



## Editor's Message



Every year World Autism Awareness day is celebrated on the 2<sup>nd</sup> of April all over the world which was constituted by the WHO (World Health Organization). This day is signified by blue colour. So what is autism and why do we need to support them as nurses?

Autism is a neurodevelopmental disorder of variable severity which causes disruption in communication and social interaction. The disorder is also characterized through repetitive behaviour and thoughts. Autism is developmental disability that manifests during the first three years of life and persists lifelong although symptoms may improve over time. It is a neurological disorder affecting the functions of brain. Autism is characterized by impairments in social interaction, problems with verbal and non-verbal communication; and repetitive behavior and restricted interests and activities. Such kids often suffer from various conditions such as challenging social skills, repetitive behaviours, speech and a non-verbal communication. Unfortunately, Autism is a lifelong companion that affects a person's social life and daily functionalities as well. However, one can lead a healthy life with this condition if it is identified on time and managed well.

According to the World Health Organisation one out of every 160 children is living with autism which is a shocking statistics. Of course, the causes are genetic and some scientists even state that it is unknown. However, there is a lack of awareness about this disorder on a whole. The role of the nurses is vital in regard to this. If detected in a young age, the autism is managed well.

The theme for this year was observed as "Assistive Technologies, Active Participation". Assistive technology can reduce or eliminate the barriers to their participation on an equal basis with others. Available data indicates that, in several developing countries, more than 50% of the persons with disabilities who need assistive devices are not able to receive them. Access to technology is crucial for improving the lives of people living with any form of disability including autism, ensuring their basic human rights and cutting out the obstructions they face in living as an integral part of the mainstream society. It is

important to mention here, that the Convention on the Rights of Persons with Disabilities also highlights the significant role that assistive technologies can play in helping persons with disabilities to participate in the various sectors of social life and exercise their rights.

The cornerstone of managing any condition, especially the debilitating ones like autism, is awareness. As part of its awareness programme, World Autism Awareness Day (WAAD), a UN observance day, aims to help autism patients and their caregivers in spotting the early signs which start manifesting themselves from the first year of life, fight discrimination against this disorder, acknowledge and celebrate the unique gifts ASD kids are born with. The lack of information about ASD also leads to delayed diagnosis, which poses a huge challenge to the patients and their caregivers.

Creating awareness is the core task for nurses to support this population to lead a healthy life either it be in the schools, home settings, hospitals or the community settings. We as nurses can make a difference in the lives of children with autism with the slogan, "It's alright to be different."

**Fabiola M. Dhanaraj**  
*Editor-in-Chief*

"The Journal of Nursing Trendz" is an international double blind peer reviewed journal. It publishes articles related to nursing and midwifery. The purpose of the journal is to bring advancement in nursing education. The journal publishes articles related to specialities of nursing education, care and practice. The journal has been assigned international standard serial number **2229-6255** (print) and **2249-3190** (electronic). The journal is covered by **INDEX COPERNICUS, POLAND**, Google Scholar, database EBSCO and many other international databases.