



ECHO[®] Autism

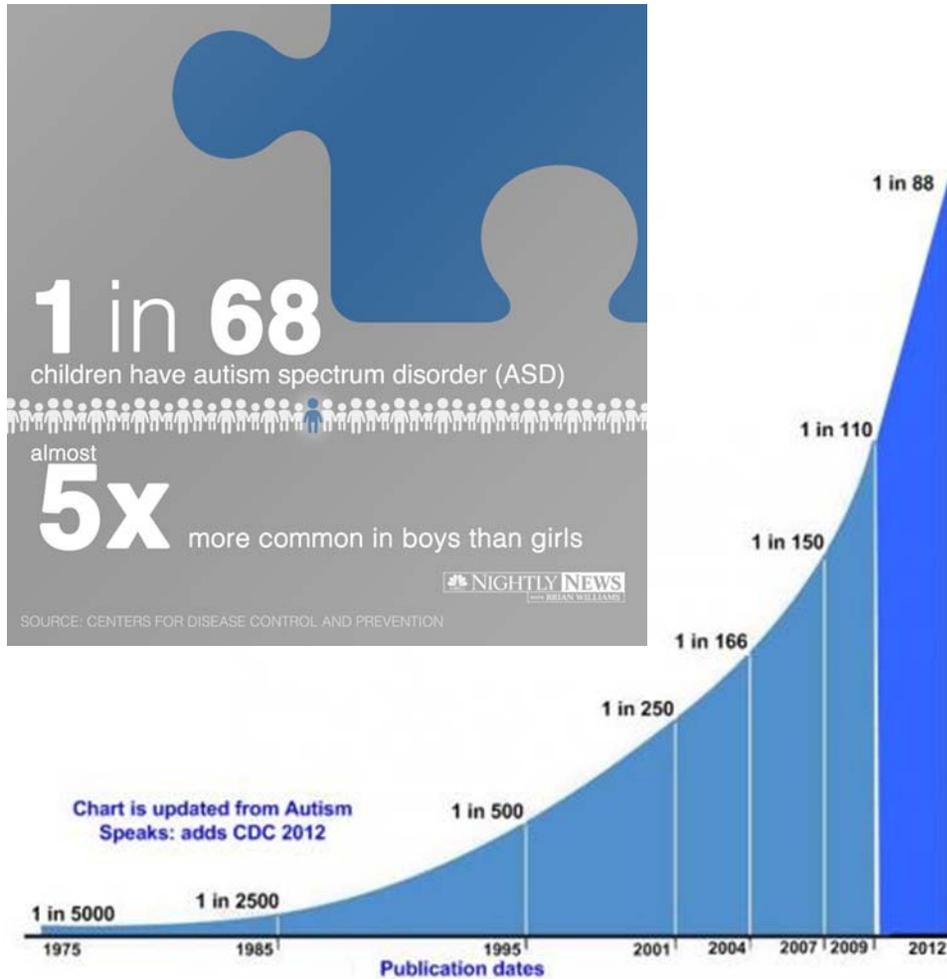


Transforming Primary Care for Children with Autism

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Disabilities Concerns Subcommittee
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Autism on the Rise



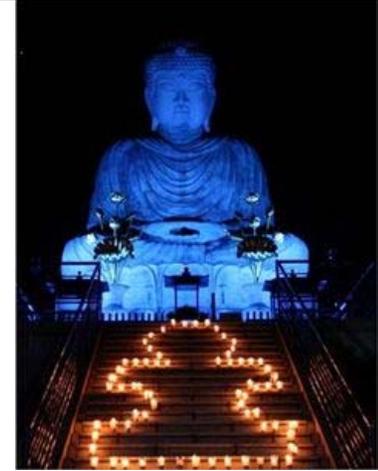
<http://www.shutterstock.com/pic-87221370/stock-photo-human-brain-research-and-intelligence-in-suitcase-puzzle-with-blue-glowing-maze-and-labyrinth.html>

Autism Awareness

Project **ECHO**
Missouri Telehealth Network
Show-Me ECHO

ECHO® Autism

Thompson Center
For Autism & Neurodevelopmental Disorders
University of Missouri



The Costs of Autism



- Estimated lifetime societal cost for one individual with autism at **\$3.2 million**
- Early intervention reduces the long term cost and improves outcomes
- Billions of dollars of savings when applied across populations of children with autism
- PCPs are the front lines for this recognition and initiation of services

Autism Treatment Network (ATN) Centers



Supply and Demand



- Rise in autism awareness
- Rise in referrals
- “Whole Care for the Whole Family”
- Primary Care readiness for ASD?
- Shortage of specialists



What if...



- Primary Care Providers were equipped to screen more thoroughly and could send more detailed referrals?
- Primary Care Providers took additional steps to help children while waiting for a formal diagnosis?
- Primary Care Providers felt more comfortable treating medical conditions in children with autism?
- Parents felt confident in going to their PCP for their autism and developmental questions?

What if...



- There were communities equipped to care for individuals with autism without traveling to a specialist?
- Tertiary and quaternary specialists shared their knowledge and mentored PCPs to do this well?
- Specialists could stratify follow-up need based on severity and not lack of other options?

ECHO[®] Autism Clinic



Biweekly 2 hour clinic

Introductions	10 minutes
Case #1	35 minutes
Didactic	20 minutes
Case #2	35 minutes
Wrap Up	20 minutes

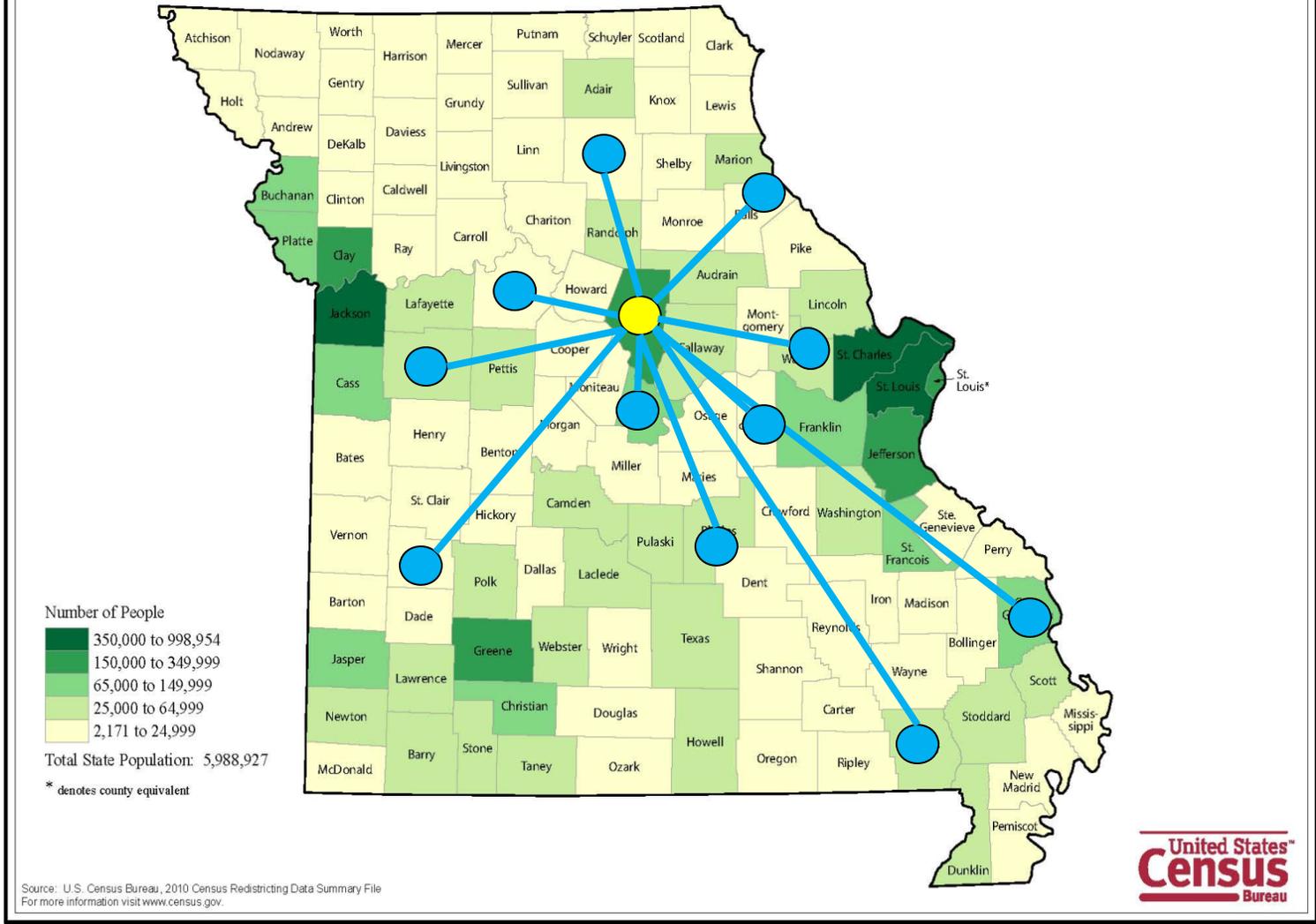


Hub team

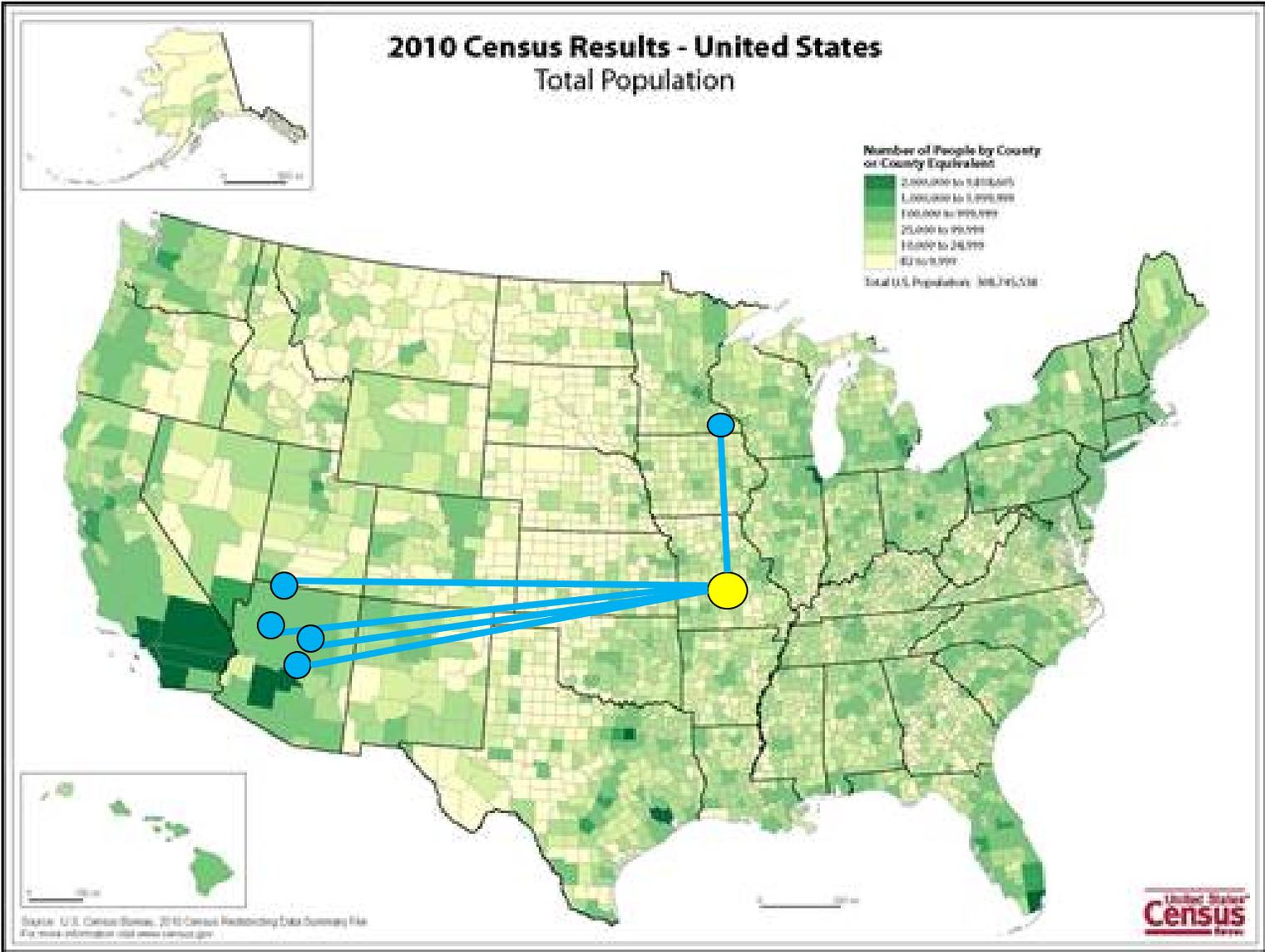
- Developmental Behavior Pediatrics and/or Child Psychiatry
- Dietician
- Family Navigator
- Parent Expert
- Psychology

MISSOURI - 2010 Census Results

Total Population by County



● Missouri ECHO Autism participants



● Missouri ECHO Autism participants

Current Research



AIMS:

- Increase local access to high quality health care for children with ASD and other behavioral health concerns by providing PCPs with specialized case-based tele-education/mentoring to increase self-efficacy in assessing and treating
- Increase PCP self-efficacy with identification of ASD symptoms in children between 12 months and 18 years of age
- Increase PCP self-efficacy in assessing and treating common medical and psychiatric comorbidities in children with autism

The Pilot Numbers



- Number of Participants – 226
- Number of Unique Participants – 71
- CME Claimed – 134.5 hours
- Number of New Cases – 17
- Number of Return Cases – 7
- Number of Unique Case Presenters – 12
- Average Attendance – 18.8
- Highest Attendance – 25
- Lowest Attendance – 12

What are PCPs Learning?



- “Managing anxiety in children with ADHD and sleep problems”
- “A wealth of knowledge to help better facilitate resources to my patients”
- “Additional labs that should be done to r/o medical issues”
- “To not wait to start therapies on children who I suspect have ASD”
- “Constipation treatment options “
- “CBT is effective for depression and anxiety for patients with autism spectrum disorders”
- “new techniques to aide in helping my patients w/ sleeping issues that may help avoid medication”

What practice changes will PCPs make?

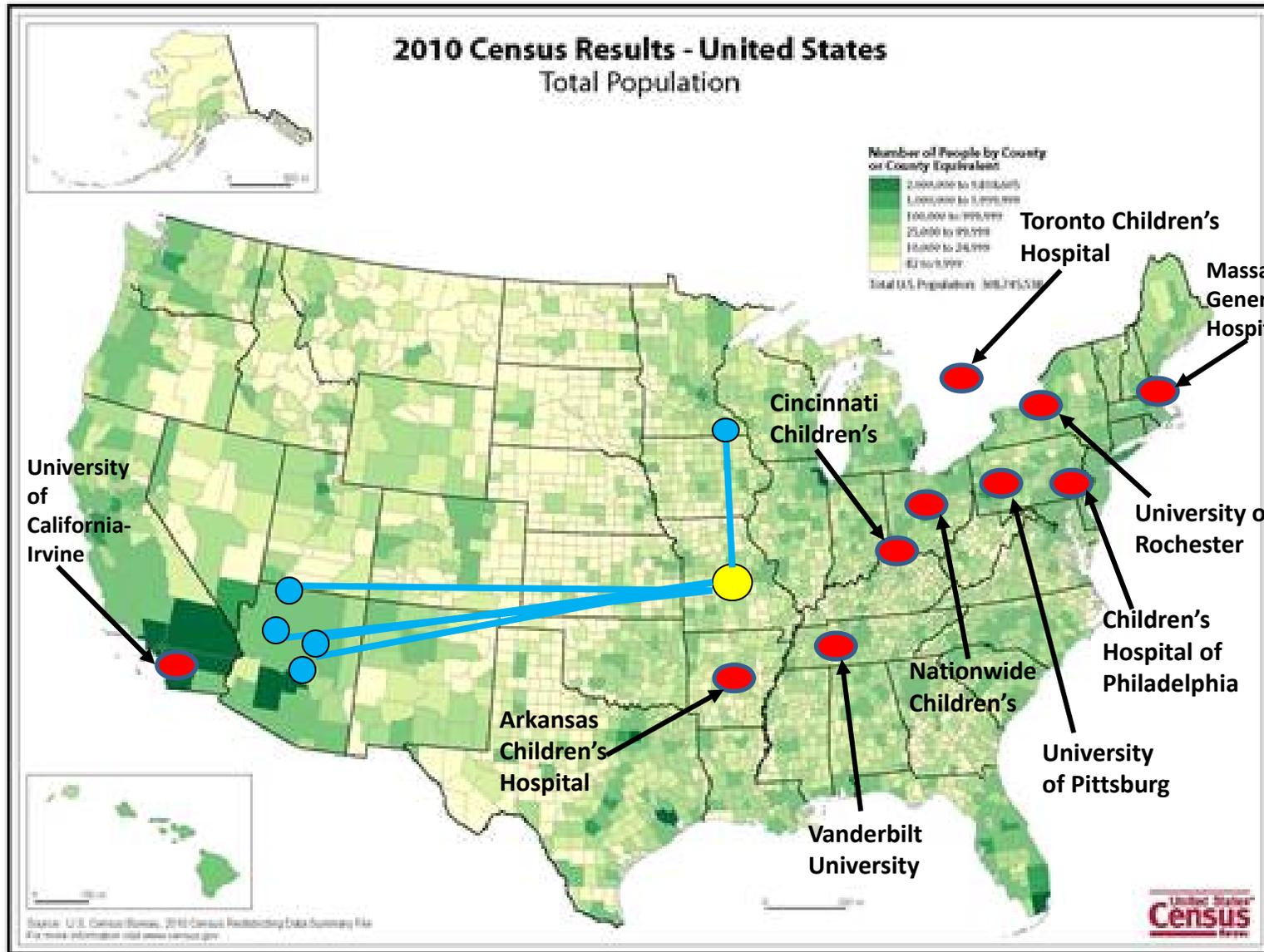


- “Early referral for services and parents understanding their shared role”
- “Be more proactive in my screening for ASD”
- “Looking for more details into comorbid diseases with Autism “
- “starting the process of getting local resources for children with autism and screening for sleep problems”
- “I plan on using more of the picture/charts to help my patients w/ their structured sleep routines”
- “Continue to look for environmental issues over medications if applicable”
- “Will look to be a change agent in providing these interventions more fully for our patients”

ECHO[®] Autism Replication through the Autism Treatment Network



ECHO[®] Autism Network



● ECHO[®] Autism Network sites

● ECHO[®] Autism Missouri participants

ECHO[®] Autism Network



Research

- Pre- and post- intervention knowledge tests in ASD
 - Screening
 - Assessment and treatment of common medical comorbidities (sleep and constipation)
- Pre- and post-intervention chart reviews to measure PCP clinical practice/behavior change
- Self-efficacy in ASD
 - Screening and identification of ASD
 - Screening, identification, treatment of medical comorbidities (sleep and constipation)

Measuring Outcomes



Effectiveness of ECHO® Autism in increasing:

- 1) Rates of ASD screening during 18 month well-visits
- 2) Proportion of children with ASD screened and treated for sleep problems and constipation
- 3) Proportion of children with ASD on psychotropic medications with appropriate monitoring

Thank You



- Attendees
- Staff and providers at the Thompson Center
- Missouri Telehealth Network
- Families of children with autism
- Health Resources Services Administration/Autism Intervention Research for Physical Health
- Missouri Telehealth Network
- Sears Departmental Trust
- WellCare Health Plan



ECHO[®] Autism



**Bringing Best Autism Care to
Primary Care
Changing the World, *Fast!***



Missouri Telehealth Network
Show-Me **ECHO**