

ECHO Idaho: Autism STAT Patient Case Recommendations

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Presentation Date

9/26/2024

Type

New

Presenting question: Concern about speech delay and tantrums.

Additional identified concerns: What resources can help this patient and his family?

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:	Explore wandering and swimming lessons in street clothes to mimic a wandering episode.
Recommendation 2:	Explore self care and resilience capacity of family to help with self regulation to enhance co - regulation.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Consider incorporating sleep resources in recommendations.
Recommendation 2:	Consider referring for a treatment planning evaluation when entering school to further evaluation for co-occurring conditions and understand cognitive strengths and difficulties.

PEDIATRIC SLP RECOMMENDATIONS:

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

COUNSELOR RECOMMENDATIONS:

Recommendation 1:	Were parents are working to figure out how to help him, I would use this and continue to encourage them with resources heavy on track for his care. AIMS modules are great for this and provide wide range of psychoeducation to ABA formats for parents to implement in the home. This can also support them discussing the needs with extended family. As well as reducing his triggers such as his screen time and how to integrate that into his day to day.
Recommendation 2:	I think OT would be priority for his care and outside resources as they support the home programing and episodic care. Giving parents skills in helping him and improving their confidence and developing resilience in the care for this kiddo. Great Case!

BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	My recommendation would be to encourage parents to find opportunities for their child to interact with peers more. There may be a library storytime or mommy and me class, or swimming lessons where they can start to learn more socially appropriate behaviors.
Recommendation 2:	If the child does receive an Autism diagnosis, help mom learn about Katie Beckett Medicaid and the Developmental Disabilities program. Mom may benefit from case management, as a case manager can help find resources for the family and identify services and service providers that would be a good fit for the family.

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](#).
- 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

Co-Occurring Conditions:

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)
- 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)

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>