

SYMPTOMS

- Loss of speech
- Loss of purposeful use of hands
- Involuntary hand movements such as hand wringing, clapping, squeezing, tapping, or rubbing
- Loss of mobility or gait disturbances
- Loss of muscle tone
- Seizures
- Scoliosis
- Breathing issues
- Sleep disturbances
- Slowed rate of growth for head, feet and hands

INCIDENCE

- Affects almost exclusively females
 - occurs worldwide in 1 of every 10,000 female births
 - Even fewer in male births

COMMON NAMES

- RTS or RTT
- Cerebroatrophic hyperammonemia

CHARACTERISTICS

- 4 stages of the disorder
- Characterized by normal early growth and development followed by a slowing and regression of development
- May exhibit symptoms similar to Autism Spectrum Disorder in early stages

WHAT CAUSES IT?

- Genetics
 - Mutations on the X chromosome on the MECP2 gene
 - Only 1% of cases are inherited from family members, most cases are spontaneous mutations



RETT SYNDROME

WHAT YOU NEED TO KNOW



LONG-TERM DEVELOPMENTAL OUTCOMES:

- Reduced mobility
- Cognitive impairment - ID
- Inability to communicate

DEFICITS:

- Speech-language
- Motor
- Cognitive
- Adaptive functioning

RESOURCES:

- International Rett Syndrome Foundation
 - <https://www.rettsyndrome.org/for-families/>
- National Institute of Neurological Disorders and Strokes
 - <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Rett-Syndrome-Fact-Sheet>
- Rett Syndrome Research Trust
 - <https://reverserett.org>

Assessment Approaches

- Behavioral observations
- Rating scales from parents/teachers
- The use of assistive technology

Interventions and Treatment

- Occupational therapy
- Physical therapy
- Speech therapy
- Anticonvulsant drugs
- Regular monitoring by physician
- Assistive technology
- Special Equipment: Braces, splints
- Nutritional support

Contributions of a School Psychologist

- Assessment
- Recommendations for interventions
- Consultation with classroom teachers
- Connect parents/guardians to resources

DSM/IDEA:

- IDEA category for special education programming
 - Multiple Disabilities
 - Intellectual Disability
- DSM Diagnosis
 - Intellectual Disability