

Health care for children with Autism Spectrum Disorders (ASD) – Pediatrician's role



National Medical Research
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ISSOP 2019

Speaker Disclosure



No, nothing to disclose

Yes, please specify:

The evolution of 'autism' as a diagnosis

- ❑ as a form of childhood schizophrenia
- ❑ as result of cold parenting – 'refrigerator mothers' (psychodynamic)
- ❑ as a spectrum condition with wide-ranging degrees of impairment

**DSM-5 (2013) introduced the term
'autism spectrum disorder'**



B. Bettelheim



B. Rimland

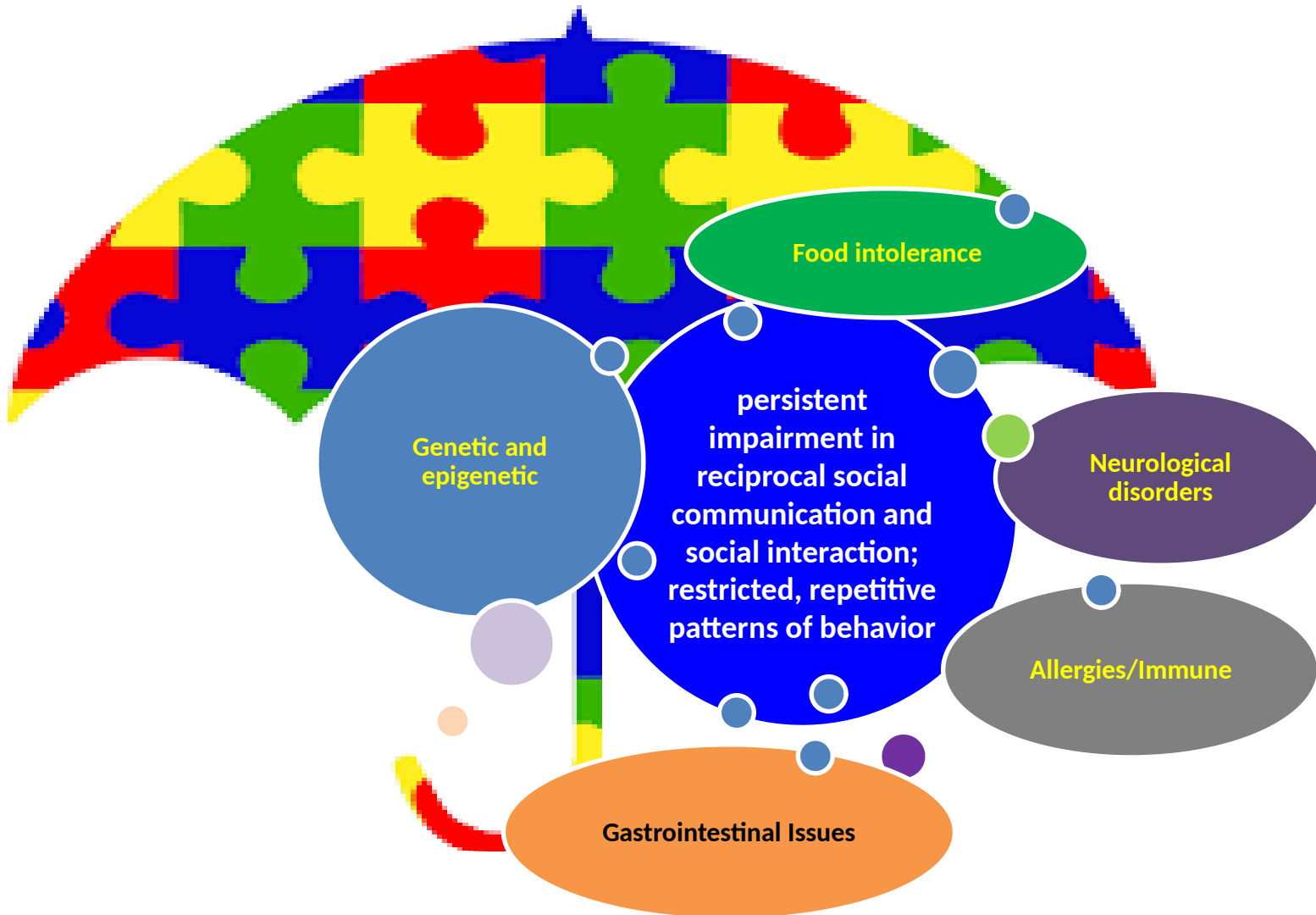


L. Wing



XXI century

autism is a spectrum condition with *medical issues that have gone unrecognized and unaddressed*



ICD-11-PhC categories

» AUTISM SPECTRUM DISORDER

In Russia PhC for children are carried out by *pediatrician of primary care.*

Task: early identification of ASD



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Associated Medical Concerns

Seizures

Sleep disturbances

Headache

Gastrointestinal disorders

Food Intolerance

Genitourinary

Hormonal imbalance/
endocrine dysfunction

Metabolic Disorders

Rare diseases (mitochondrial etc.)

Allergies/Immune

(Food allergies, Respiratory allergies, Skin allergies)

Obesity

Osteoporosis

Otitis media

PANDAS

Anti-NMDA receptor encephalitis

Dental

Injuries/fractures

Etc.



Gastrointestinal Issues

Commonly reported problems

- ✓ Constipation or Diarrhea
- ✓ Excessive Flatulence
- ✓ Gastroesophageal reflux disease (GERD)
- ✓ Feeding/eating disorder
- ✓ Food Intolerance
- ✓ Possible abdominal pain/discomfort



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Gastrointestinal Issues

Meta-Analysis:

Gastrointestinal Symptoms in ASD

Conclusion: children with ASD are 4 times more likely to experience GI complaints compared to controls.

McElhanon et al. (2014). *Pediatrics*, Vol. 133(5): 872.



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Why have these been overlooked?*

- 1) Longstanding assumptions about what autism is and who ASD persons are. Abnormal behaviors often interpreted as part of the clinical profile of the disorder.
- 2) ASD individuals may not present with the same symptoms or “red flags” as their “neurotypical” peers.
- 3) Many ASD persons cannot tell us if they hurt/are uncomfortable, nor accurately localize discomfort.

*M.Bauman, 2019



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Bullets*

- ASD should be determined by PHC
- ASD individuals need appropriate medical care.
- May not present with typical symptoms.
- Changes in behavior or prolonged episodes of behavioral abnormalities merit a medical look.
- Many of these medical comorbidities are treatable.
- Pediatricians need to learn the language and signs of pain/discomfort in non-verbal and sensory impaired ASD individuals.
- Given the complexity of the ASDs, and the fact that the disorder often involved many organ systems, important that ASD individuals are seen by doctors and therapists from differing disciplines - **multidisciplinary team!**

*M.Bauman, 2019



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GAPS

ASD is not recognized by first-contact health care providers: no screening tools, no guideline for ASD identification, no competence in ASD signs in children

Psychiatric services are separated from other medical services in Russia: difficulties in referral to psychiatrist, no feed-back

Continuing stigma of mental disorders between pediatricians

PHC pediatricians are not aware how to conduct proper medical exam for children with behavioral problems

PHC pediatricians are not acquainted with signs of somatic comorbidities in children with ASD

PHC pediatricians are not aware about side effects of neuroleptic intake



PROJECT

The Model of multidisciplinary health care for children with ASD in paediatric medical center

» approval of the Ministry of Health of Russia (2019)

- Model of multidisciplinary medical care for children with ASD for introduction into the Russian pediatric medical network.
- Training modules, guidelines and manuals on the early identification of ASD and medical comorbidities for pediatricians.
- Recommendations for parents regarding to medical comorbidities in children with ASD.

Overcoming the childhood psychiatric segregation and return patients with autism to the pediatric network



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Platon, 14 years

Ds. Autism (F84.1.)

Non-verbal

Epilepsy

Microdeletion 22q11

Gluten/casein intolerance

Constipation





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