

## ECHO Idaho: Autism STAT Patient Case Recommendations

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<b>Presenting question:</b> Is further diagnostic work-up indicated in this child?
<b>Additional identified concerns:</b> Therapies to best support a child who is prone to "shutting down"

<b>Is a diagnosis of autism confirmed?</b>	Yes
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<b>DIAGNOSTIC RECOMMENDATIONS:</b> Meets DSM-5 diagnostic criteria for autism spectrum disorder.
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Thank you for suggesting recommendations during your case presentation.

### PHYSICIAN RECOMMENDATIONS:

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

Recommendation 1:	Recommendations as proposed during case discussion are endorsed.
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### PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Referral to ITP is appropriate given his delays.
Recommendation 2:	Monitoring of overall development in conjunction with ASD symptoms will be important. I anticipate there will be learning differences as the child enters an educational environment, so encouraging family to pursue developmental preschool programming and an IEP as he enters kindergarten will be important.

### PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1:	Private speech and language therapy and feeding evaluation
Recommendation 2:	Occupational therapy evaluation

### BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	I agree with your recommendations in this case, continuing with the Infant Toddler Program and eventually a Developmental Preschool. I would also like to see this little guy in outpatient Speech and OT. I would also recommend starting ABA therapy as soon as possible. They can work on the 'shutting down' and I suspect there will be more challenging behaviors in the future as he spends less time with mom when school starts. The more skills we can help him build now, those behaviors will be less severe and he will be able to cope with more.
Recommendation 2:	I would also recommend finding lots of other opportunities to interact with other children, going to the park, pool, library for story time can all be ways to achieve this. I would also like to see mom get some parent training for challenging behaviors/Autism like the Autism Internet Modules or the ADEPT Online program through UC Davis' Mind Institute. I hope she can also find respite, to work on self-care and building resiliency in herself.

## 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>)

### Recommendations for Outpatient Clinical Speech Language Therapy:

Continue current therapy

### Recommendations for Outpatient Clinical Occupational Therapy:

Continue current therapy

### 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>

Consider presenting follow-up for this patient case or any other patient cases at a future ECHO session.

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