

A Paradigm Shift to Treat Autism Spectrum Disorder Translation into Practice

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Abstract

In recent decades, a large amount of research has been carried out in the field of autism that has shown the need for personalized, precision multiprofessional approaches in the provision of medical care to people with ASD. The results obtained could help improve the effectiveness of interventions for patients with ASD, however, to date, the knowledge gained has not been translated into practical healthcare. Dr. N.Ustinova will present a comprehensive Model of personalized multiprofessional participatory health care for children with ASD, implemented in a multiprofessional clinical diagnostic center. Experience in applying the model in clinical practice has shown its effectiveness in influencing a wide range of adverse factors that affect the behaviour and functioning of a child with ASD. The high multimorbidity in patients with ASD that affects the behaviour of children, and their social functioning has been confirmed in this study.

Multimorbidity included pronounced health disorders, such as gastrointestinal, nutritional, metabolic, orthopaedic, immune, and other diseases. These disorders, in turn, significantly affected the behaviour and were accompanied by aggression, auto aggression, various forms of eating disorders, sleep disorders, psychomotor agitation, irritability, etc.

Interventions aimed at potentially curable medical conditions can significantly improve the prevention and reduce the severity of undesirable forms of child behaviour associated with his reactions to pain, physical discomfort, and unpleasant sensations. Particular attention is paid to nutrition as a key factor in programming development and predicting disorders. The problem of nutrition and eating habits in children with autism will be discussed in a separate report.