

Improving Access to Services to Identify & Manage Children with Autism Spectrum Disorder and Other Developmental Disabilities

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Disclosures

We have no financial relationships or affiliations to disclose

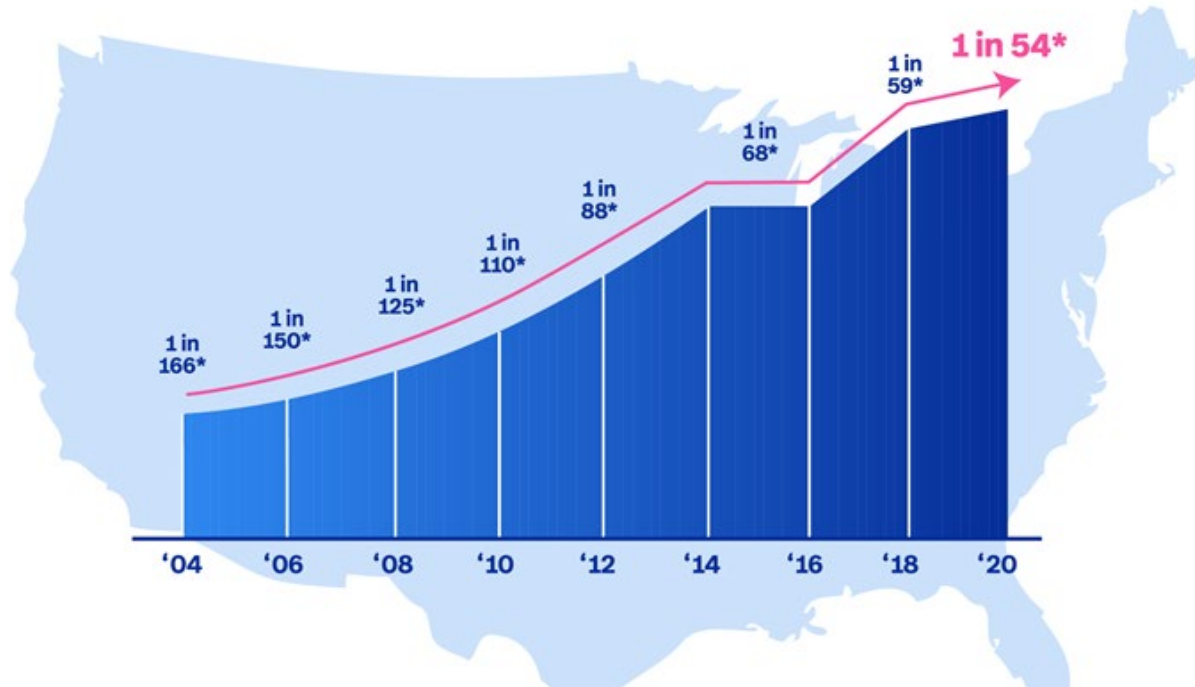


Affiliated with
Department of Pediatrics
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Objectives

- Define barriers for obtaining comprehensive diagnostic assessments for children with complex developmental and behavioral profiles
- Describe different care pathways to increase capacity of primary care providers to manage children with ASD/DD
- Introduce intake team, enhanced intake processes and coordination of services
- Demonstrate an understanding of the purpose and practice of ECHO to support the management of children with ASD/DD within their Medical Homes

Estimated Autism Prevalence 2020



National Problems

- Likelihood of having a developmental disability has increased to ~18%
- 1 in 6 children between 2-8 years have developmental, behavioral, and/or mental health problems
- Shortage of developmental behavioral pediatricians

Colorado and Its Children

1

Bisection of state by front range and Rocky Mountains

2

Paucity of providers in more remote areas of state

3

Travel difficult, especially in winter

Colorado Pediatric Population

1

87%
population
in metro
areas

2

6% of
children
live in rural
regions

3

3% of
children
live in
frontier
regions

Colorado Health Care Access Survey

- 33% of CYSHCN unable to get timely healthcare provider appointment
- 38% not able to obtain transportation or office too far away
- Racial disparities: 42% Hispanic CYSHCN without medical home



Board Certified DBP Physicians in U.S.

Pediatric Physicians Workforce Data Book. 2019-2020, ABP

- Ever board certified: N=904
- Lapsed: N=198
- Current: N=706



Regional DBP Workforce

Ever DBP board certified ≤ 70 years

(2019 – 2020)

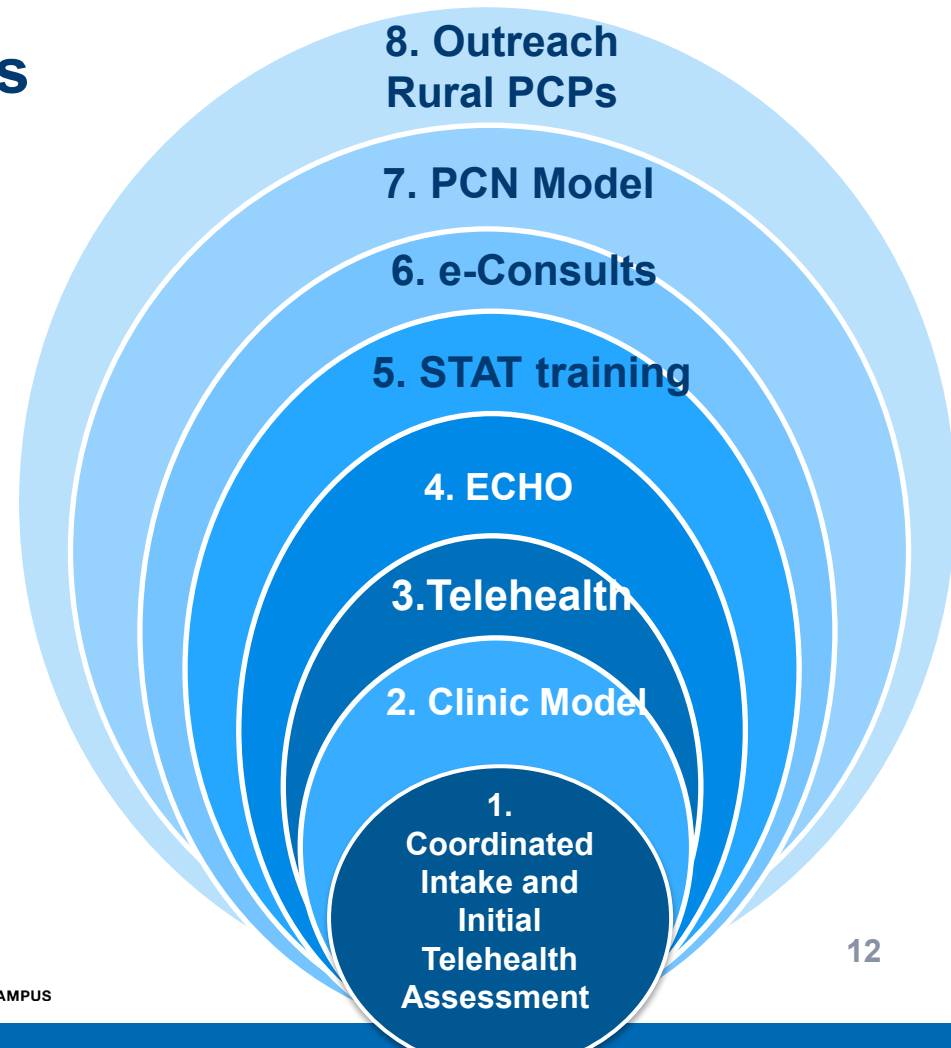
- 0 – Wyoming, North Dakota
- 1 – Idaho, South Dakota
- 2 – New Mexico, Utah
- 3 – Nevada, Montana
- 14 – Colorado (~7 in 2019)
 - 1.1 DBP/100,000 children



Developmental Pediatrics Challenges

- Long wait lists
- Not enough providers to meet need
- Open MD positions
- Intake questionnaire of limited value
- Models of care needed re-evaluation
- Plan of care not developed until assessment complete
- PCPs referring patients with "diagnose and treat" only

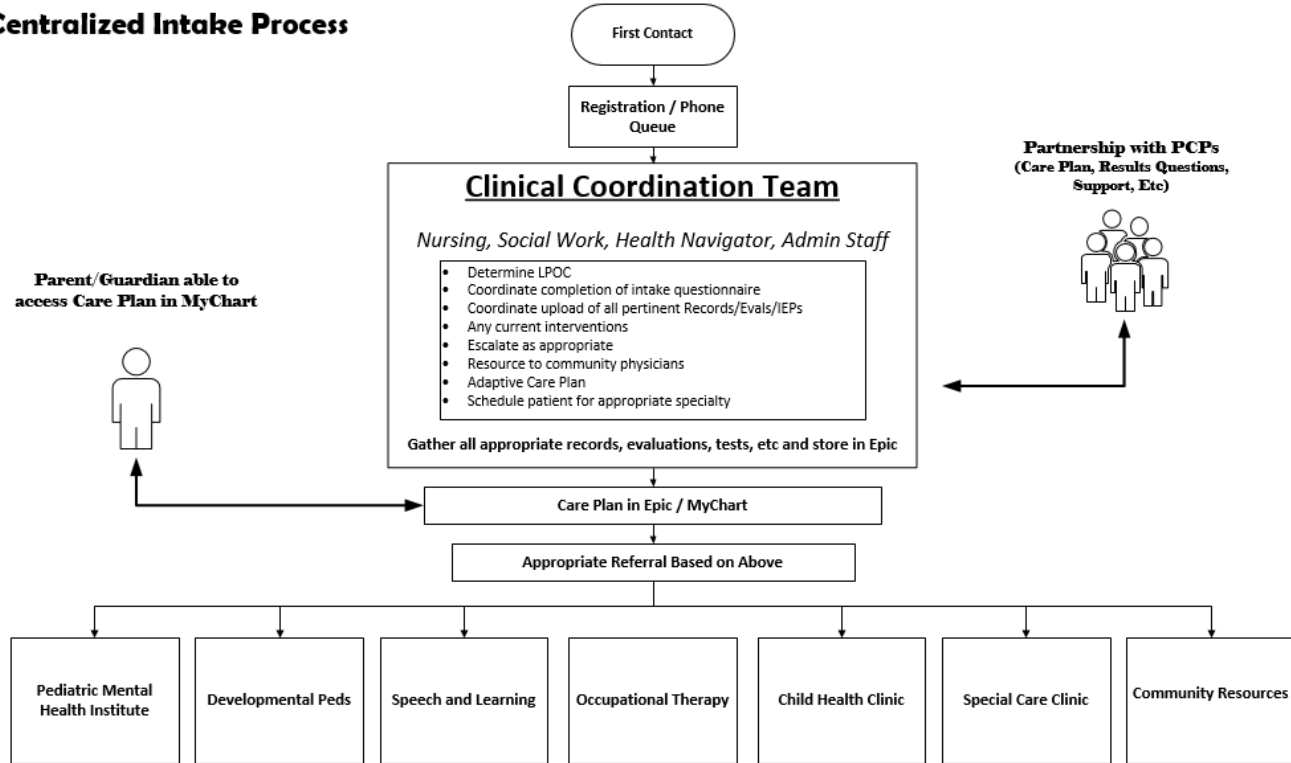
8 Coordinated Care Pathways



Pathway # 1

Current State: Coordinated Clinical Intake Team

Centralized Intake Process



Pathway #1

Coordinated Intake Team Improvements

1

Resource Team -
Referral
Coordinator,
Health Navigator,
RN Nurse Care
Coordinator,
LCSW and Care
Coordinator

2

New Referral
Process has
been
implemented

3

Resources
offered
pre/post
evaluation
and ongoing
support for
services

4

New Tools
Implemented-
EPIC referral
tool, MyChart
Questionnaire,
telehealth visits

5

Education on
Community
Resources
for PCP's
through
ECHO
and PCN

Pathway #1

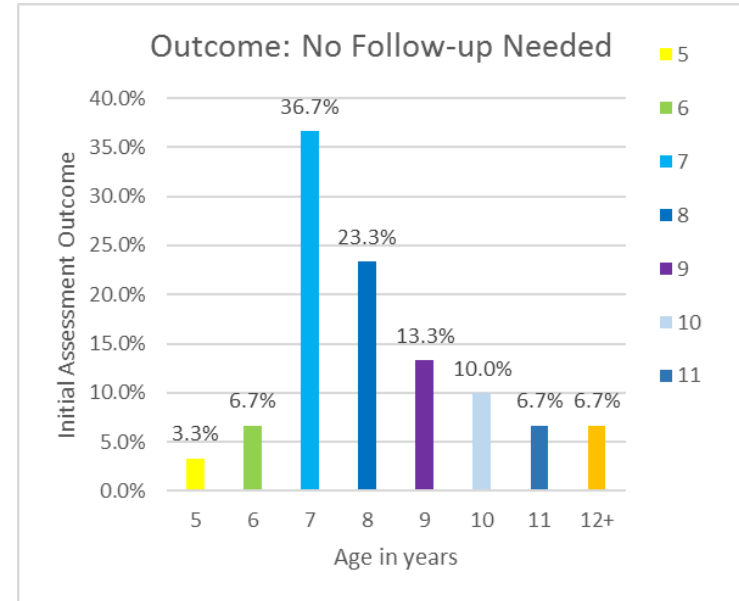
Initial Assessment Model

Findings:

- 27% of all patients seen with initial assessment do not need further follow up
- 73% of 7-9 year olds do not need further follow up

Pivot to telehealth initial assessment

- Telehealth during COVID continues to support advantage of initial assessment model
- ~30% continue to need no further follow up



Pathway #2

Clinic Model Improvements

1

Template
Utilization

2

Nursing/MD
Bookends

3

Expanded
clinic model

4

Initial
Assessment
telehealth
model

5

PCN Model

Pathway #3 Telehealth

1

2018-2019
One or two
Weekly
telehealth
initial asmts

2

2/2020
In-home
telehealth
initial asmts
began

3

3/2020
In-home
telehealth
MD follow
up visits
began

4

3/2020
COVID
Requires
pivot to
telehealth

5

4/2020 - 4/2021
~ 65% of all Dev
Peds visits
telehealth

Pathway #3

Telehealth/In-person Assessment Model

Telehealth Appointment



Pathway #4

Autism ECHO

Extension for Community Health Outcomes: Autism Community of Practice ECHO

1

- 6 Autism ECHO Cohorts
- 109 participants
- 22% Rural
- 22 Counties
- 65% Underserved

2

Community of Practice
Monthly Case Review
20 Participants

3

New Model for Autism ECHO Cohort 7:
Expanded to 2 Series,
5 sessions each

ECHO: Changes in Reported Skill Levels

Discuss Autism Spectrum Disorder (ASD) diagnostic criteria across all ages.

Evaluate common behavioral problems with ASD and associated developmental disabilities.

Implement common behavioral management strategies for children with ASD and developmental disabilities.

Manage common challenges (anxiety, sleep, ADHD) faced by children with ASD and associated disabilities.

Manage medications used with children with ASD and associated developmental disabilities.



Provider Testimonials

“Very much appreciate these trainings - high quality information and skills building, as well as networking with experts....for those of us in the far reaches of the state.”

“I definitely feel supported by the pros at CHC, but also by the others in similar practices facing the same issues.”

“In this rural area, I have learned the process of gaining intervention for children with ASD...at a much earlier age. I feel confident in helping families with sleep and feeding disorders related to ASD.”

Provider Testimonials

"I love that you have several of the providers from the different fields (MD, PhD, PharmD, MSW) providing guidance"

" Info on diagnosis and assessment...specific behavioral strategies— it was all great"

What changes do you plan to make?

"More consistent screening. Better teaching points for parents for anticipatory guidance"

"More routine follow up for my autistic patients"

"Being more direct when discussing the diagnosis and my concerns about a child"

"Focusing on early diagnosis and referrals"

"I think it gave me more knowledge to be able to identify these children and also to feel more comfortable regarding starting a medication."

Pathway #5

STAT Training

(Screening Tool for Autism in Toddlers)

1

1st Training
November 2018
4-hour Online
Tutorial w/ In
Person Training on
Diagnosis and
Management
11 Providers

2

2nd Training
May 2020
1.5 Day
In Person
converted to
Virtual
19 Providers

3

3rd Training
Summer
2021
1.5 Day
Virtual
Add Booster
Sessions

Pathway #6 e-consultations

1

Roll out to
CHC began
6/2019

2

First e-Consult
7/2019

3

All Peds Connect
practices

4

e-consults to
date = 77

Pathway #7

Developmental Pediatrics

PCN Model

Expedited patient access to academic medical experts by partnering and educating primary care providers

1

Psychologist provides in-person training and follow up visits to PCN practices

2

Practices provided with dev history templates and support

3

PCP begins evaluation in home office; patient is expedited to DP to complete assessment

4

PCN Provider given feedback letter to further support assessment skills and refine referrals

5

Patient triaged to appropriate next steps: resource team, NP/MD appt, other services

Program Feedback

Over 90% of participants reported improvement in the following areas:

- Knowledge of how to identify ASD
- Knowledge of how to manage children with ASD
- Confidence in identifying red flags for ASD
- Confidence in speaking to families about ASD
- Confidence in helping families access ASD resources

Program Feedback

Statistically significant increases were found in the following practice behaviors after the training:

- Monthly concerns for ASD (nearly double)
- Monthly referrals to Developmental Pediatrics
- Monthly consultations with Developmental Pediatrics

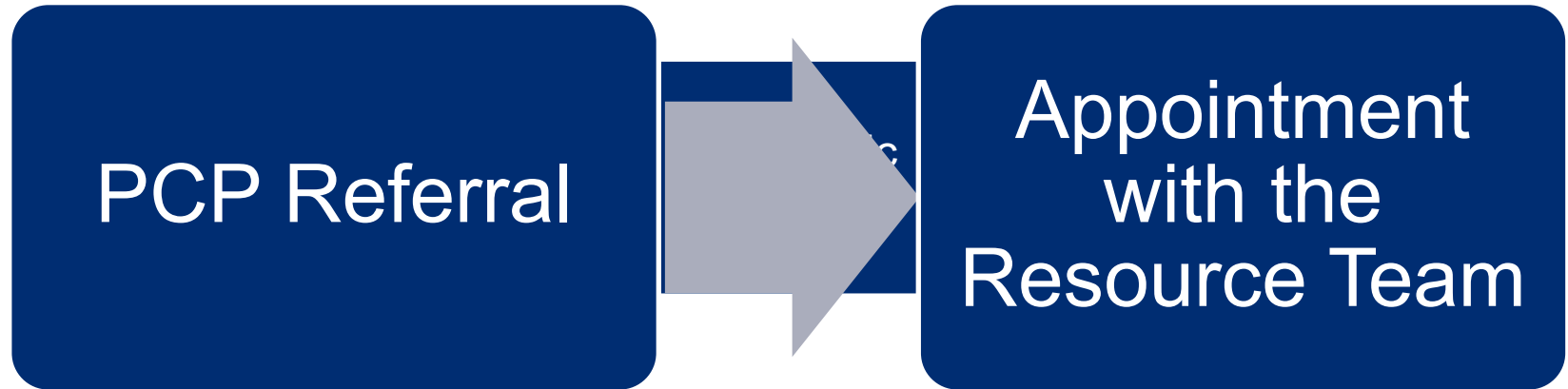
Program Feedback

- “I feel more comfortable in my knowledge for potential autism diagnosis...my confidence is significantly increased.”
- “Extremely useful...it has changed my practice.”
- “Outstanding and invaluable - one of the best learning sessions I have attended and so applicable to my practice.”
- “Very useful, honestly the discussion was far more helpful than I could have ever imagined.”
- “Thank you so much for seeing [my patient] in your PCN clinic and reaching out to me with your feedback. I am beyond thrilled with this opportunity you have provided for us and for our patients...I reflected a bit after our conversation on the phone and really think that I would not have even thought about ASD as a dx for him (especially after his twice already evaluations) if it were not for you and your training sessions. I am so grateful.”

2020 Program Updates

- 1 Fast Access to Resource Only Appointment
- 2 Telehealth Hybrid Model
- 3 Advanced Provider Trainings through Project ECHO

Expedited Access to Resource Team



Telehealth Hybrid Model

(April 2020 – December 2020)

- ~ 60 evaluations
- Average wait time 6 months (and increasing)
- ~ 70% diagnosed with Autism
- ~ 30% completed via telehealth appointment alone



PCN Advanced Autism ECHO Series

- Six 1-hour weekly training sessions
- Didactic topics chosen according to feedback provided by PCPs
 - BEHAVIOR MANAGEMENT
 - MED MANAGEMENT
 - GENETIC COUNSELING
 - SLEEP
- Case discussion and opportunities for ongoing consultation
- Staffed by multidisciplinary expert panel



Pathway #8

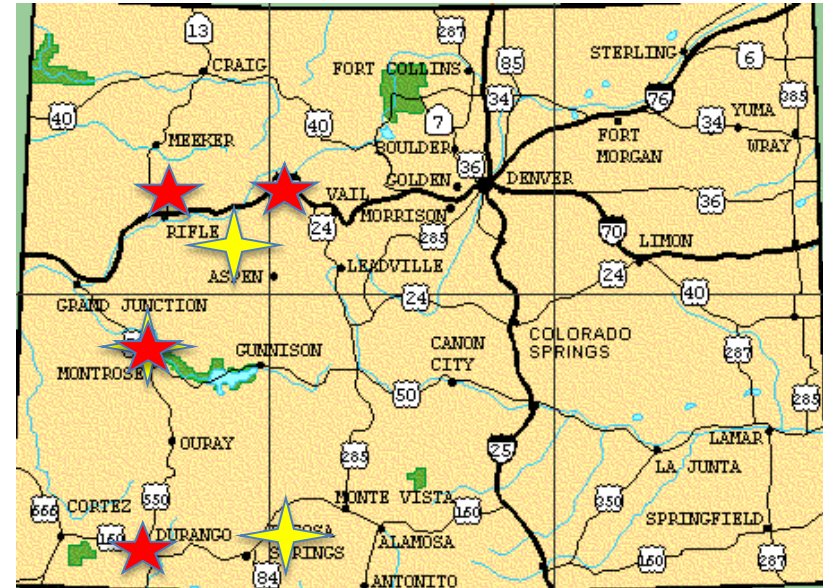
Outreach Clinics

Rural and Frontier Primary Care Clinics

- Outreach focused on improving skills and comfort with ASD/DD
- Practices identify underserved patient with high needs
- Partner with providers who have engaged in our training activities

 Current Partners

 Future Partners



Prior to Pathway Model

PCP

Admin Intake

Dev Peds MD/APP

Psychologist

Family

Referral

Limited
questionnaire

Autism Discussion

Autism Discussion

Paper
Questionnaires

Developmental
History

Behavioral social
History

Adaptive Interview

Cognitive
evaluation

Specialist
Physical Exam

Autism Evaluation

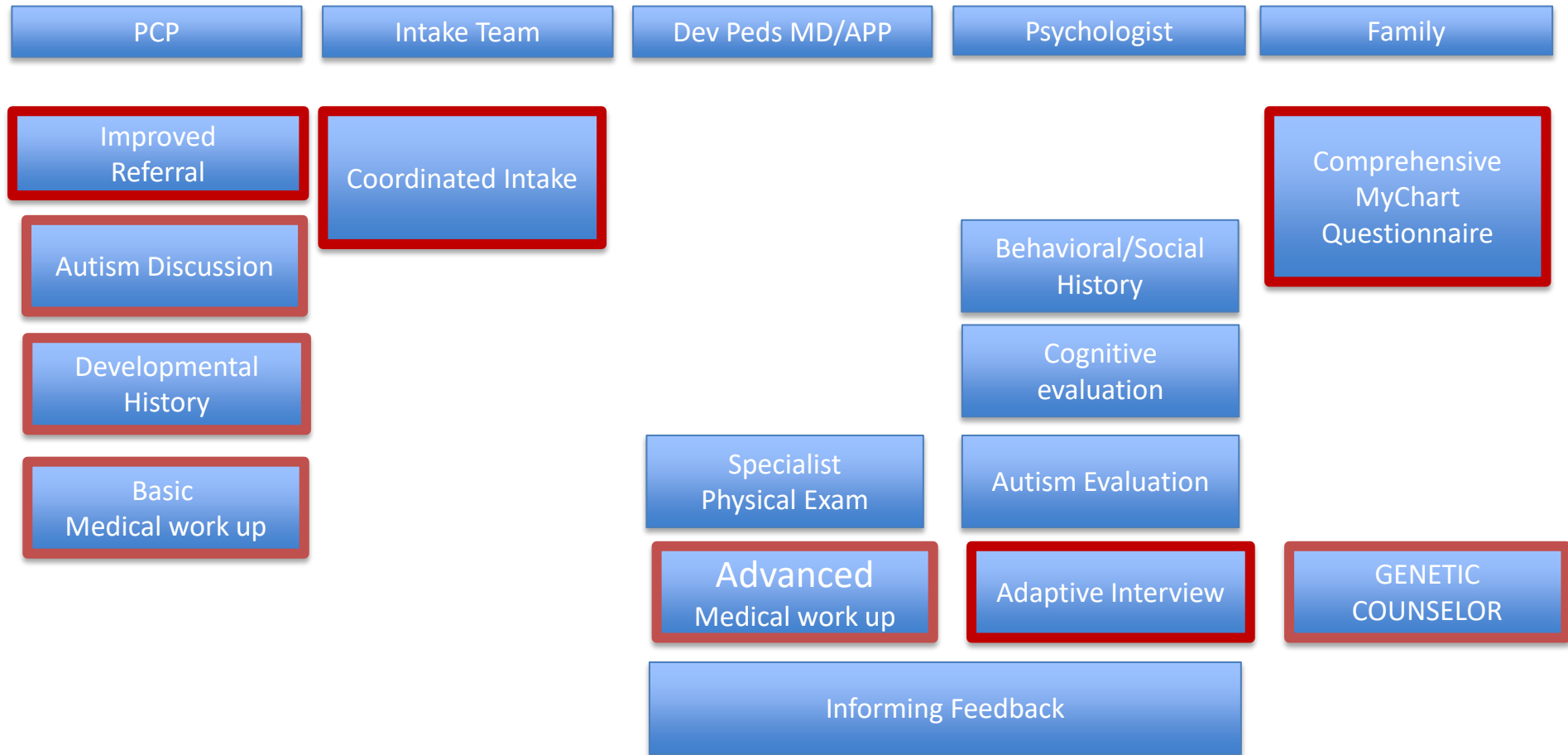
Medical/Genetic
Workup

Informing Feedback

Prior to Pathway Model



Pathway Model Vision



What has changed?

1

Expanded Education and Partnerships with PCPs:
ECHO, PCN, Outreach Clinics

2

Coordinated Intake

MyChart Parent Questionnaire

3

Expansion of Dev Peds Resource Team
Genetic Counselor
RN Care Coordinator
Health Navigator
Child Life Specialist

4

Changes in Clinical Models of Care:
Telehealth, RN Bookend

5

Expansion of e-Consults

The Future

1

Expansion of current outreach clinics

2

Broaden PCP educational efforts with use of ECHO

3

Expansion to Colorado Springs, Southeast and Northeast regions of state

4

Improved clinical efficiency

