

A Review: Describing the Mystery of Autism

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How to cite this article:

Akash Masih, Akash Kumar, Nancy Thakur/A Review: Describing the Mystery of Autism/Indian J Prev Med. 2022;10(1):17-19.

Abstract

Autism, also called autism spectrum disorder (ASD), is a complicated condition that includes problems with communication and behavior. It can involve a wide range of symptoms and skills. ASD can be a minor problem or a disability that needs full-time care in a special facility. Autism is a lifelong disorder that has a great impact on child or young person and their family or caregivers.

Keywords: Autism spectrum disorder; Caregivers.

Introduction

Autism first described by psychiatrist Leo Kenner in 1943 as a disorder in children who had problems relating to others and a high sensitivity to changes in their environment. It is defined by the presence of abnormal and for a development that is many faced before the age of 3 years and characterized by abnormal 30 of social development, communication and a restriction of area and interest. People with autism have trouble with communication.¹ They have trouble understanding what other people think and feel. This makes it hard for them to express themselves, either with words or through gestures, facial expressions, and touch. People with autism might have problems with learning. Their skills might develop unevenly. For example,

they could have trouble communicating but be unusually good at art, music, math, or memory. Because of this, they might do especially well on tests of analysis or problem solving. More children are diagnosed with autism now than ever before. But the latest numbers could be higher because of changes in how it's diagnosed, not because more children have a disorder.²

Prevalence

1 in 68 children with a male to female ratio 4.5 to 1

Etiological Factors

Genetic, range from 40% to 90% with the most recent estimates at nearly 50% genetic liability

Environmental factors

- Advanced paternal or maternal age
- Maternal metabolic condition such as diabetes mellitus hypertension and obesity
- Valproate exposure
- Traffic-related air pollution and pesticide exposure

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Received on: 09.02.2022

Accepted on: 09.03.2022

Anatomical Changes

- Abnormalities in the brain functioning. E.g. defect in temporal lobe of brain, limbic system

Psychological factor

- Parental rejection
- Deviated personality
- Broken families stress
- Defective communication pattern
- Sibling's conflict

Clinical Manifestation³**Impairment of social interaction**

- Avoid eye contact
- Prefer to Play alone
- Doesn't share interest with others
- Avoid physical contact

Impairment of behavior

- Plays with toys the same way every time
- Likes part of objects
- Gets upset by minor changes
- Has an obsessive interest
- Dislike being kisses or touch
- Failure to develop empathy

Impairment in communication

- Gives unrelated answer to a question.
- Does not understand jokes or teasing.
- Delayed speech

Other symptoms

- Hyperactivity.
- Short attention span
- Lack of fear or more fear than expected.
- Causing self-injury

Examination and Tests**Medical history**

During the medical history or interview, a doctor asks general questions about child's development such as whether a child shows parents thing by pointing to object young children with autism often

point to items they want, but do not point to show parents an item and then check to see if parents are looking at item being pointed out

Physical Exam: Including head circumference, weight, and height measurements, to determine whether the child has a normal growth pattern.

Screening test for autism [such as the Checklist for Autism in Toddlers (Chat) or the Autism Screening Questionnaire], Modified Checklist of Autism in Toddlers: Valid for toddlers 16-30 months.

Treatment⁴

Medicines are often used to treat behavior or emotional that people with autism may have, including: Aggression, anxiety, attention, mood swings but mostly used drugs are Lithium.

Behavior therapy: e.g., contingency management, positive reinforcement, self-care skills, role modeling

Applied Behavior Analysis (ABA)

ABA encourages the positive behaviors and discourages the negative behavior in order to improve the variety of skill. For example; a teacher might ask a child to put his toys away. If the child puts his toys away, the teacher will praise the child.

Speech Therapy**Occupational Therapy**

Occupational therapy teaches skills that help the person lives as independently as possible.

It helps to improve the person's communications kills. Some peoples are able to learn verbal communication.

Psychotherapy

Psychotherapy is not effective in treatment of autism. However, parental counseling and supportive therapies are useful is allaying parental anxiety and guilt and answering their active involvement of the therapy.

Pharmacotherapy

Fefluramine helps in decreasing behavioral symptoms and helpful in increasing IQ.

Haloperidol decreases hyperactivity and abnormal behavior symptoms.

Others drugs

Chlorpromazine

Imipramine

Antiepileptic medication

Diet

Gluten free (wheat, barely) or casein free diet (milk, cheese)

Contraindicated Activities

Having a class in a loud or bright and virement providing too much stimuli within the environment. Activities that require a lot of contact or spending too much time on a single activity and not providing enough choices.

Use Positive Behavior Management Strategies⁵

Set Realistic Goal and Expectation

- Increase amount of activity time and decreasing instructional.
- Check for basic understanding to make

sure student know expectations.

- Provide a structured environment with appropriate routines.
- Be consistent and fair with your rules and consequences

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