

ECHO Idaho: Autism STAT Patient Case Recommendations

Presentation Date

10/10/24

Type

New

Presenting question: I met this child 4 mo WCC when they moved here. Speech delay noted, MCHAT at 18m, referred to infant-toddler, but initially refused, then after 24m MCHAT agreed to eval then declined further intervention. Mom agreeable to virtual SLP only. Mother more inclined to resources but father quite resistant due to his childhood experiences.

Additional identified concerns: Patient has had delays noted in her first 1-2 years of life, and mother has been certain she has autism since she was 2 years old. Speech delay is the most notable. Rural area, homeschooled, resources for this patient.

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:	Continue developmental surveillance and screening with her younger sister in accordance with AAP recommendations. Screen and act! Thank you for caring for this family. They are lucky to have you.
-------------------	---

ADDITIONAL PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Explore self care and resilience building capacity for mom and dad as they have a lot to digest at this time in a resource scarce area .
Recommendation 2:	Wandering has to be a priority. I like the resources given for Angel Sense and Jibit for the family to keep her safe.

PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1:	Private speech and language services
Recommendation 2:	Parent support and resource help

BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	If this child receives a diagnosis, help parents obtain Katie Beckett Medicaid if they don't already have Medicaid. They also should learn about what services are available through the Developmental Disabilities Program. Getting them in touch with a case manager can help them navigate both processes at once and have a person to help find services. Family Education is available through the DD program if they prefer not to meet with someone in home.
Recommendation 2:	Help the family find opportunities for this little one to interact with more children outside of the home. A developmental preschool screening may be an excellent idea and maybe parents will be more comfortable with the school setting. Great job with this family, your relationship is going to be something you can leverage to help overcome their fears, you have done a really fantastic job of laying the foundation for this family to trust you. Thank you!

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:

Increase 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>)

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)
- Sibling Developmental Monitoring - (Given the increased autism risk in siblings of children with a diagnosis of ASD, consider sharing the CDC's "Learn the Signs. Act Early." resources with the family to monitor the younger sibling's developmental milestones.)
- 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/>)
- Behavior Videos - (The following videos offer some practical tips that may be helpful for this family: ABCs of Behavior and Reinforcement. The videos can be found at <https://echoautism.org/behavior-basics/>, then click Video Tool Kit: ABCs and Video Tool Kit: Reinforcement)
- CDC Autism Case Training Videos <https://www.cdc.gov/ncbddd/actearly/autism/video/index.html>