



Development and Evaluation of the Effectiveness of an OT Wellness Parent Support Group and use of Occupational Performance Coaching for Parents in a Pediatric Feeding Group Program



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Momentum Pediatric Therapy Network

- **Outpatient clinic** in Torrance, CA
- Uses **family-centered approach**
- Rooted in Dr. Jean Ayres' work in **sensory integration**

Identified Needs

1. Develop **OT-based** and **wellness parent support group** program to supplement **pediatric feeding group** program
2. Restructure feeding therapy sessions by implementing **occupational performance coaching (OPC)**
3. Expand and recruit for feeding group program by appropriately matching clients based on needs and skills

Literature Review

- **Parenting stress** and **negative behaviors** leads to **poorer health outcomes** and **lower levels of positive parenting experiences**^{2, 11}.
- **Support groups** and services can promote **better health, relationships, and personal development**^{3, 6, 9}.
- **Coaching approaches** can **improve parents' confidence and self-efficacy**^{5, 7}.

Learning Objectives

By the end of the DCE, the doctoral student:

1. Developed and implemented an OT-based wellness parent support group program
2. Implemented and gathered data on the effectiveness of the use of OPC with parents in a feeding group program
3. Conducted an evaluation of two parent support group program workshops to determine its effectiveness of reducing stress, increasing knowledge base, confidence, and satisfaction, promoting peer support, and improving well-being for parents

Program Descriptions

Parent Support Group Program

- 10-month program
- Meets 1x/ month for 1 hour using Zoom platform
- Curriculum of program encompasses topics on feeding, eating, mealtime, and **wellness**¹¹
- Facilitated discussions and activities

Implementation and Participation

- 3 parents participated in program
- Implemented 2 gatherings over 6 weeks

Implementation of OPC Process

- Applied OPC process⁵ with parents of feeding group program weekly for 6 weeks
- Utilized OPC reflection worksheets to guide parents
- Lead reflective discussions with parents after OPC process at the end of session

Implementation and Participation

- 4 parents participated in the OPC process

Program Outcomes

Preliminary findings of parent support group program and effectiveness of OPC with parents:

Figure 1. Parents' Knowledge on Topics Before Parent Support Group Program

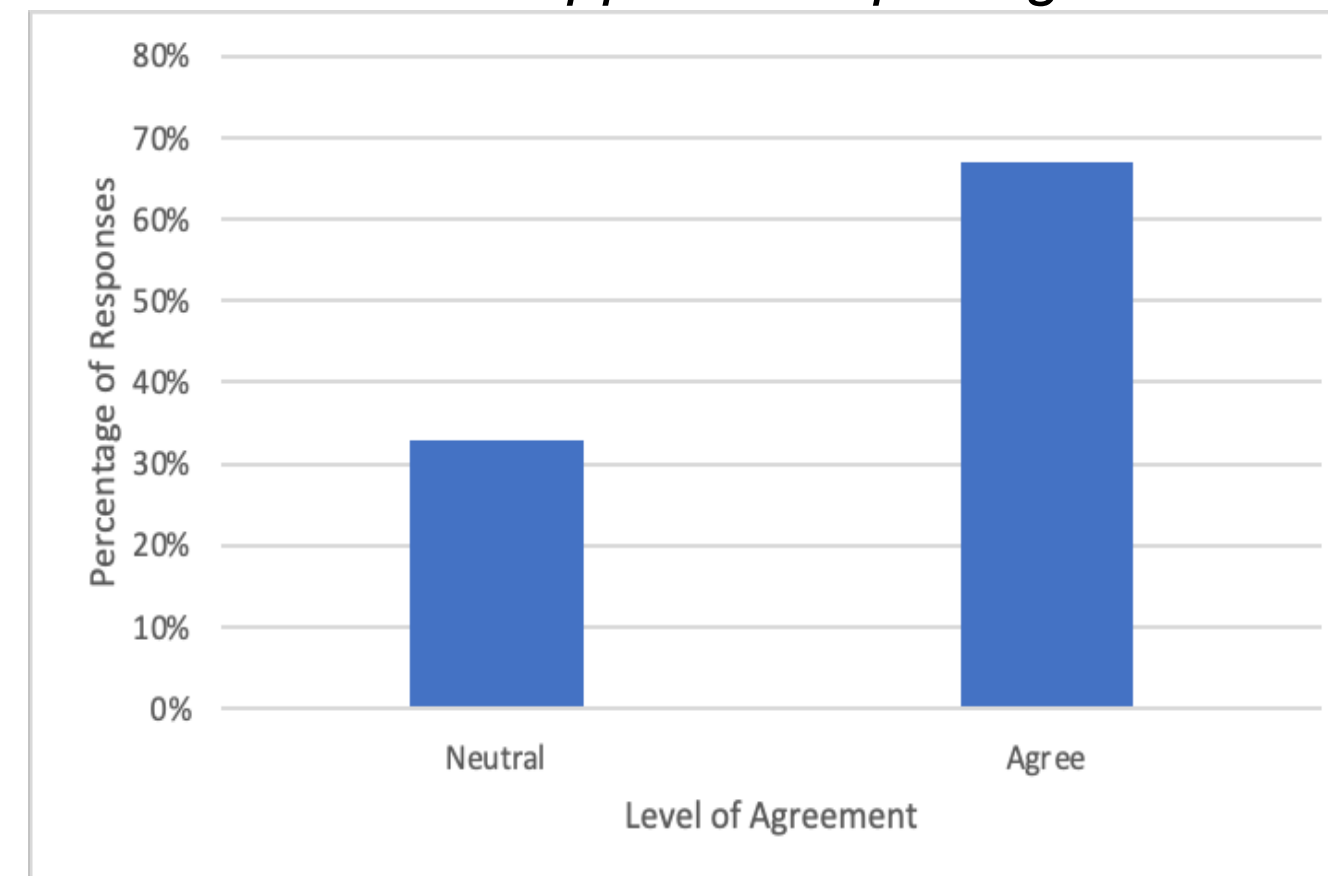


Figure 3. Parents' Perception of Feeling Less Stress Before OPC Process

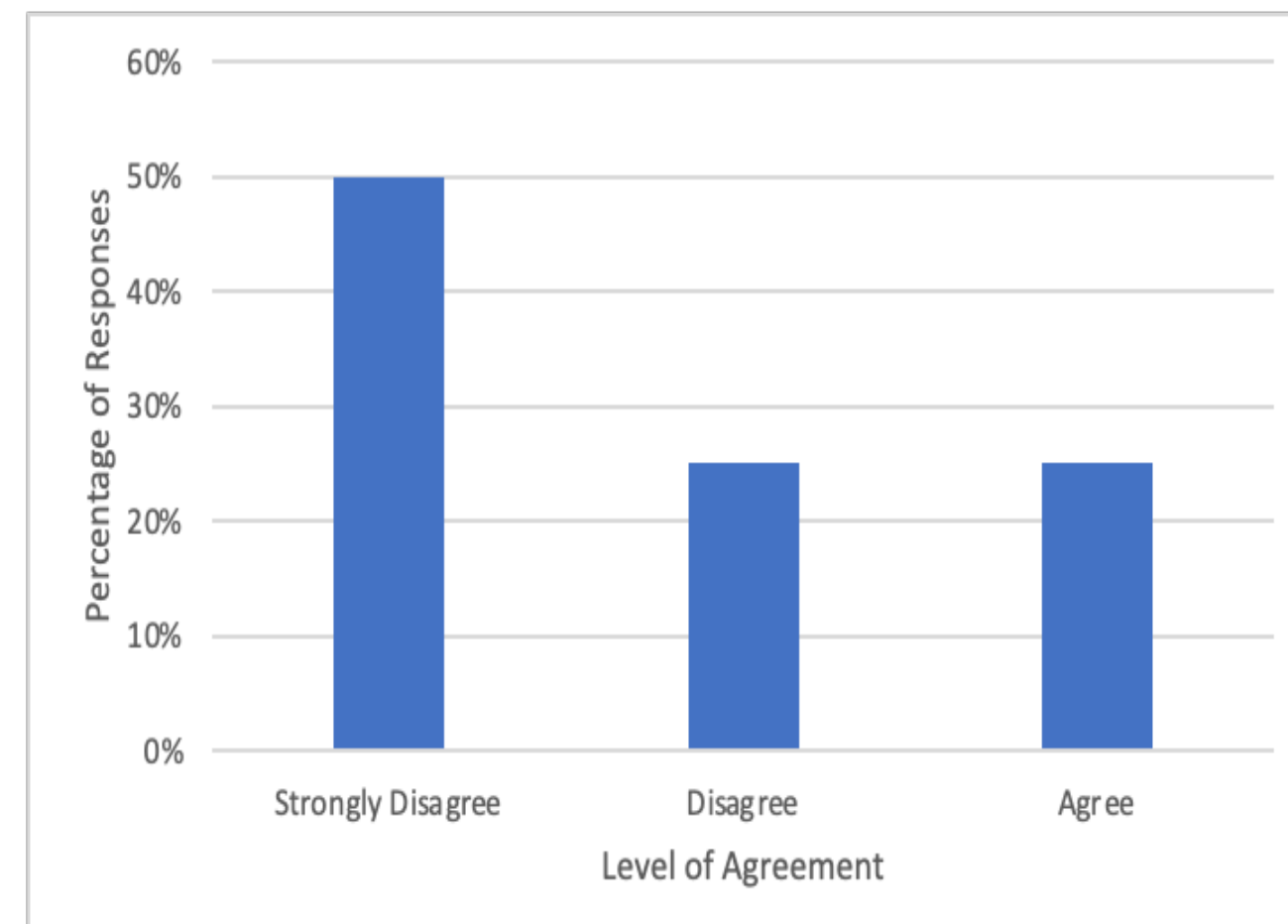


Figure 2. Parents' Knowledge on Topics After Parent Support Group Program

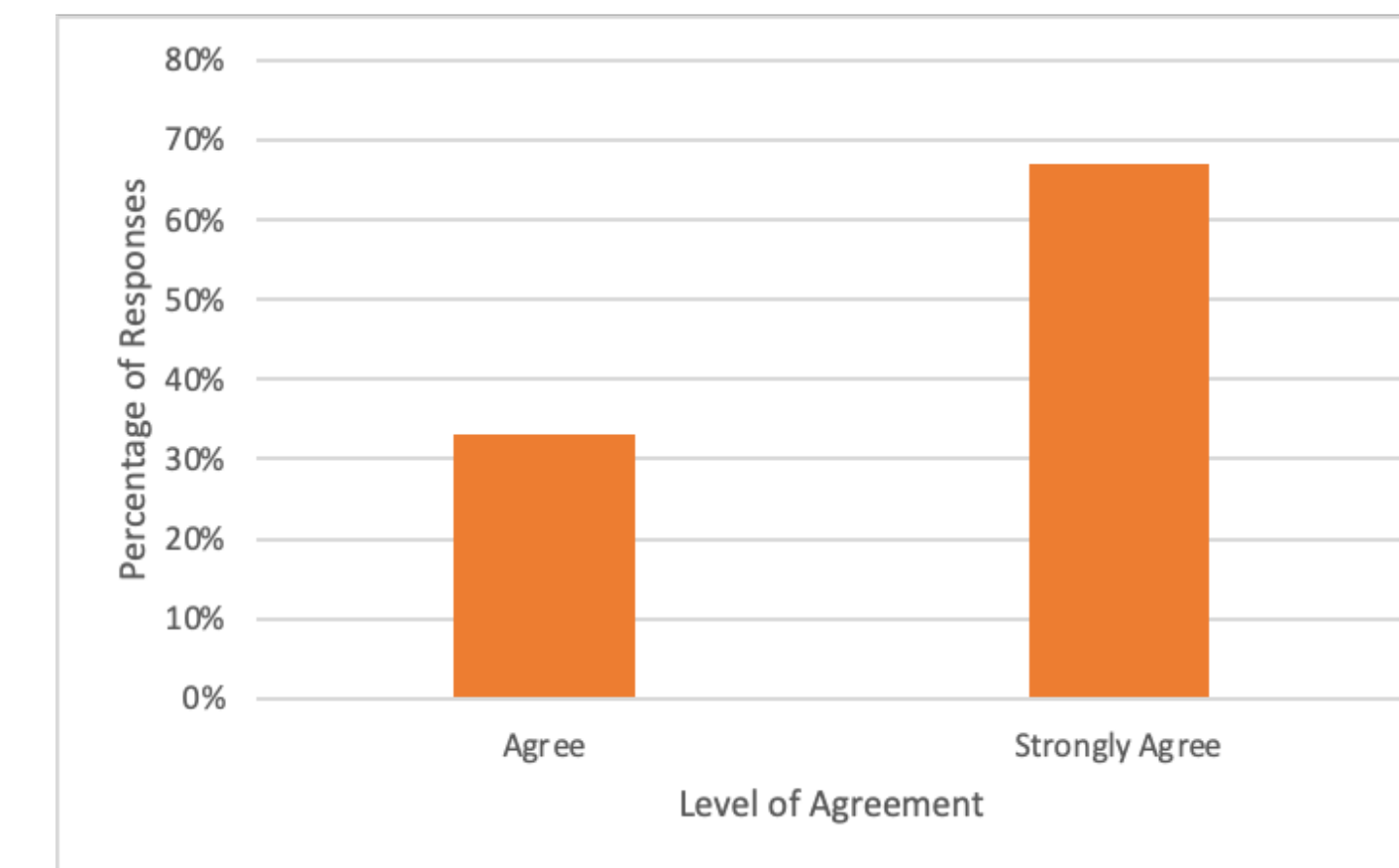
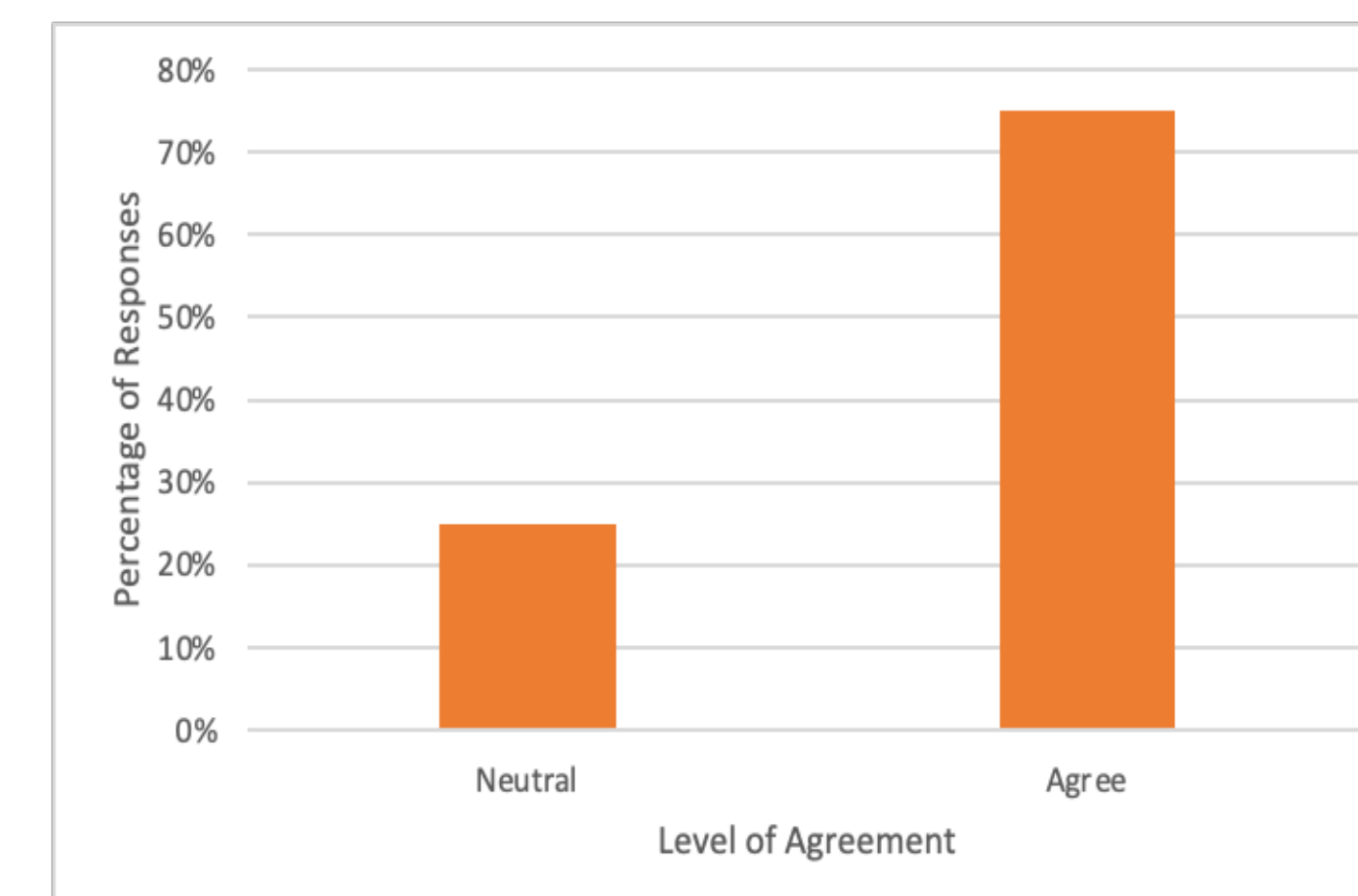


Figure 4. Parents' Perception of Feeling Less Stress After OPC Process



Program Outcomes

Common Themes:

- **Social Wellness** Resulted in **Camaraderie**
- Positive **Emotional Wellness** Shifted **Participation**
- **Education** and **Coaching Methods** Changed Parents' **Perspectives and Approaches**

Scholarly Deliverables

Parent Support Group Program

- Curriculum, supporting evidence-based articles, activities
- *Occupational Therapy Wellness Evaluation: Parents Caring for a Child with Special Needs*

Implementation of OPC Process

- Weekly OPC reflection worksheet, OPC resources for staff
- Educational staff in-service presentation recording
- **Outcome Measurements and Additional Resources**
- Pre/post and end of program surveys, focus group interview question templates, preliminary data results, DCE PowerPoint presentation, recruitment flyers
- Parent handouts

Discussion/Implications for OT

Benefits of an OT Wellness Parent Support Group Program

- Sense of **community** and **support**
- **Improved self** and **emotional regulation**
- **Personal growth**

Benefits of OPC with Parents in Feeding Group Program

- **Accountability**
- **Improved confidence** and **stress levels**
- **Proactive** participant in child's therapy
- **Progress** towards **personal** and **child's goals**
- **Improved understanding** of **parenting style**

References

