

Name :Letitia Nikiwe Buyana

Student Number :1817068

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LECTURE'S NAME

:ChloeHarries

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Introduction

This report is based on autism and how it affects the lives of those who are living with it including their careers families, it also gives definition of what autism is . The report also gives more details about its classification using icd-10. This also highlighting symptoms that delay the movement, cognitive, language and how all these delay children to grow and have fully potential life and in dependence, for example eating, seizure and sleeping problems and more.To continuation this report gives the vivid details of how autism disorder has an impact their parents such as stress and depression as they are facing challenging times especially when there is no cure for autism .Moving forward this report contains the process of assessment, and health care professionals who are conducting the assessment. The methods of diagnosis autism are identified such as DSM-5 observation and monitoring to confirm the diagnosis and their effectiveness including the early intervention is been analysis . This report continues to explain how children and their families are being discriminated by the community and the importance of following the legislation and acts to ensure they are protected.This includes the

intervention of using the treatment and therapies that are use by the different health care professionals to improve their wellbeing.

This also underline the part played by the teachers and strategies that they use such as SPELL and identify the different techniques that are effective to give them meaningful life. The measures of rehabilitation on autism are explained and critical evaluated if they are worth using or if changes must be considered. It covers the conclusions of all the information that is been discussed in this report. To finalize this report the recommendations for the future plan of autism is been highlighted. As autism is worldwide problem and so far there is no cure for it, raising awareness and what government could do to reduce this incurable disease has been mentioned in this report. In this report there is information about importance of using teamwork on the research of autism cure and understanding autism by treating each other with respect and dignity irrespective of their disability and make them feel valued rather than vulnerable and understand that every child's life matters.

Definition

According to prizarit, B.(2020)autism is a long life neurodevelopment condition that manifest at the early months of children's life and can develop over the years of their life. Autism is an impairment that also manifest on children their strengths and weakness through the behaviour of the child and affects child's communication, imagination plays and social interaction. In some cases symptoms can be identified by facial expression avoiding eye contact and lack of understanding people's feelings and emotions. Autistic people are differ on the support they require depending on their ability and how autism affects their lives. The other identification includes the limitations in spoken language as they use repetitive movements such as rocking and twisting hair or self injury behaviour such as head banging, abdominal responses to the sound, touch and sensory stimulation to reduce pain. On other hand autism can be defined its classification such as, according to World Health Organisation (1992) The ICD-10 classification is used to diagnose mental health disorder with determination of finding the problem such as mental behaviour disorder. and is defined by the presence of abnormal and impaired development that shows before the age of three years. The ICD-10 code for autism is f84 is very broad mental disorder however it can be broken down into specific classifications depending on the type of autism such as Block f90 - f98 are behavioural and emotional that occur during their childhood and adolescents. Because some children with autism face challenges as eating disorders , they are part of f50,and sleeping disorders are part of f51. There are few numbers for children and adolescents such block as f80 and f89 for psychological development. When autistic children reach adolescent stage, they face challenges of developing and maintaining friendship, have conversations with their peers and experienced anxiety and depression because of lack of understanding for changes that occur. Overall autism came with different challenges in every individual's life limiting their independence which language and eating are the most challenging of their lives where it affects their growth and unable to express or communicate with the world.

Diagnosis

According to Alfunaydan, M., et al (2020)assessment is the main effective strategy to diagnosis autism spectrum conducted by different health care professionals .According Landa R,j(2018) early intervention helps children to develop the skills and increases the development of infants and toddler with delay or disability and allow children and their families to develop skills to improve their lives

including getting treatment sooner to avoid worsen conditions without being cared for. Although there is no blood and hearing tests to diagnosis patients, there are essential methods such as screening, evaluation and manual dsm-5. It is essential for parents to understand about autism to give clear information during assessments. Pediatricians are recognised as the first step to diagnosis autism as they observe, give a child structure test, evaluate child development, taking and playing with the child including collecting information from parents to confirm if they meet criteria for development diagnosis. Although in certain cases health care professionals can deliberately delay diagnosis at an age of five years to ensure the symptoms are stable hoping that they might change in the due course. According to World Health Organisation (1992) the ICD-10 classification is used to diagnose mental health disorder and determine to discover the problem that disturb the individual's mind. Autism is a group of mental disorder of block f89 and f90 and classification is f84. Icd-10 classification explains the inclusion and exclusion of patients with mental illness and can detect the disease from the onset. On the other hand, according to Fabiono and Haslam(2020). DSM-5 is a manual technique and a study to identify the mental state to confirm the signs and symptoms that are present to diagnosis the patients with autism. For diagnosis both icd-10 and DSM-5 and DSM-5 identify how a child communicate and social interaction. For an example, have difficulties in non verbal communication using a social interaction as they avoid eye contact, body language and failure to use nonverbal using facial expressions. On other hand in social interaction they encounter poor conversation, speech delay, and failure to understanding people's feelings and these signs manifest at an early age 3 to 18 months. According to writers screening and observation are effective key to diagnosis autism children by reviewing availability records history, child strength, interviewing parents and monitoring child's responds to diagnosis a child. On other hand Paediatric Neurologist diagnosis and treat a child from birth into young adolescent and manage neurological conditions such as seizure, sleeping problems and how they communicate. meanwhile a child adolescent diagnosis them based on their ways of thinking, feeling and their behaviour. whereas psychiatrists diagonises depending on how they think, feel and behave According to Saul and Norbury (2021) speech and language therapy intervention is based on assessing the delayed development speech, eating and drinking, language and motor skills, as autistic children have difficulty on speech sounds and social interaction speech therapy can evaluate their strengths and able to confirm diagnose. On the other hand psychologist intevein in diagnose using psychometric evaluating measures such as playing assessment tools. The writer indicated that occupational therapy is essential on diagnosing autism as they evaluate the current level of ability, monitor the way he or she is playing, interact with the environment and learning including assessing their behaviour and confirm the diagnosis.

Treatment

According to the authors there are several rehabilitation centers where autistic patients can be treated based on individual's needs such as from schools, health care centers with the goals of improving children's lives and get better future. According to the authors relationships development is the key center of autism treatment, as parents are key workers by providing personal care if needed and advocate when it comes to outside help needed. According Al-Beltagi, M.(2021) to reduce autism this should include treatment such as medication although it works differently depending on individual's experience, for instance rusperidone reduce self harming such as head banging and self biting whereas anticonvulsant reducing stress and depression for seizure patients, while psychoactive decrease of hyperactive, reducing stereotype behaviour, control the withdrawal and aggressive behaviour that affect their wellbeing. According to Spain, D and Happe, f.(2020) cognitive behaviour therapy is

identified as the most common therapy for autistic children because they behave differently this allows them to recognise and understand their behaviour and how they can use framework strategies to recognising someone's needs by structure, positive empathy, links and low arousal for better understanding. whereas relation development approach assist them on forming an emotional bond, feel a sense of belonging, control and purpose to bond with their peers. According to the writers the majority of autistic patients have verbal and nonverbal communication barriers as they fail to express their feelings and emotions. According to Prelock.P.(2021) speech and language therapy use different strategies to assist them to improve speech and motivate them to develop a wise imagination to being creative and developing new ways of communication within language skills and such tools as body language and technology. On other hand teachers encourage them to participate in groups play to improve their communication skills, connect with others, and monitor them aiming to find their strengths. Similarly with the groups social activities as it helps them to improve their body language skills using imaginary scenario techniques. Because of autism symptoms pharmacological treatment moderating the patients behaviour. Meanwhile with art therapy they manage to express their feelings, improving their communication and abstract of thinking allowing them to view other people's perspectives. According to " Morgulec -Adamowicz, N.(2020). physiotherapy treatment improve the cross motor skills such as walking, swimming, sitting to interrupt their abilities in social and physical development. Whereas relaxation treatment is recommended to help control anxiety symptoms that are caused by autism spectrum disorder Meanwhile, joint special treatment assist on developing social communication skills such as eye contact, allowing them to focus on object and people using pointing as an indicator of drawing attention. As some autistic patients are sensitive to eat, taste cold and texture of food result on lack of appetite, intervention of nutritionist can support them by providing dietary plan .On other hand, because autistic patients are having a sensational overload such as dealing with personal care, handwriting skills and leisure they become stressed and shutdown, the intervention of occupational therapy allow them to developing handwriting daily and motor skills. According to the studies a child and adolescent psychiatric intervention is effective as they assist in reducing stress and depression on the adolescent stage of their lives.

Rehabilitation measures

According to Malec and Ketchum(2020) rehabilitation centres are essential for disabled patients and help them to overcome their underlying issues and have meaningful life. Early intervention, as the long waiting for symptoms to manifesto delays chances of child to get help sooner to prolong his or her life. According Thum, A to and Swedo, S. E.(2022) It is essential for the mental health care professionals to be involve in early stage of assessment as they have more knowledge in the mental case problem. Rather than identify the symptoms by observation, history, and the DSM-5, the writers propose for more research to get better advanced strategies to use avoiding missing the symptoms. Presently, they are more relying from parent's information to diagnosis which it can cause misdiagnosed if the information is not accurate . According to writer on medication usage such as raspandone might be too heavy dose for individuals and cause addiction and sides effects.and they might consider the stages and age before prescription. As parents are the main key must be involve in the early stages of treatment, the authors advised that they must be provided with proper training even after their children have been diagnosed. On the other hand, the teacher's encouragement and support benefits autistic children to feel confident enough interact with their peers at school. For this intervention it is critical to look at educational practice and to find out what must be changed by talking to teachers and parents to help

children with autism to develop their skills and considering financially proposal from government to support them to find more equipment to improve children's lives. Although most of therapies are effective, more research is needed to discover the best suitable therapy based on individual's needs rather than generalising. On other hand theory of mind is effective for adolescent, attention is needed to focus on single mothers who might encounter challenges dealing with such challenge. Physiotherapy on other, because of long waiting period for follow up, this can bring confusion to children and delays their improvements. Cognitive behaviour therapies specialise on treating and improving thoughts, self-harm emotions, and behaviour of autism children. The authors are proposing further studies of the cognitive behaviour approach to maximise the treatment of autism spectrum in the future care treatment to suit patients demands and to help control the anxiety feeling. Occupational therapist on the other hand as they help children to develop skills physical, social skills for their independence benefits, but this therapy might not be effective to all children as it might bring fear and loss focus because of their disabilities. Language therapy, as it assist with speech and socio – drama to develop wise imagination, ways of communication and being creative, but it might be challenging for those who have hearing problems, difficult to use their hands and poor memory the authors propose to do more research to find what strategies that can be safe for all autistic patients. On the other hand, based on nutritionist provides with healthy plan but because autism patients are having difficulties with eating and swallowing, this can be advised to consider smoothy food for those who encounter such problems which again if more research can be done about different plan that can be suitable for individuals. Based on the discrimination act (1995) and regulations that are laid to protect autism people from discrimination from the community, only if these laws can be updated regularly can be a reminder to the community and spot checks to be places that accommodate vulnerable people must be considered. Moreover educating people to understand about disability and make them aware that we are all the same and made disable people feel valued might change people perspective.

Recommended for future practice

Because parents are the main key to recognise the symptoms and behaviour of children, giving them training at the early stages can be recommended to gain knowledge to improve children's wellbeing. Another recommendation is to give families and their children support as they are going through challenging times of their life. According to on the assessment strategies, providing more cites for assessment in every area and trained phychologist can reduce the waiting times for diagnosis and parents must avoid comparing their children with those ones that are normal. In addition teachers must give more encourage children to engage with their peers to improve their communication skills and avoid isolation. Parents must accept child's health condition earlier to ensure they get help sooner to have meaningful life. According to care act 2014 the assessor must have a good understanding of the health conditions, and having at least more mental health professionals in the early stages assessments . For future improvement supporting families for autistic children within health care provision and the community to avoid barriers of discrimination(descriminal act (1995). The teamwork is the other alternative ways to empower autism by share ideas to get better solutions. Providing more special schools for autism spectrum and free online courses, distribution of leaflets, providing special support within the community raising awareness can contribute on how they understand and fight against autism and must put at the center of the care including having advocacy. Usage of online treatment can reduce the patients waiting times via Internet .Proving more play centre in local communities mixing those with or without autism can reduce and avoid isolation ensuring that autism people are accepted

in the community irrespective of their gender, culture, backgrounds and must be assisted to be engaged in employment as they work in low class jobs such as shelters, changes can make them feel valued and autism patients and their families must be protected from under autism act (2009). The studies recommend that extra financial support from the government can benefit in the future assist autistic people to improve their lives to reduce stress and anxiety. Anxiety moreover, providing more facilities such as swimming pools in the local areas for the unprivileged people allowing them to use it at their convenient time. Additionally support from local council can benefit families by providing secured homes as autistic condition is unstable to avoid unnecessary missing children and accidents. According to the studies the world autism celebration is on 2 April every year, if it can be celebrated twice or thrice a year will give people a better understanding and awareness about autism as they will be more familiar to the condition following autism act. One recommendation is government must give consideration on autism issue by investing money for more research about autism cure rather than relying on treatment. In addition, advising people to get check ups as soon as they notice the signs even how little they might look for early intervention. The acts and legislation that are laid must be followed such as equality act 2010, stationary guidance for local authorities and NHS organisations to support implementation of adult autism strategy (2015). The other recommendations is to involve more charities such as age uk to campaign in the research and financial support families of autism including arranging free trips for children and families away from the usually environment can to reduce stress and anxiety for both children and their families.

Conclusion

The summary of this report is containing the information about the definition of autism including the categorization numbers and importance of icd-10 and DSM-5 criteria in diagnosing the autism spectrum. The report has explained the signs and symptoms of autism to be taken into consideration when they show up to the patient and the stages that autism can manifest. This report also highlighted the importance of early intervention and the process of assessment including fully explanation of the importance of teamwork working during the diagnosis and treatment processes. The main purpose and the context of this report is to increase knowledge about autism and informing of the steps that must be taken after identifying the symptoms and unusual behaviour, for example the general practitioner makes a referral for further check ups. The report also highlight the importance of making a follow up on assessments as the team can voluntary delay the diagnosis. The report has covered the challenges that parents face and effects such as anxiety and depression throughout the journey of autism. This report also highlighted the importance of providing the service to autism patients by means of intervention of different health care providers, theories the treatment and medication. In addition to this the report has given the full information of the strength of the teachers that they demonstrate to improve autism's lives. Such performance that they use technics including using lining the toys in order to assess their eye contact, cognitive skills, challenging them in groups playing and structures to improve their wellbeing. This also highlighted how people must be protected from discrimination under care act (2014), equality act (2010) and autism act (2009) The report also contain the intervention of different therapies sharing their ideas on how to give them meaningful life. On the outstanding process of the physiotherapists, perform their skills teaching them how to swim to stretch their muscles including occupational therapy and many more. The report has information about the rehabilitation measures for autism in which criteria has been identify carefully. To conclude this report is containing the recommendations based on the idea of how the future plan of autism spectrum to

improve their wellbeing. This includes raising awareness of what the world can do to fight to get a cure for autism. , This includes how government can financially assist to improve both families and their children to have meaningful life.

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