

# ECHO Idaho: Autism STAT

## Patient Case Recommendations

### Clinician Credentials

MD

### Presentation Date

11-14-24

### Type

New

**Presenting Question: The mother's concern is that her child has autism. He has a brother who was just diagnosed, and she is seeing similar behaviors with 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: Genetic Testing: microarray and Fragile X

Recommendation 2: Address safety concerns with family.

### PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1: Consider encouraging evaluation for developmental preschool programming. It would be good to get a sense of his overall developmental functioning, including his early cognitive skills. This is because of his suboptimal progress in his therapies up to this point.

Recommendation 2: ABA therapy will help encourage joint attention skills and, therefore, learning more from his interventions.

### PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1: Speech and language therapy

Recommendation 2: Assessment of overall development

### COUNSELOR RECOMMENDATIONS:

Recommendation 1: As the mother is open and willing to getting support, as well as being fairly self-driven from the sounds of it, I would provide AIMS, ADEPT to help with self-guided learning. For therapists in her area that are RUBI certified would also help provide structure to ABA support for her to use in home. As he will likely be aged out 3 y.o. but ESDM would help teach mom how to connect and develop those social skills.

## BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	Along with your recommendation for Case Management, which will be excellent for this single mother with two children with Autism, consider providing information on the Developmental Disabilities program. I agree with your ABA recommendation as well. Your recommendations for building her own autism knowledge are also excellent.
Recommendation 2:	Provide this mom with information about safety, swimming lessons for both children as well as wandering safety precautions. There are several devices for GPS tracking as well as alarms for doors/windows which mom should consider. The supports budget through the developmental disabilities program can help pay for these types of items as they are related to the disability. Consider supporting mom in identifying respite supports and ways she can practice self-care to build her own resilience.

## 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

### **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)
- 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>