

## ECHO Idaho: Autism STAT Patient Case Recommendations

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<b>Clinician Name &amp; Credentials</b>	<b>Presentation Date</b>	<b>Type</b>
	10-24-24	New

**Presenting question:** Do the patient's language delay and differences in social communication meet criteria for autism spectrum disorder?

<b>Is a diagnosis of autism confirmed?</b>	Yes
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**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.

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

### PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Explore safety, although he has not wandered yet, this may be something he does as time goes by and best to be safe and have him do swim lessons including clothes on.
Recommendation 2:	Explore self-care and resilience building capacity at home as this helps with co-regulation .

### PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Consider referring child for ESDM (Early Start Denver Model) given his blossoming skills with sensory interactive play. This would occur instead of ABA therapy and is best for children under 4 yo. St. Luke's Children's Rehabilitation has certified providers in ESDM, so mention ESDM in an SLT or OT referral to St. Luke's.
Recommendation 2:	When child enters school, consider a treatment planning evaluation (neuropsychologist, psychologist) to assist with education, diagnostic co-morbidities, and intervention planning.

### BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	Outpatient speech therapy may benefit this family.
Recommendation 2:	Once this kiddo has a diagnosis, they may benefit from helping them access Katie Beckett Medicaid and the Developmental Disabilities Program.

## 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

### Recommendations for Outpatient Clinical Occupational Therapy:

Continue current therapy

### 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>)

## 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)
- 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)

**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)