

ECHO Idaho: Autism STAT

Patient Case Recommendations

Presentation Date

2/13/25

Type

New

Presenting question: He has behavior concerns that include emotional regulation, marked sleep difficulties and trouble getting adequate nutrition secondary to his sensory issues with foods.

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:	Routine developmental screening at well child visits
Recommendation 2:	Feeding therapy and nutrition consult
Recommendation 3:	Monitor for ADHD symptoms

ADDITIONAL PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Given his tendency to elope, swim lessons preferably in street clothes is indicated.
Recommendation 2:	Explore self care willingness and capacity with mom given her own story of trauma as well as the kids. Self regulation leads to better co-regulation.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	Good work monitoring sibling of a child with ASD and getting him identified early for services, diagnosis, etc. MOC has a lot on her plate, but I would encourage some stability for child by enrolling him in developmental preschool so that his overall developmental skills and early learning skills can be monitored.
Recommendation 2:	Keep an eye out for other diagnoses, including ADHD, language-based learning difficulties like reading and writing, and potential intellectual differences. Make appropriate referrals (i.e., neuropsych/psych eval) if these are a concern when child is school age. Staying on the NNH WL for this reason may be a good idea.

BCBA/PARENT ADVOCATE RECOMMENDATIONS:

Recommendation 1:	Consider feeding therapy as a referral for this family, mom will learn lots of new techniques she can probably apply to both children.
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	I support your recommendation for ABA therapy, particularly to target the self-injurious behaviors as well as the elopement.
Recommendation 2:	I recommend helping mom find sources of respite, educating her about self-care and supporting her as she navigates the logistics of getting two children to therapies, school programs, OT, Speech, feeding therapy, etc. Helping her prioritize and finding a team to help her will be important. I would also consider asking her if she has case management through the DD program, which can be another source of information on resources out there (a good example is the mileage reimbursement for medical appointments, or personal care services if the children qualify). Great case!

THE FOLLOWING TOOLKITS/RESOURCES MAY BE HELPFUL:

- Clinical Outpatient Speech Language Therapy (SLP), 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>)
- Picture Exchange Communication System (PECS) - (PECS can be successful at helping children understand the idea of symbolic communication in a manner that maximizes their visual strengths as well as how to initiate communication. Link to website <https://pecs.com/>)
- 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, Increase 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>)

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), Feeding resources - (Best practice feeding resources including books and articles can be found at <https://echoautism.org/feeding/>. Some feeding resources include: 1) Helping Your Child with Extreme Picky Eating by Rowell, 2) Fearless Feeding by Castle, 3) Food Chaining by Walbert, 4) Kids Eat Right, and 5) Choose My Plate)
- Increasing food variety - (Here are some strategies for family to try that help increase child's interest in foods or promote exploration of new foods. 1) Placing a small piece of new food on plate with preferred food. 2) Using the sensory hierarchy tool: touch, smell, kiss, taste, ask your child to explore in these ways. 3) Involve your child in the cooking/baking process from meal planning to grocery shopping to putting away foods to prepping and cooking. 4) Have them set the table, clear the table and help with dishes. 5) Use the iPad to look up recipes and cooking shows. More details 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:

- 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/>)
- 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>