ECHO Idaho: Autism STAT
Patient Case Recommendations

		Presentation Date	**Type**
		5-9-24	New

Presenting question:
What is appropriate follow up after a diagnosis and what is the goal of primary care follow up in autism?

Is a diagnosis of autism confirmed?	Yes

DIAGNOSTIC RECOMMEDATIONS:
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.

PHYSICIAN RECOMMENDATIONS:

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

Recommendation 1:	You have such a calm and caring approach to assessing children. Families are lucky to have you support them on their journey. Thank you for your participation in ECHO. I look forward to collaborating with you more!

ADDITIONAL PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Explore safety needs, water safety being a top priority.
Recommendation 2:	Explore respite for mom and resilience teaching within her abilities

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Consider selecting the top three recommendations to help keep them manageable for child and family.
Recommendation 2:	Monitor cognitive and behavioral skills over time. Consider developmental preschool programming and a community-based psychological/neuropsychological evaluation when school age to help with co-morbid diagnostic clarification.

PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1:	Private speech and language therapy and evaluation of feeding
Recommendation 2:	Audiological evaluation and referral for Occupational therapy evaluation

COUNSELOR RECOMMENDATIONS:

Recommendation 1:	For the parents support, as you mentioned sleep and supporting the behavioral outbursts for them. Sleep Sense Team, I have used before to help with sleep hygiene practices. In home care for them can also be supportive with ABA, HI or CBRS through a local community partner will help them provide care and skills around needs for the patient, without enabling the behaviors. OT would be another support here, some can come to home others will be able to do behavioral and sensory integration support to reduce the overall behavioral outbursts.

THE FOLLOWING TOOLKITS/RESOURCES MAY BE HELPFUL:

- 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:
Continue current 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

Resources for sleep management:
- Tool Kit: Strategies to Improve Sleep in Children with Autism - (This tool kit is designed to provide parents with strategies to improve sleep in their child affected by autism, based on both research and clinical experience of sleep experts. This tool kit can be found at https://echoautism.org/sleep-resources/ then click ATN/AIR-P Strategies to Improve Sleep in Children with Autism)
- Tool Kit: Melatonin and Sleep Problems: A Guide for Parents - (This tool kit is designed to provide parents with information about melatonin and to help them decide if trying melatonin is right for their child. This tool kit can be found at https://echoautism.org/sleep-resources/ then click on Melatonin & Sleep Problems in ASD)
- Sleeping resources - (The following links offer some practical tips in choosing a sleep training method that may help this family, 1) Choosing a Sleep Training Method That Works for Your Family, 2) Bedtime Routine video, 3) Daytime Habits video

Resources for feeding management:
- 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.)
- Increasing food variety - (Here are some strategies for family to try that help increase child's interest in foods or promote exploration of new foods. 1) Placing a small piece of new food on plate with preferred food. 2) Using the sensory hierarchy tool: touch, smell, kiss, taste, ask your child to explore in these ways. 3) Involve your child in the cooking/baking process from meal planning to grocery shopping to putting away foods to prepping and cooking. 4) Have them set the table, clear the table and help with dishes. 5) Use the iPad to look up recipes and cooking shows. More details 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.)

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: A Parent's Guide to Autism - (This guide provides information about what autism is, shares common reactions to getting the diagnosis, reminding parents to take care of themselves, tips to manage the stress that they may experience, sharing tips for supporting siblings, advocating for your child, and building a support network, vignettes of stories from families and frequently asked questions. This tool kit can be found at https://echoautism.org/new-diagnosis-under-age-4/ then click A Parent's Guide to Autism)
- 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