

## Case Notes and Resource Sheet

April 3, 2024

### CASE SUMMARY

In summary, this is the case of a 24-month-old male with milestone delay who has not yet been diagnosed with ASD. He has a history of recurrent seizures and multiple URIs.

### KEY QUESTIONS

1. Are there any nutritional screenings that are performed for autistic patients due to their picky eating habits outside of what is performed for traditional routine screening?
2. What is the algorithm to follow for pediatric insomnia related to behavioral disorders?

### CLARIFYING QUESTIONS and ANSWERS

In the inconclusive CDS eval, was it inconclusive for ASD or developmental delay?	<i>Inconclusive for ASD – he was written for speech and PT, only service offered through CDS was speech.</i>
Has there been any further developmental regression?	<i>No further regression but is still not meeting developmentally appropriate milestones.</i>
What is the level of concern from the family and did you ask how they perceive autism?	<i>The family was very open to the possibility of ASD as his older sister has ASD. The seizures are one of the more concerning factors that the family presents.</i>
Is the primary concern ASD or is the primary concern that the child is not walking?	<i>The concerns have evolved from wondering if he has ASD to now his current failure to achieve milestones and wondering if genetic factors are at play in addition to ASD.</i>
Did he have a normal birth experience and has there been any sensory sensitivities around his diet?	<i>Birth history is not well known by this provider, but no abnormalities with the birth have been brought forward. He was formula fed and failed his hearing screen upon birth. No huge sensory sensitivities noticed, but he is just below the 10th percentile in terms of size. Family was concerned that thyroid levels might be a factor in his size, but it all seems normal at this time.</i>
Do you know what foods he eats often, or if he is picky?	<i>No not at this time, but I do recall that he did have an overconsumption of strawberry milk. He was very pale so iron supplements were started.</i>
Has he dropped in percentiles for weight?	<i>He has dropped from the 35th to the 10th within 10 months.</i>
Are sleep problems ongoing?	<i>Yes, neuro has taken over to give him prescription melatonin.</i>
Do they go to WIC?	<i>Unsure, but do not think they do.</i>
Why is the grandmother the primary caregiver?	<i>Mom is fairly young and needs a lot of redirection and support in general.</i>
Did he have a hemoglobin @ 12mo?	<i>He did not.</i>

## KEY RECOMMENDATIONS & RESOURCES

### Lab tests:

- Recommendation of repeating lead levels within the context of regression.
- Nutritional - looking at the diet to see what areas are lacking.
- Test/repeat: full CBC blood, iron, ferritin, vitamin D, C, B12, and lead levels.

### Medications & Sleep:

- Keppra has a high rate of side effects, and he is on a high dose.
  - It is possible this could be interfering with sleep.

\* Neurology has prescribed melatonin

### Evaluations:

- Recommendation not to rely solely on CDS for a comprehensive evaluation.
  - More developmental evaluations are recommended other than CDS.
- It can be very challenging when he is below a cognitive age to diagnose autism, especially with all the other health concerns involved. It may be that he must be observed for a longer period before achieving a formal diagnosis, even though this may limit his access to care.

\* Audiology assessment and developmental and behavioral assessments are underway

\*CDS has done an evaluation - awaiting results

\*Failed hearing – being retested

\*Already referred the family to a developmental evaluation clinic

### Additional Supports:

- Connect family with care coordination services or Targeted Case Management (TCM)
  - <https://www.maine.gov/dhhs/ocfs/support-for-families/childrens-behavioral-health/services>
- Family could be receiving more education, etc.
  - Connect mom to Maine Parent Federation <https://www.mpf.org/>
  - Connect to the Autism Society of Maine: <https://www.asmonline.org/>
  - Connect to WIC resources: <https://www.maine.gov/dhhs/mecdc/population-health/wic>
  - Connect to Help Me Grow: <https://www.helpmegrow.org/>
    - Help Me Grow outreach specialist: [Melinda.corey@maine.gov](mailto:Melinda.corey@maine.gov) (“Let me know if you’d like to learn more.”)

**You may always reach out for a consult through the MPBHP access line 1-833-672-4711.**