

ECHO Idaho: Autism STAT

Patient Case Recommendations

Presentation Date

3-13-25

Type

New

Presenting question: Is there any chance this is not autism?

Is a diagnosis of autism confirmed? Yes

DIAGNOSTIC RECOMMENDATIONS:

Meets DSM-5 diagnostic criteria for autism spectrum disorder.

Additional notes:

This patient shows unambiguous signs of autism

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:	Try to look at neurotypical children to see where the delta is between autism and neurotypical children.
Recommendation 2:	Look at the domains of autism sx's and see where they can fit most appropriately and or with overlap.
Recommendation 3:	Continue to be the best resource for these kiddos that are suspected to be on the spectrum.

ADDITIONAL PHYSICIAN RECOMMENDATIONS:

Recommendation 1:	Access for willingness to partake of self-care and resilience building to increase self-regulation to enhance co-regulation
Recommendation 2:	Safety assessment at every follow up to include water curiosity and wandering risk.

PEDIATRIC NEUROPSYCHOLOGIST RECOMMENDATIONS:

Recommendation 1:	I agree with ABA referral if there is availability in your area. Given mom's potential language differences and possibly needing visual modalities to learn, I think the ADEPT modules, which are both in English and Spanish, are a good recommendation.
Recommendation 2:	Keep an eye out for co-morbidities with this youngster as he develops. In particular, ADHD and possibly ID. Refer for additional evaluation, if needed. There are ways to assess accurately even if he is in a bilingual household.

PEDIATRIC SLP RECOMMENDATIONS:

Recommendation 1:	Private speech and language services
Recommendation 2:	Audiology eval, monitor feeding and refer for occupational therapy and multidisciplinary team assessment

COUNSELOR RECOMMENDATIONS:

Recommendation 1:	As there are concerns with mother's reporting and understanding of behaviors. I would recommend to review and seek additional data and observations as you continue to support this kiddo. As well as provide mother direction for community-based therapy to help family based care and provide additional observations and supports for his care.
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THE FOLLOWING TOOLKITS/RESOURCES MAY BE HELPFUL:

- Pediatric Medical Referral (i.e. Developmental Pediatrics)
- Clinical Outpatient Speech Language Therapy (SLP)
- Clinical Outpatient Occupational Therapy (OT)
- Clinical Outpatient Physical Therapy (PT)
- 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>.
- State-based Early Intervention program (e.g., Infant-Toddler Program (ITP)) - Every state has a program to support children birth to 3 who are at-risk or identified with developmental delay. Autism is typically considered an automatic qualifying diagnosis for supports and services. It is a critical first step for many children with developmental delays. <https://healthandwelfare.idaho.gov/services-programs/children-families/about-infant-toddler-program>, 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:

Increase current therapy

Recommendations for Outpatient Clinical Occupational 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 <http://www.autismspeaks.org/autism-response-team-art>)
- Idaho Parents Unlimited (<https://ipulidaho.org/>)

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)
- Regular Meals and Snacks - (Recommendations for parents to support routines at mealtimes would include establishing a regular time & place for 3 meals and 3 snacks per day. This routine helps your child to develop hunger/hunger drive and replaces the habit of grazing which can take away their normal hunger and fullness cues. Spacing meal and snack times about 1.5-2 hours is important to promote hunger drive.)
- Fluid Needs - (When considering meeting your child's fluids needs. General guidelines for types of fluids would look like milk at 16 ounces per day (less if also consuming other dairy products), 4-8 oz juice per day (depending on age of child) and additional fluid needs met with water. Water can be provided in between meals and snacks. Fluids can impact interest in foods and hunger drive, so it is important to have a balance of calories containing beverages and water.)
- 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.)

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.)
- Request evaluation reports from service providers (e.g., IEP, therapy reports)

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), Tool Kit: An Introduction to Behavioral Health Treatments - (This toolkit provides behavior basics and information that may help the family understand the functions of a child's behaviors, in addition to basic strategies of increasing appropriate behavior. This tool kit can be found at <https://echoautism.org/behavior-basics/> then click Introduction to Behavioral Health Treatments)
- 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>