

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

