

Autism

Definition: Autism is a slow progressive withdrawal from reality. The patient loses interest in his environment, is remote and preoccupied with fantasy.

OR

Qualitative impairment is social interaction, communication restricted repetitive and stereotyped patterns of behaviors. Interests and activities delays in abnormal functioning.

OR

A pervasive developmental disorder characterized by a total lack of responsiveness to people.

Gross language developmental deficits or distortions, bizarre responses to environmental aspects.

❖ Causes:

- 1) Genetic.
- 2) Abnormalities in brain functioning.
- 3) Elevated in plasma serotonin levels.
- 4) History of perinatal complications :
 - Meconium in the amniotic fluid.

- 5) Anoxia during pregnancy and delivery.
- 6) Drug abuse in pregnancy.
- 7) Congenital Rubella.
- 8) Meningitis.
- 9) Rett's syndrome.
- 10) Fragile x syndrome.
- 11) Psychological factor:
 - Parental rejection.
 - Broken families.
 - Family stress.
 - Defective communication patter.

❖ **Clinical features of Autism:**

- 1) Communication (Delayed language, poor eye contact).
- 2) Developmental regression, mental retardation 75% cases.
- 3) Absence of protodeclarative pointing.
- 4) Abnormal social interactions.
- 5) Absence of symbolic play.
- 6) Repetitive and stereotyped behavior.
- 7) Abnormal reaction to environmental stimuli.
- 8) Abnormal movement of the face, head trunk and limbs.

- 9) Impeding behaviors.
- 10) Self injurious behaviors.
- 11) Aggression.

❖ **Management of Autism:**

A) Drug therapy:

- Single intranasal dose of the hormone oxytocin which increase activity in brain region.
- Second generation antipsychotic agents resperidone and anipiprazole may control aggression, irritability and agitation.
- Serotonergic Drugs are beneficial for improving behavior in autism.
- Selective serotonin reuptake inhibitor.

B) Speech therapy:

- Assisted communication.
 - a) Using keyboards, words board and other devices.
- Auditory Integration Training.
- Sensory integration therapy.
- Exercise and physical therapy.

C) Diet:

- Vitamin B-6 and magnesium and minerals hypothesized to help some patients.

D) Special education to the patient.

❖ **Nursing Management:**

A) Assessment :

- Assess the intellectual activity.
- Cognitive levels.
- Communication skills.
- Motor skills.
- Behaviors skills.

B) Goal:

- To meet the total needs of the children's.
- To promote good interpersonal relationship.
- To develop social skills.
- To provide emotional support.

C) Intervention:

- Meet the child basic needs.
- Encourage the child to do the activities on his own.
- Educates the self care techniques to the child.
- Teaches the parents about the diseases and its prognosis.
- Demonstrate communication skills, social skills.
- Motivates the child to express on his communicate his needs verbally.
- Provide the language training to the child.

- Help the child to learn creative activities.
- Ensure security and diversion to the child.
- Make the child to adjust socially.