

# The Effectiveness of Occupational Performance Coaching for Caregivers of Children with Feeding Deficits

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## DCE Site & Summary of Needs

Carrico Pediatric Therapy is an outpatient pediatric therapy clinic established in 2015. Their mission and philosophy is built on providing a strengths-based approach to child-centered and family-centered care (Carrico Pediatric Therapy, 2021). After conducting a thorough needs assessment, the doctoral student identified three primary needs for Carrico Pediatric Therapy: (1) **protocols and guidelines** for feeding interventions, (2) **resources and handouts** regarding feeding interventions, and (3) **education** on Occupational Performance Coaching (OPC) for therapists.

## Background & Literature Review

- There is limited literature on OPC and feeding, a **lack of OPC programs** offered for parents, and **limited training on OPC** for occupational therapists (OTs) (Miller-Kuhaneck & Watling, 2018).
- OPC participants were allowed to identify and develop personal and highly valued goals, resulting in **increased motivation** (Graham et al., 2013; Kahjoogh et al., 2020; Lamarre et al., 2019).
- The **caregiver-therapist relationship was seen as a facilitator** due to the increased collaboration promoting parental self-efficacy, resulting in an **increased initiative** towards caregiver goal achievement (Angelin et al., 2020; Foster et al., 2013; Kahjoogh et al., 2020).
- Reflective questioning promoted **critical reflection**, resulting in **increased analysis and problem-solving skills**, contributing to increased mindfulness and self-efficacy (Foster et al., 2013).

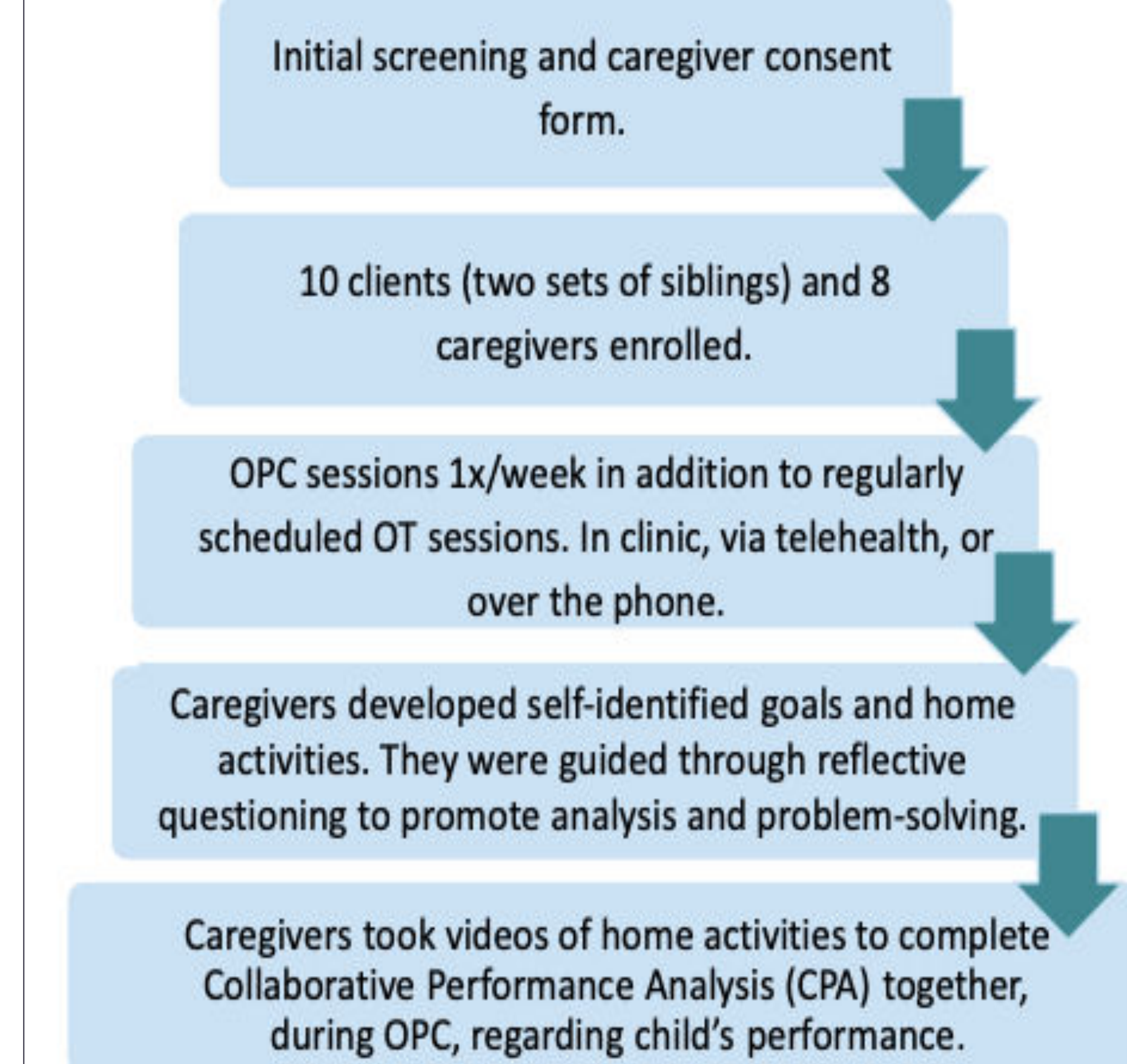
## Purpose of DCE

This DCE aimed to determine the efficacy of OPC for caregiver carryover of skills and impact on caregiver perceived self-competence, self-efficacy, problem-solving, and goal-setting skills.

## Learning Objectives

- Implemented a seven-week OPC program for caregivers of children with feeding deficits.
- Presented an in-service on OPC to educate pediatric OTs.
- Gathered and analyzed data regarding the efficacy of OPC as a parent coaching model and disseminated findings.

## Program Description



## Methods

- Qualitative data: Themes coded from OPC sessions.
- Quantitative data: Pre- and post-OPC program implementation.
  - Canadian Occupational Performance Measure (COPM), Goal Attainment Scale (GAS), and Caregiver Questionnaire (CLOB-Q).

## Evaluation & Outcomes

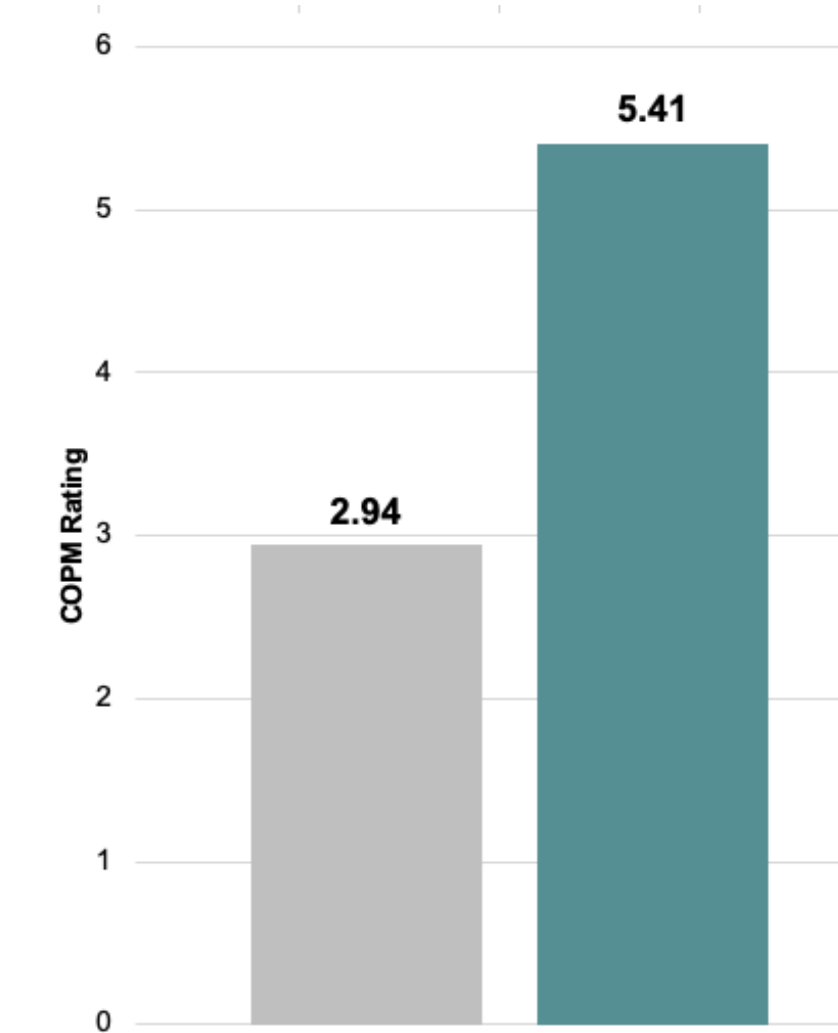
### Caregiver Questionnaire

- Increased overall **satisfaction** with child's mealtime routine.
- Increased **confidence problem-solving**.
- Overall **decrease in stress** during child's mealtime.

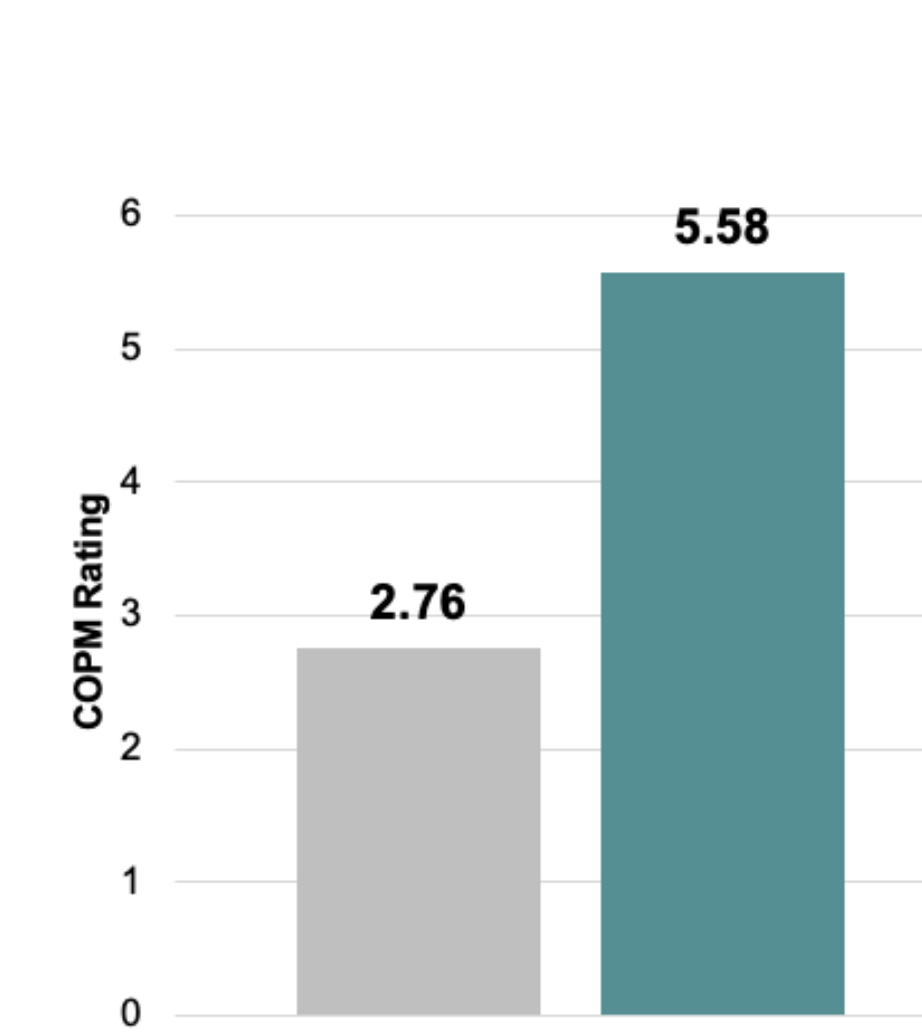
### Qualitative Themes

|         |  |
|---------|--|
| Theme 1 | Increased <b>confidence</b> regarding mealtime.      |
| Theme 2 | Extra <b>support</b> resulting in improvements.      |
| Theme 3 | Increased <b>facilitation</b> and <b>carryover</b> . |

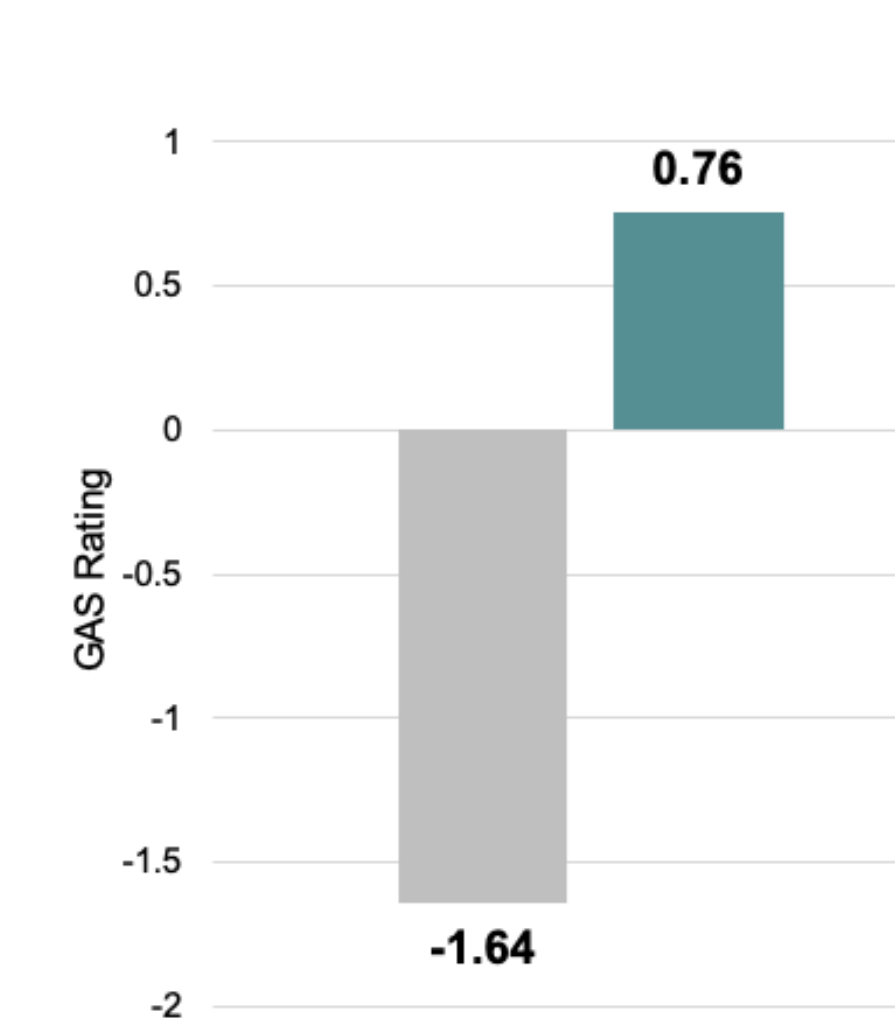
COPM Mean Performance Pre- Post-OPC



COPM Mean Satisfaction Pre- Post-OPC



GAS Mean Rating Pre- Post-OPC



## Scholarly Deliverables

- OPC program manual**, including self-authored Caregiver Level of Burden Questionnaire (CLOB-Q), OPC session outlines, and sample reflective questions. Three fictional case studies, including sample goals and sample Collaborative Performance Analysis (CPA) conversations, are also included.
- Pre-recorded **educational in-service presentation** on OPC to educate therapists at the DCE site.
- Presentation regarding the **results and efficacy of the OPC program**.

## Discussion & Implication

- The seven-week OPC program **increased parents' confidence in problem-solving, facilitation skills, and goal attainment**.
- OPC highlights **family-centered practice**, facilitating the participation of clients and their families in everyday life through an evidence-based and accessible program, aligning with the American Occupational Therapy Association's (AOTA) Vision 2025 (AOTA, 2017).
- Results indicate that caregivers setting their own goals and having precedence over developing their home activities has an **immense impact on motivation**.
- OTs can **promote caregiver carryover of skills** into the natural environment through OPC techniques, including allowing caregivers to **develop their own goals** apart from therapist goals for their clients, **asking questions first** before directly providing advice or recommendations, and **guiding analysis** through reflective questioning.

## Future Directions

- Larger sample size.
- Fathers as primary caregivers to participate in OPC.
- Due to most parent goals focusing on picky eating and expanding their child's food repertoire, a picky eating OPC group could be developed and implemented.

Please scan these QR codes to view References and Scholarly Deliverables.



References



Scholarly Deliverables