Strategies for Teaching Functional Skills; Module 2: Positive Behavior Strategies for Your Child with Autism) (<https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html>)

Recommendations for Outpatient Clinical Speech Language Therapy:

Prescribe outpatient clinical speech therapy to address social communication skills

Recommendations for Outpatient Clinical Occupational Therapy:

Prescribe clinical outpatient occupational therapy to address adaptive skills

Routine Autism/Developmental Follow-up & Monitoring:

- Routine Follow-up 3-4 months - (Follow-up scheduled with ECHO Autism Clinician every 3-4 months to assess the following: current therapies and progress, current challenges, parent well-being and support, screening and management of medical issues like sleep, diet, constipation, staring spells, anticipatory guidance specific to autism.)
- 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.)

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>