

Symptoms and Management of Autism Spectrum Disorder in Children

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DESCRIPTION

Developmental impairment known as Autism Spectrum Disorder (ASD) is brought on by variations in the brain. People with ASD may struggle with confined or repetitive activities or interests, as well as social communication and engagement. Additionally, people with ASD may learn, move, or pay attention in various ways. It is crucial to remember that some individuals without ASD may also experience some of these symptoms. However, these traits can make life very difficult for those with ASD.

Symptoms of ASD

Childhood, between the ages of 12 and 24 months, is when ASD symptoms usually start to show themselves clearly. It's also possible for symptoms to show up sooner or later. Language or social development that is significantly delayed may be among the early indications.

According to the DSM-5, there are two types of ASD symptoms:

- Restrictive or repetitive patterns of behaviour or activity.
- Difficulties with communication and social interaction.

A person must exhibit symptoms in both of these areas in order to be given an autism diagnosis.

Management of ASD

The general management of ASD includes both patient-centred interventions and interventions aimed at the patient's family and surroundings. After a diagnosis has been confirmed, the best initial course of action is carried out by an interdisciplinary team that includes experts in medical, psychology, and social sciences.

Obviously, there are a few things to accomplish before beginning any kind of intervention. The final diagnosis must first be verified by a thorough anamnesis, followed by a second check utilizing the DSM-IV criteria and a valid clinical instrument like the Autism Diagnosis Interview-Revised (ADI-R). The ADI-R is commonly used as the gold standard instrument for publications, but it presents challenges in clinical practise for a number of reasons, including the possibility of missing identical ASD cases and the requirement for at least two hours to complete the test. The intensity of the ASD might then be determined using a single tool like CARS and from a clinical perspective. As physicians, we are aware of how significant an undamaged intelligence is for ASD patients' health.

The second phase defines the parent's uncertainties, anxieties, and level of awareness. Parents typically grew anxious after getting a diagnosis confirmation. They frequently use the internet to look up all of the information that is accessible about autism. It is crucial to identify the medicines that have the most current research backing them up because some information obtained from the internet might be misleading. The third phase might be to identify the environmental factors that must be taken into consideration, beginning with the house and family. Both for potential stressors and because they may make it easier for a person to select a certain type of therapy on an individual basis, the neighbourhood and school need to be assessed.

Identification of the target behaviours that require treatment is the next step. Following the identification of the primary symptoms in each instance, the required professional specialties are chosen. The team typically consists of a doctor with experience treating ASD patients, one speech therapist, and additional specialists from the health care and/or education fields.

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