

ECHO Idaho: Autism STAT

Patient Case Recommendations

Presentation Date

8/22/24

Type

New

Presenting question: Suspicion of autism

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.

PHYSICIAN RECOMMENDATIONS:

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

Recommendation 1:	Refer family to Autism Navigator for additional resources: https://autismnavigator.com/what-is-autism/
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ADDITIONAL PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Explore self-care with mom and work on resilience building in her so that she may better self-regulate so that she can co regulate effectively with her child.
Recommendation 2:	Explore safety and strongly consider swim lessons in street clothes.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Considering more limited access to services, continue with developmental preschool programming. Encourage parents to share diagnosis with school so that they can better tailor their goals and services for the child.
Recommendation 2:	Monitor for other co-occurring conditions, such as ADHD, learning concerns, IDD.

PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1:	Private speech and language services
Recommendation 2:	Feeding therapy evaluation and treatment

COUNSELOR RECOMMENDATIONS:

Recommendation 1:	In regard to prioritizing care I would focus on mother's ability to support the services. Counseling maybe easier to get into through a Medicaid clinic in your area, where that clinic
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	would have other supports, HI, BI, Intensive Care Coordination, etc.... this could help with one place all services, reducing follow up burden and barriers with travel and time. The observation of mother's intuition in supporting the needs for this patient is great and needs to be continually encouraged, and support in appropriate ways to support him and where to balance and influence his own abilities is a tight rope. Follow up with PCIT or parent management training could be amazing for her, these services are available in Caldwell through two separate facilities.
Recommendation 2:	Occupation therapy would be my next priority with sensory and behavioral supports in regulation skills and development of routines, etc... these also will correlate well with PCIT or Parent Management training.

THE FOLLOWING TOOLKITS/RESOURCES MAY BE HELPFUL:

- Clinical Outpatient Speech Language Therapy (SLP)
- Clinical Outpatient Occupational Therapy (OT)
- 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

Recommendations for Outpatient Clinical Occupational Therapy:
Prescribe clinical outpatient occupational therapy to address adaptive skills

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)
 - Connect with Registered Dietitian Nutritionist (RDN) - (Connect family with a Registered Dietitian Nutritionist (RDN) through Early Intervention team (e.g., First Steps, local hospital or outpatient clinical setting))

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>