

CME QUESTIONS:

1. Identification of autism prior to age 3...
 - a. Cannot be made reliably until after the age of 3.
 - b. Should be avoided because of the potential negative effects of labeling a child.
 - c. Makes only minimal difference since there is no effective treatment.
 - d. Can make a significant difference if referrals and interventions are started.

2. What is the most common pediatric condition?
 - a. Autism
 - b. Down syndrome
 - c. Hearing loss
 - d. Cancer

3. Myths about children with autism include...
 - a. They do not make eye contact.
 - b. Never show affection.
 - c. Have no hope for improvement.
 - d. All of the above.

4. The prevalence of autism may be as much as...
 - a. 1 in 166
 - b. 1 in 1,000
 - c. 1 in 2,600
 - d. 1 in 10,000

5. Autism spectrum disorders include...
 - a. Autism
 - b. Asperger syndrome
 - c. Pervasive Developmental Disorder NOS
 - d. All of the above.

6. The MMR vaccine...
 - a. Has been proven to cause autism.
 - b. Should not be given to children at risk for autism.
 - c. Should be administered regularly to children.
 - d. Should not be given to children with autism.

7. Recommendations from the American Academy of Pediatrics on autism include everything, EXCEPT...
- Parents are reliable sources of information about their child's development.
 - Immunizations should not be given to children at risk for autism.
 - All areas of development should be monitored at each well child visit.
 - Any child who has language delays should be referred for audiologic, speech, and language evaluation.
8. Developmental signs for autism could include...
- Not smiling or expressing happiness at 6 months.
 - Not reciprocating smiles, sounds, and facial expressions at 9 months.
 - Not speaking in single words by 16 months.
 - All of the above.
9. Intensive early intervention...
- Has not been shown to enhance development in children with autism.
 - Is a waste of time if the child is not officially diagnosed with autism.
 - Can help a child improve to the point they no longer meet criteria for autism.
 - Is only available to people that can afford it.
10. Identify the myth about social problems that children with autism might have.
- Children with autism can have difficulty interpreting what others might think or feel.
 - Children with autism never make eye contact.
 - Children with autism may seem indifferent and prefer to be alone.
 - Children with autism may show attachment in a way difficult to "read."
11. Language delays may not be as severe in children with...
- Autistic disorder.
 - Rhett's disorder.
 - Asperger syndrome.
 - Pervasive Development Disorder NOS.
12. Examples of repetitive behaviors among children with autism include...
- Hand or arm flapping.
 - Lining up toys rather than using them for pretend play.
 - Persistent, obsessive preoccupations.
 - All of the above.
13. All of the following are examples of joint attention interactions EXCEPT...
- Reading two books at one time
 - Reciprocal smiling
 - Showing objects

d. Pointing to obtain an object

14. Some conditions that might be associated with autism include...

- a. Seizures
- b. Neurofibromatosis
- c. Systemic lupus
- d. All of the above

15. About their child's development and behavior...

- a. Parents are overly sensitive to small problems their children might have.
- b. Parents generally give accurate and quality information.
- c. Are poor historians because they do not have the proper training.
- d. Are poor historians because they are too close to their children.

16. Cultural differences in children with autism...

- a. Do not influence the diagnosis of autism.
- b. Have shown that parents of Indian descent are more likely to identify delays in socialization than delays in speech.
- c. Parents of Asian descent are more likely than Caucasian parents to agree with teachers that their child's behavior may be indicative of an underlying disorder.
- d. Have shown that families in the United States will always report problems in their child's social interactions without prompting from clinicians.

17. The areas of difficulty in autism include...

- a. Social symptoms
- b. Language delays
- c. Repetitive behavior
- d. All of the above

18. Developmental screening...

- a. Should only be done yearly.
- b. Should be done at each well child visit.
- c. Is not necessary since most severe problems will make themselves known in time.
- d. Is not needed, since more than 90% of children with developmental delays are identified before starting school.

19. Screening instruments for autism...

- a. Allow the diagnosis of autism without the need of further history.
- b. May not identify children with mild or high-functioning autism.
- c. Are not yet available.
- d. Are time-intensive and take a number of hours to complete.

20. The acronym A.L.A.R.M. stands for...

- a. Autism is prevalent, Listen to parents, Act early, Refer, and Monitor
- b. Autism is prevalent, Learn the signs, Assess each child, Refer, and Monitor
- c. Autism can be cured, Look for symptoms, Assume nothing, React cautiously, and Monitor
- d. Autism is over diagnosed, Look for panic, Attempt to clam. React cautiously, and Monitor

21. Intensive early intervention has...

- a. Not been shown to enhance development in children with autism.
- b. Is a waste of time if the child is not officially diagnosed with autism.
- c. Can help a child improve to the point they no longer meet criteria for autism.
- d. Is only available to people that can afford it.

22. The Individuals with Disabilities Education Act (IDEA) is...

- a. A state based program that assures a free and appropriate public education for children with diagnosed learning deficits.
- b. A program that requires individuals to pay a premium for extra services within the education system.
- c. A Federally mandated program that assures a free and appropriate public education for children with diagnosed learning deficits.
- d. All of the above

23. Treatment options for autism...

- a. Should include early intervention.
- b. Have been modified into a single, most effect treatment package.
- c. Are equally effective for most families.
- d. Are equally safe for most patients.

24. Medicaid waivers...

- a. Are designed to facilitate the treatment of individuals in institutional settings.
- b. Are applicable to children with autism on a state-by-state basis.
- c. Have been federally mandated for all individuals with autism.
- d. Provide uniform coverage for individuals with autism.

25. For primary care physicians...

- a. A definitive diagnosis of autism should be made before any referrals.
- b. Involvement with that patient is no longer needed after referrals.
- c. Referrals result in the loss of contact with the patient.
- d. Families can often use follow-up and guidance during the referral process.

ANSWERS:

1. **The correct answer is D.** Autism can be identified as early as 18 months of age. Early identification and intervention can make a significant difference in the development of children with autism. Delays in referral can negatively impact their development.
2. **The correct answer is A.** Of the disorders listed, autism is the most common. The prevalence of autism has been reported between to be as much as 1 in 166 children (6/1,000) to 1 in 294 children (3.4/1,000). Down syndrome occurs in 1 out of 800 births, hearing loss (1.1 per 1,000), and childhood cancer 1.5 per 10,000 children.
3. **The correct answer is D.** With early intervention, children with autism do show growth and improvement. Children with autism can make eye contact, but they often lack a social purpose behind their look. They can also show affection but it may be in their own way.
4. **The correct answer is A.** The prevalence of autism has been reported between to be as much as 1 in 166 children (6/1,000) and 1 in 500 (2/1000). A study conducted by the CDC found the rate of autism in a metropolitan city to be 3.4 per 1,000 children.
5. **The correct answer is D.** The autism spectrum disorders include a range of diagnoses. These disorders include Autism, Rett syndrome, Asperger's syndrome, Childhood Disintegrative Disorder, and Pervasive Developmental Disorder Not Otherwise Specified (NOS).
6. **The correct answer is C.** There have been fears that a link existed between the use of thimerosal, a mercury-based preservative used in the measles-mumps-rubella (MMR) vaccine, and autism. Although mercury is no longer found in childhood vaccines in the United States, some parents still have concerns about vaccinations. Many well done, large-scale studies have now been done that have failed to show a link between thimerosal and autism.
7. **The correct answer is B.** There have been fears that a link existed between the use of thimerosal, a mercury-based preservative used in the measles-mumps-rubella (MMR) vaccine, and autism. Many well-done, large-scale studies have now been done that have failed to show a link between thimerosal and autism.
8. **The correct answer is D.** By six months, a child should be smiling or expressing happiness. By nine months, a child should be reciprocating smiles, sounds, and facial expressions. By 12 months, a child should be babbling, pointing, or gesturing. By 16 months, a child should be speaking in single words. By 24 months, a child should be using two-word phrases.
9. **The correct answer is C.** Well-implemented programs can brighten a child's future and the impact a developmental disorder has on the family. It can lead a child to greater independence, enable that child to be included in his/her community, and offer him/her a more productive and fulfilling life.
10. **The correct answer is B.** Children with autism can look at or through you, but eye contact has no social purpose.
11. **The correct answer is C.** As in the other autism spectrum disorders, children with Asperger's syndrome show qualitative impairment in social interaction, restricted repetitive and stereotyped patterns of behavior, and significant impairment in important areas of functioning. However, these patients do not have a significant general delay in language.
12. **The correct answer is D.** By six months, a child should be smiling or expressing happiness. Some children and older individuals spend a lot of time repeatedly flapping their arms or walking on their toes. Some suddenly freeze in position. They might spend hours lining up their cars and trains in a certain way, rather than using them for pretend play. Repetitive behavior sometimes takes the form of a persistent, intense preoccupation.
13. **The correct answer is A.** Joint attention is defined as the ability to coordinate one's own attention between an object and another person to indicate a need or to share interest. Problems with joint attention can be a sign for autism. Dividing attention between two books is not an example of joint attention.

14. **The correct answer is A.** One in four children with ASD develop seizures, often starting either in early childhood or adolescence. Fragile X syndrome affects about two to five percent of people with ASD. One to 4 percent of people with ASD also have tuberous sclerosis. There does not seem to be an association of neurofibromatosis or lupus with autism.
15. **The correct answer is B.** Parents are usually the first to notice unusual behaviors in their child. While parents may not know what is afflicting their child, they know that something is wrong. The key is to listen to their concerns and explore their situation with appropriate questions.
16. **The correct answer is D.** While parental concerns are often highly predictive of developmental delay, clinicians cannot wait for parents to bring up concerns. Some parents do not provide any information specific to their child's social interactions unless probed by their clinician.
17. **The correct answer is D.** All children with ASD demonstrate deficits in 1) social interaction, 2) verbal and nonverbal communication, and 3) repetitive behaviors or interests. In addition, they will often have unusual responses to sensory experiences, such as certain sounds or the way objects look. Each of these symptoms runs the gamut from mild to severe. They will present in each individual child differently.
18. **The correct answer is B.** The American Academy of Pediatrics has recommended that in the context of the medical home, pediatricians should monitor all areas of development at each well-child visit. They should be especially vigilant when there are deficits in language and social skill development.
19. **The correct answer is B.** The Checklist of Autism in Toddlers (CHAT), the modified Checklist for Autism in Toddlers (M-CHAT), and the Screening Tool for Autism in Two-Year-Olds (STAT) are instruments that might not identify children with high-functioning autism. The Autism Spectrum Screening Questionnaire (ASSQ) and the most recent, the Childhood Asperger Syndrome Test (CAST), are some of the instruments that are reliable for identification of Asperger syndrome or higher functioning autism.
20. **The correct answer is A.** A.L.A.R.M is an acronym that stands for Autism is prevalent, Listen to parents, Act early, Refer, and Monitor. The American Academy of Pediatrics Autism Task Force developed this approach.
21. **The correct answer is C.** Early diagnosis of autism spectrum disorders (ASD) is critical for a number of reasons, perhaps most importantly because interventions to improve the functioning of children with ASD may be more effective with younger children. Evidence suggests that early treatment optimizes long-term prognosis and that treatment yields diminishing returns, as children get older.
22. **The correct answer is C.** The Individuals with Disabilities Education Act (IDEA) is a Federally mandated program that assures a free and appropriate public education for children with diagnosed learning deficits. For every child eligible for special programs, each state guarantees special education and related services.
23. **The correct answer is A.** Evidence suggests that early treatment optimizes long-term prognosis and that treatment yields diminishing returns, as children get older. Beyond early intervention, there is no single best treatment package for all children with ASD. Most individuals with ASD respond well to highly structured, specialized programs.
24. **The correct answer is B.** Medicaid Waivers are state-run programs that use federal and state funds to pay for health care for people with certain health conditions. The Waiver program began in 1982, when the first Katie Beckett Waivers became part of a state's Medicaid optional benefits allowed by the Secretary of Health and Human Services.
25. **The correct answer is D.** A definitive diagnosis is not required and referrals to early intervention should be made immediately when a delay in development is suspected. The referral process to specialists can be prolonged and complicated for families. Continued guidance from their primary care provider can be of enormous benefit to patients.