Nutritional education through a Telehealth intervention for children on the autism spectrum disorders

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Abstract

Malnutrition is a major effect in the community of people in the world and also a worldwide effect. Telehealth is now is a useful evaluation in the problems. ASD (Autism Spectrum Disorders) are the most-common neuro developmental problems. However, each child identified a disease or its cause with ASD presents with a like nothing else in the world range of behavioral and communication problems and issues with social skills. Many studies have highlighted the importance of early actions that help bad situations for children with ASD to improve their skills and provide their families with the necessary support. The use of Telehealth is to be effective for ASD, which helps a bad time among children living in rural areas, since such services use technology to provide discussions with other people, actions that help bad situations, identification of a disease or problem, or its cause, training, and education. Research shows that Telehealth services are as valuable as traditional face-to-face treatment, allow families to get support from their homes, and help them improve their quality of life.

Keywords

Autism Spectrum Disorders, Telehealth, Malnutrition

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1.   Introduction

The most events that prove something-based action that helps a bad situation for children with autism is early behavior action that helps a bad situation, which has more than two, but not a lot of advantages including its ability to be delivered by anyone with training, not only professionals or skilled people with advance degrees. Therefore, in early behavior actions that help bad situations, even people who take care of people are professionals or skilled people, if they have received training [1]. Also, the use of a family-centered approach to educate and support people who take care of people of children with ASD has been found to improve results for children. In this approach, the people who take care of people needs are taken into account, and people who take care of people are trained to interact with children with ASD, without therapists assuming the knowledge of people who take care of people. However, delivery of early behavior actions that help bad situations and family-centered services face-to-face causes many things that block or stop other things such as the lack of trained therapists, not having enough workers, money, time, etc. and services, low the social level people are at based on how much money they have of many families, long waiting lists, and practical issues arising from the fact that these limited services are only available in major cities [2]. Therefore, it is important to figure out ways to help people who take care of people change a little and get better new methods to deliver actions that help bad situations for ASD. Due to the big increase in the use of the computer and Internet in everyday life, Telehealth services, which use technology to provide services from a distance to families with a child with ASD, could be another choice and effective method of providing support. This method has many advantages. Telehealth technology can give power to people who take care of people and speed up the disease-identifying process [3]. Telehealth consists of a range of computerized software computer programs such as video conferencing, digital able to do many different things well discs, having height, width, and depth interactive programs, mobile phone apps, and telephone- and web-based lessons. Studies of Telehealth-based parent training showed that the people who take care of people found the training programs convenient, practical, appropriate, and helpful for increasing their knowledge about events that prove something-based action that helps bad situation methods. Also, studies reported positive changes in children's results, However, most studies included a small to very-small sample size; the only study with a reasonable sample size did not measure children's results and put into use the training with people who take care of people and professionals who worked with children with ASD e.g., teacher helpers. Another limitation is that the studies mostly included college-educated people who were part of a study, etc., although the ways of basic truths of early behavior action that helps a bad situation state that it can be put into use even if one does not have an advance degree. Telehealth uses communication technologies to deliver made to do one thing very well services in

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real time over a related to where mountains, rivers, cities, etc., are located distance [4]. Telehealth such as computerized software programs, videoconferencing, and virtual 3D interactive programs has been used to teach different communicative, social, emotional, and related to school and learning skills to older children and teens with ASD, However, most this training has happened in just like the real thing surrounding conditions, classroom settings or through online distance learning programs with professionals rather than in families' homes. Those Telehealth programs that do offer parenting useful valuable supplies have mostly focused on behavior management and general able to change and get better parenting ways of doing things aimed at helping high risk parents and those with behaviorally challenged children rather than families affected by autism.

2.   Conclusion

We believe that the not very long ago recommended mental health technology revolution should include pieces specifically designed for people with ASD who experience behavioral and social challenges even without the strains of the COVID-19 period. Therefore, we recommend that the authors' suggestion of quickly investing in high-quality and easy to get to, use, or understand online and mobile mental health technologies during this widespread disease should include computer programs for disaster rules of conduct training and distance education specifically geared toward people with ASD to help make this taxing period easier to manage for the affected people and their families. Also, previous events that prove something and reports about using technology for remote parent training, for actions that help bad situations for children with ASD, and for counseling for families with people with ASD can guide people in charge to change a little and get better such services to the widespread disease conditions.

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