



## Service Priorities and Programmes Electronic Presentations

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**“ACTs”---Care pathway for adult patients with Autism Spectrum Disorder (ASD) by Li Ka Shing psychiatric outpatient department under the Multidisciplinary Assessment and Psychosocial intervention program (MAP)**

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### **Introduction**

Care pathway is lacking locally for the special needs of undiagnosed Autism Spectrum Disorder (ASD) in adult outpatients receiving treatment for common mental health disorders.

### **Objectives**

The "ACTs" care pathway is a pilot one based on the recommendations by the "NICE Clinical guideline for ASD in adults: diagnosis and management".

### **Methodology**

Multi-disciplinary team: psychiatrist; nurse clinic; clinical psychologist; occupational therapist; medical social worker

“A”---Assessment by clinician:

1. Symptoms: Autism Spectrum Quotient, AQ-10 (>6/10) for screening in patients with suspected ASD characteristics; Autism Diagnostic Observation Schedule, ADOS-G based interview in social context for confirmation
2. Behavior/interests: stereotyped; challenging; diet; physical activities
3. Functional: social; family; occupational; adaptive
4. Co-existing disorders: mental; physical
5. Sensory factors: hypo-/ hyper-sensitivity
6. Risk assessment: crisis/changes to routine; risk to self or others
7. Sexuality: gender identity disorder

“C”---Care:

Nurse clinic:

1. provide information about Diagnosis and nature of intervention/service
2. assist in co-ordinating, accessing and maintaining contact with housing, educational and employment services
3. foster patients' active participation in decisions about care and self-management
4. engage and support carers with patients' consents

Psychiatrist:

1. treatment of co-existing mental disorder
2. challenging behavior: behavioral treatment (rather than cognitive change) by operant conditioning +/- antipsychotic
3. design and monitoring of management plan which is time-limited with clear treatment goals
4. avoid use of drugs for core symptoms of ASD

Occupational therapist:

1. visual supports; incorporate interest into therapy by using computer for presentation
2. education of personal space
3. colors of walls/furnishing; lighting; noise levels
4. supported employment: assessment and referral

"T"---Training: by clinical psychologist

1. social learning counseling (group/individual): modelling; peer feedback; discussion and decision making; explicit rules; problem solving
2. life skills & structured leisure activity counseling (group/individual): according to their interest and abilities
3. anger management intervention: behavioral analysis/rehearsal; coping skills; relaxation training
4. anti-victimisation interventions

"s"---Support:

1. medical social worker: social / housing / educational supports
2. provide information to families, partners and carers concerning their roles, and emotional support where appropriate
3. provide information of care pathways and facilitate contact with support groups

**Result**

Prevalence: 10.7%, 17 out of 158 patients newly admitted to triage clinic received the diagnosis of ASD

Modalities of treatment received:

Psychotropic drug treatment: 88.2%

Psychosocial intervention: 70.6%

Referral to other specialists for untreated medical problems: 17.6%