

Allan-Herndon-Dudley Syndrome

Multidisciplinary Care Team Guide



Introduction

Managing MCT-8 deficiency requires collaboration across a diverse team of healthcare professionals. This guide outlines the roles of each team member, care coordination strategies, and how to empower families and caregivers to take an active role in care planning.

Overview of MCT-8 Deficiency

MCT-8 deficiency (Allan-Herndon-Dudley syndrome) is caused by mutations in the SLC16A2 gene, which encodes the thyroid hormone transporter MCT8. This results in impaired transport of thyroid hormones into the brain, leading to intellectual disabilities, severe developmental delays, and muscle weakness.



The Importance of Multidisciplinary Care

Specialists communicate about diseases by sharing medical records, test results, and consulting with each other for advice, often using technology like electronic health records to facilitate secure information exchange and ensure better patient care coordination.

Role of Each Specialist

1. Primary Care Physician (PCP)

- Central coordinator for all medical care.
- Ensures regular check-ups and preventive care.

2. Endocrinologist

- Monitors thyroid hormone levels and manages treatment with thyroid hormone analogs.

3. Neurologist

- Manages developmental delays, muscle tone abnormalities, and seizures.
- Provides treatments for spasticity and motor disorders.

4. Geneticist

- Offers genetic counseling and education on the inheritance pattern.
- Guides family planning discussions.

5. Dietitian

- Creates nutrition plans to address feeding difficulties and undernutrition.
- Recommends appropriate supplements.

6. Speech and Language Pathologist

- Develops therapies for feeding, swallowing, and communication support.

7. Physical Therapist

- Designs individualized programs to promote mobility, strength, and flexibility.
- Recommends assistive devices if needed.

8. Social Worker

- Connects families to financial resources & counseling services.
- Offers emotional support to caregivers..

Allan-Herndon-Dudley Syndrome

Multidisciplinary Care Team Guide



Coordination and Communication

- **Team Meetings:** Schedule regular case reviews to adjust the care plan as needed.
- **Shared Care Plan:** Use a centralized document accessible to all specialists and caregivers.
- **Caregiver Involvement:** Ensure parents or guardians are involved in all decisions.

Multidisciplinary Care Plan

Patient Name: _____

Diagnosis: _____

Team Members: _____

Current Health Status: _____

Care Goals: _____

Action Plan: _____

Review Date: _____



Disclaimer: The information provided in this document is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider with any questions regarding a medical condition or treatment. Never disregard professional medical advice or delay seeking treatment based on information provided here.

Legal Notice: Alera Bio does not endorse or recommend any specific medical treatments, providers, or therapies. Any third-party information included is for reference only and does not constitute an endorsement. Alera Bio makes no representations or warranties regarding the accuracy, completeness, or timeliness of the information provided. By using this material, you acknowledge that Alera Bio is not responsible for any decisions made based on the content herein.