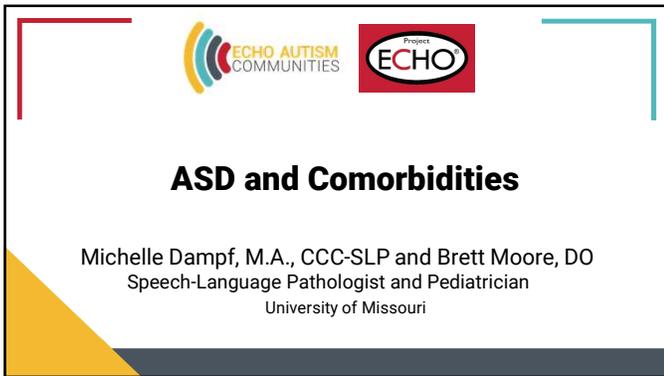
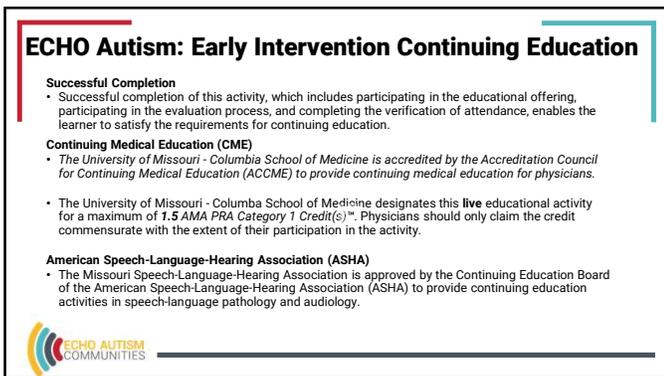




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ECHO Autism: Early Intervention Speaker Disclosure

LPC, Social Work, Psychology, 50-minute hour CEs

The University of Missouri Continuing Education for Health Professions (CEHP) is part of an accredited university in the state of Missouri. As such, this program meets the requirements for Licensed Professional Counselors, Psychologists, and Social Workers with Missouri licenses. CEHP attests that this program contains 1.5 clock hours of instructional time. Licensed professionals measuring CE credit based on a 50-minute hour may claim up to 1.8 Contact Hours for full attendance at this program.

Relevant Financial Relationship Disclosures

Current ACCME (Accreditation Council for Continuing Medical Education) rules state that participants in CE activities should be made aware of any relevant affiliation or financial interest in the previous 24 months that may affect the planning of an educational activity or a speaker's presentation(s). Each planning committee member and speaker has been requested to complete a financial relationship reporting form for the ECHO Autism: Early Intervention Series

Speaker Disclosures:

- Kristin Sohl, MD receives research support from Cognoa Behavior Health and is a medical science collaborator for Quadrant Biosciences. All relevant financial relationships for the presenter have been mitigated.
- No other speaker or planning committee member has a relevant financial interest.



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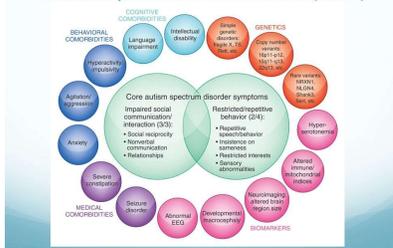
What is comorbidity in ASD?

- The co-occurrence of two or more diagnosed conditions in the same person
- 75% of those with ASD are also dx with at least one comorbid condition in their lifetime
- Researchers are not yet sure why
- Comorbid conditions can exacerbate ASD traits



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Autism Spectrum Disorders (ASD)



6

Common Medical Conditions in Autism

- <https://echoautism.org/2020/12/common-medical-conditions-in-autism-webinar-review/>

ECHO Autism Webinar: Common Medical Conditions in Autism

The ECHO Autism Primary Care Hub Team explores co-occurring conditions as they relate to autism and provide insights as to how families, providers, and people with autism can recognize the signs and symptoms of these conditions. The team also discusses the importance of supporting patients using a Team Care approach, which can help ensure patients and their families receive well-rounded clinical services.



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ASD and Gastrointestinal Disorders

- 8 x more common among children with ASD
- Chronic constipation
 - <http://echoautism.org/wp-content/uploads/2019/12/Constipation-Guide-updated.pdf>
- Abdominal pain
- Gastroesophageal reflux
- Bowel inflammation



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ASD and Attention Deficit Hyperactivity Disorder (ADHD)

- Most common coexisting condition in children with ASD
- 25% of children with ADHD have signs of ASD, which can include difficulty with social skills and sensory issues
- Both ADHD and ASD are neurodevelopmental disorders
- Important to connect families with medical team who has experience with both conditions (i.e., pediatrician, developmental pediatrician, psychiatrist)
- ADHD meds can cause decreased appetite which can cause diet issues with picky eaters



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ASD and Anxiety/Depression

- 40% of young people with ASD have clinically levels of anxiety or at least one anxiety disorder, including OCD
- Untreated comorbid anxiety has been associated with the development of depression, aggression, and self-injury in ASD
- Not easy to recognize due to overlapping symptoms
- Children who are minimally verbal may be unable to report (not speaking is not the same as having nothing to say)
- Connect child's family with appropriate professionals
- Teens with ASD are 3 times more likely to attempt suicide



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ASD and Childhood Apraxia of Speech

- CAS occurs in 1-2 per 1,000 children
- CAS occurrence in children with ASD does not have great data, close to about 1 in 6 children with ASD
- Sometimes mistaken for ASD, nonverbal, lack of eye contact
- Important to complete thorough assessment with standardized (KSPT) and dynamic assessment as well as oral mechanism exam and conversational speech sample.
- Speech treatment may include AAC (or SGD)
- Frequently also have motor apraxia or dyspraxia



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ASD and Intellectual Disability

- 1% of general population
- 10% of individuals with ASD
- Individuals will need pre-teaching and re-teaching of skills
- Options for employment after high school may look different
- Assessment of cognitive abilities as well as adaptive behavior




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ASD and Down syndrome

- 16-18% of people with Down syndrome also have ASD
- Strategies and interventions that help autistic people can also often help those with Down syndrome
- Less likely to communicate verbally
- Do not attempt to imitate others
- Typically experience loss of speech, language, and play/social skills over time
- <https://www.autismspeaks.org/down-syndrome-and-autism-spectrum-disorder-ds-asd>




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Resources/References

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Resources/References

<https://www.autismspeaks.org/medical-conditions-associated-autism>

www.echoautism.org

www.asha.com

www.autismspeaks.com



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