

AUTISM AND THE IMPORTANCE OF COMMUNICATION WITH PATIENTS OF THIS DISEASE

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Abstract

In this article, we will try to give a number of recommendations on autism and its causes, as well as how to communicate with a patient with this disease.

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The word Autism came from the greek "autos" - the word "myself" , is a state of mind in which the patient does not want to communicate with the outside world. The term "autism" was coined in 1912 by E. Bleyler . According to him, a sick person lives in his own world. He doesn't think like everyone else. Their behavior is not related to reality. Emotional experiences play a key role in patients' behavior. The syndrome is more common in boys than in girls.

Autism is a severe mental disorder that manifests itself as an extreme form of self-isolation, including withdrawal from contact with reality and lack of expression of emotions. An autistic person is characterized by an inadequate response to what is happening, as well as a lack of social interaction. Usually, the disease is detected during the first three years of life and turns out to be a consequence of a neurological disorder affecting the functioning of the brain.

The US Centers for Disease Control and Prevention published new statistics at the end of 2021. Autism occurs in every 44th child, and boys are on average 4.2 times more likely than girls.

Research on autism lags at the back of that of different psychiatric issues and medical conditions. Part of the extend may additionally be traced to the wrong constructs of autism that accompanied identification of the disorder in 1943. Most prominent of these used to be the hypothesis that autism used to be brought on via parenting failures of "refrigerator mothers." Perhaps the biggest success story in autism lookup is the work of Dr Bernard Rimland and colleagues in the 1970s, which validated that autism was once sincerely a failure of neurodevelopment, with behavioral interventions imparting workable benefits.

For people with autism, it can be a lifelong disability and a huge burden on their families, schools and society. Although the only cause of autism is currently unknown, early diagnosis can help a person get the care and services they need, which can lead to a quality life full of opportunities.

Autism is a neurological disease that affects the development of the brain. Features include communication disorders, lack of social skills, and restrictive interests and repetitive behaviors. The following strategies can be used to build a good relationship with patience:

- ✓ Some people with ASD may have non-verbal and sign language, picture cards, communication devices, or communicate with gestures .
- ✓ Individuals with ASD who are verbal may not understand what is being said or the questions being asked.
- ✓ Sometimes people on the autism spectrum can be aggressive towards others or hurt themselves. These behaviors can be a way to convey their needs. If these people encounter someone they don't know, they can become aggressive. It could be a way of saying "Leave me alone" not because they want to upset someone.
- ✓ People with ASD may seem like bad listeners. They may not make eye contact or understand gestures, personal space, body language, or facial expressions.
- ✓ Some individuals with ASD may have never been in contact with police, firefighters, or EMS providers. They may not understand who they are and what they are doing.
- ✓ Many people with ASD have emotional problems such as sensitivity to loud noises or bright lights. To protect themselves, they may close their ears or eyes, become nervous, or run away.
- ✓ Many people with ASD exhibit movements that may seem strange or uncomfortable with their hands, heads, or objects. This is called "stereotypical" behavior. If these behaviors don't hurt others, allow people with autism to deal with them because they can calm them down.
- ✓ When talking to a person with ASD, speak clearly and use concise, short phrases or sentences and a calm tone. Allow for a delayed response, as it may take a few minutes for the person to understand what is being said. The person may not understand the gestures. Avoid sarcasm and ridicule; most ASDs do not understand them.

We should not forget that to be patient with people with ASD. If they act or behave abnormally, it is probably because they are upset by the anxious situation.

It is a bit difficult to work with children with autism .We need to use mostly neutral and soft words when communicating with them. In the process of communication, we need to be clear about what we want from the child in the current situation. Using specific phrases that show the child what we want to say and what we want from him or her will help to facilitate the communication process. For example, do you want to eat an apple? Basically schematic and visual materials provide additional help, the child should be encouraged to draw more. If a child is stressed, crying, we should find the cause and solve it, and if we ignore the problem , the child would hurt himself.

Conclusion

In conclusion, we can say that , we need to use softer words and phrases when working with people with autism. This helps us to communicate with the patient and keep the patient's condition moderate.

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