

CME QUESTIONS:

1. 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.

2. 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

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

4. 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.

5. Identify the myth about social problems that children with autism might have.
 - a. Children with autism can have difficulty interpreting what others might think or feel.
 - b. Children with autism never make eye contact.
 - c. Children with autism may seem indifferent and prefer to be alone.
 - d. Children with autism may show attachment in a way difficult to "read."

6. Language delays may not be as severe in children with...
 - a. Autistic disorder.
 - b. Rhett's disorder.
 - c. Asperger syndrome.
 - d. Pervasive Development Disorder NOS.

7. Examples of repetitive behaviors among children with autism include...
 - a. Hand or arm flapping.
 - b. Lining up toys rather than using them for pretend play.
 - c. Persistent, obsessive preoccupations.
 - d. All of the above.

8. Some conditions that might be associated with autism include...
 - a. Seizures
 - b. Neurofibromatosis
 - c. Systemic lupus
 - d. All of the above

9. 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.

10. Cultural differences in children with autism...
 - a. Do not influence the diagnosis of autism.
 - b. Have shown that parents of Indian descent are more like 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.

11. The areas of difficulty in autism include...
 - a. Social symptoms
 - b. Language delays
 - c. Repetitive behavior
 - d. All of the above

12. 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.

13. 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.

14. 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.

15. 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.** 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.
2. **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.
3. **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).
4. **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.
5. **The correct answer is B.** Children with autism can look at or through you, but eye contact has no social purpose.
6. **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.
7. **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.
8. **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.
9. **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.
10. **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.
11. **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.
12. **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.
13. **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.
14. **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.
 15. **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.