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Treatment of Autism



Introduction

Autism therapies attempt to lessen the deficits and family distress associated with autism and other autism spectrum disorders (ASD), and to increase the quality of life and functional independence of autistic individuals, especially children.

Educational interventions

Educational interventions attempt to help children not only to learn academic subjects and gain traditional readiness skills, but also to improve functional communication, enhance social skills such as joint attention, gain cognitive skills such as symbolic play, reduce disruptive behavior, and generalize learned skills by applying them to new situations

Behavioral therapies

Applied behavior analysis

wide range of techniques used to treat autism and many other behaviors and diagnoses.

Web-Based Learning

SKILLS (program for Autism Recovery) is a comprehensive web-based Applied Behavior Analysis (ABA) treatment curriculum designed to provide educators of children with autism (parents, teachers, and other professionals (

Aversion therapy

contingent shock)electric shock delivered to the skin for a few seconds), to control the behavior of its patients, many of which are autistic .

Packing

In packing, children are wrapped tightly for up to an hour in wet sheets that have been refrigerated, with only their heads left free. The treatment is repeated several times a week, and can continue for years. It is intended as treatment for autistic children who harm themselves; most of these children cannot speak .

Speech TEACCH

Treatment and education of autistic and related communication handicapped children

Treatment and education of autistic and related communication handicapped children (TEACCH), which has come to be called "structured teaching", emphasizes structure by using organized physical environments

Qigong msasage

In the qigong massage program, parents are trained to give their child a daily massage, under the theory that autism is due to an impairment of the sensory and autonomic nervous system .

Music

Music therapy uses the elements of music to let people express their feelings and communicate .

Animal-assisted therapy

Animal-assisted therapy, where an animal such as a dog or a horse becomes a basic part of a person's treatment, found that animal-assisted therapy is associated with a moderate improvement in autism spectrum symptoms .

Neurofeedback

Neurofeedback attempts to train individuals to regulate their brainwave patterns by letting them observe their brain activity more directly .

Patterning

Patterning is a set of exercises that attempts to improve the organization of a child's

Dietary supplements

Many parents give their children dietary supplements in an attempt to treat autism or to alleviate its symptoms.

A review found some low-quality evidence to support the use of vitamin B₁₂ in combination with magnesium

Dimethylglycine (DMG) is hypothesized to improve speech and reduce autistic behaviors.

Vitamin C decreased stereotyped behavior

Melatonin is sometimes used to manage sleep problems

omega-3 fatty acids, which are polyunsaturated fatty acids (PUFA), , cholesterol, cyproheptadine, , folic acid, glutathione, metallothionein acids, tryptophan, tyrosine, thiamine (vitamin B₁₂), and zinc .

Hyperbaric oxygen therapy

Hyperbaric oxygen therapy (HBOT) can compensate for decreased blood flow by increasing the oxygen content in the body .

Religious Treatment

One study has suggested that spirituality and not religious activities involving the mothers of autistic children were associated with better outcomes for the child ..

Drug Treatment

Which Symptoms of Autism Can be Treated with Drugs?:

Not everyone with an autism spectrum disorder has the same symptoms, and not all symptoms can be treated with pharmaceuticals. Most often, when drugs are prescribed for people with autism, they are intended to address specific symptoms including behavioral issues, anxiety or depression, mood swings (bipolar disorder), obsessive compulsive disorder, attentional issues and hyperactivity.

Treating Anxiety and Depression. :

Selective serotonin reuptake inhibitors (SSRIs) are prescribed for anxiety, depression, and/or obsessive-compulsive disorder.

Of these only Prozac has been approved for both OCD and depression in children age 7 and older.

Two that were approved for OCD are Zoloft, age 6 and older; and Anafranil, age 10 and older.

Wellbutrin is an antidepressant that works differently from the SSRI class of antidepressants.

Treating Behavioral Problems :

Many autistic children have significant behavioral problems. Some can be managed by non-pharmaceutical treatments. But when behaviors are out of control or dangerous, it may be time to consider antipsychotic medications. These work by reducing the activity in the brain of the neurotransmitter dopamine.

Older Anti-Psychotic Medications:

Older antipsychotic medications such as haloperidol (Haldol), thioridazine, fluphenazine, and chlorpromazine, haloperidol may be effective in treating serious behavioral problems. But all, including haloperidol, can have serious side effects such as sedation, muscle stiffness, and abnormal movements.

Newer Anti-Psychotic Medications:

Some of the newer "atypical" antipsychotics may be a better choice, particularly for children. Tests are in their early stages, though: No one has seen the long-term effects of atypical antipsychotics on autistic children. Of these drugs, Risperdone, Zyprexa

Treating Seizures:

One in four people with ASD also have a seizure disorder. usually they are treated with anticonvulsants such as Tegretol, Lamictal, Topamax or Depakote.

Treating Inattention and Hyperactivity:

Stimulant medications such as Ritalin and stratera, used safely and effectively in persons with attention deficit hyperactivity disorder, have also been prescribed for children with autism. These medications may decrease impulsivity and hyperactivity in some children, especially those higher functioning children.

.Electroconvulsive therapy

Studies indicate that 12–17% of adolescents and young adults with autism satisfy diagnostic criteria for catatonia, Electroconvulsive therapy (ECT) has been used to treat cases of catatonia and related conditions in people with autism .



Think you