Integral Role of Primary Care Providers to Meet the Healthcare Needs of Patients with Autism Spectrum Disorder

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Why is Integration With PCP’s Important?

- PCP’s are vital!
- Increasing prevalence of ASD (1 in 59 children)
- Speeds diagnosis and management and early intervention
  - Well child checks
  - Rural and underserved
- Few developmental peds resources in TV – Long wait times
- Autism affects the whole body
Associated Medical and Mental Health Conditions

- Chronic sleep problems (>50%)
- ADHD (30-61%)
- Anxiety disorders (11-40%)
- Depression (7% kids – 26% Adults)
- GI disorders (8x)
- Overweight (32%) ; Obese (16%)
- Health conditions extend across lifespan
How Can PCP Integration Be Helpful to Patients and Families With ASD?

- Ongoing relationships of trust (increased Satisfaction and Outcomes)
- Timely access (Clinic, Phone, E-mails, Skype, Zoom)
- Whole Health Approach – 30,000 foot view
- Integration and coordination of care (QB; Sherpa)
- Anchor and home base (PCMH)
How Can PCP Integration Be Helpful to Patients and Families With ASD?

- **Advocate** (e.g. schools, IEP’s, Medicaid/SSI)

- **Home visits** (Happiest in familiar setting)

- **Social determinants** (Transportation)

- **Integrated care across clinic and hospital**

- **Transition from childhood to adulthood**

“I want the world to know that autism is not a tragedy, but a journey of learning and growing.”

Zoey Roberts, 40
British Columbia, Canada. Diagnosed with autism at 34
Summary

- PCP’s are vital

- Early diagnosis, treatment and intervention

- Better integration of whole person/body and whole family care

- Knows the patient over time