



Pediatric Toolkit for Eating and Feeding Occupations

Uverenise Rosas-Leon, OTD/S; Faculty Mentor: Dr. Aaron Picus, OTD, OTR/L; Community Site Mentor: Kayla Gillespie, OTR/L

West Coast University- Center for Graduate Studies



Site Description

- Leaps & Bounds Pediatric Therapy is an outpatient therapy clinic founded in 2010 in Norco, California
- Services Provided:** Physical therapy, speech therapy, occupational therapy, hippotherapy, adaptive riding, intensive therapy program, and telehealth
- Mission:** Providing “the current and best practices” to help children grow and promote typical development and functional mobility (Leaps & Bounds Pediatric Therapy [LBPT], 2021a)

Needs Assessment

- Development of a formal feeding program that considers both increasing oral-motor skills and sensory diet
- Formal trainings and resources to current therapists to improve clinical practice skills in feeding interventions
- Development of parent educational resources to help address eating and feeding difficulties

Literature Review

- Evidence on effective feeding/eating interventions emphasized using a combination of interventions that focused on both oral-motor skills and sensory to help improve fatigue, food refusal, and food selectivity (Benson et al., 2013)
- The use of a hierarchical approach, by breaking down the task into multiple steps with time frames, helped promote engagement with novel foods (Peterson et al., 2016)
- Observable changes in sensory related feeding difficulties resulted from the use of individualized reinforcements (Koegel et al., 2012)

Learning Objectives

- Developed a therapist self-guided toolkit for treating children with oral-motor and sensory-related eating difficulties
- Delivered an in-service training to educate staff on the use of the therapist toolkit
- Developed educational resources for parents/caregivers
- Advanced student’s clinical knowledge on evidence-based eating/feeding interventions

Project Description

- Primary Focus Area:** Program development
- The doctorate student developed a pediatric toolkit for occupational therapy (OT) practitioners to address feeding and eating difficulties in children
 - Toolkit also included educational resources for parents/caregivers
- In-service Training:** Completed to educate OT practitioners on evidence-based interventions to promote oral-motor skills and address sensory-related needs for feeding/eating
 - One hour, implemented during week 13 to OT department

Program Objectives

- Enhanced clinical knowledge and practice skills of doctoral student
- Increased OT practitioners’ knowledge and self-confidence on eating interventions
- Provided educational resources for parents/ caregivers

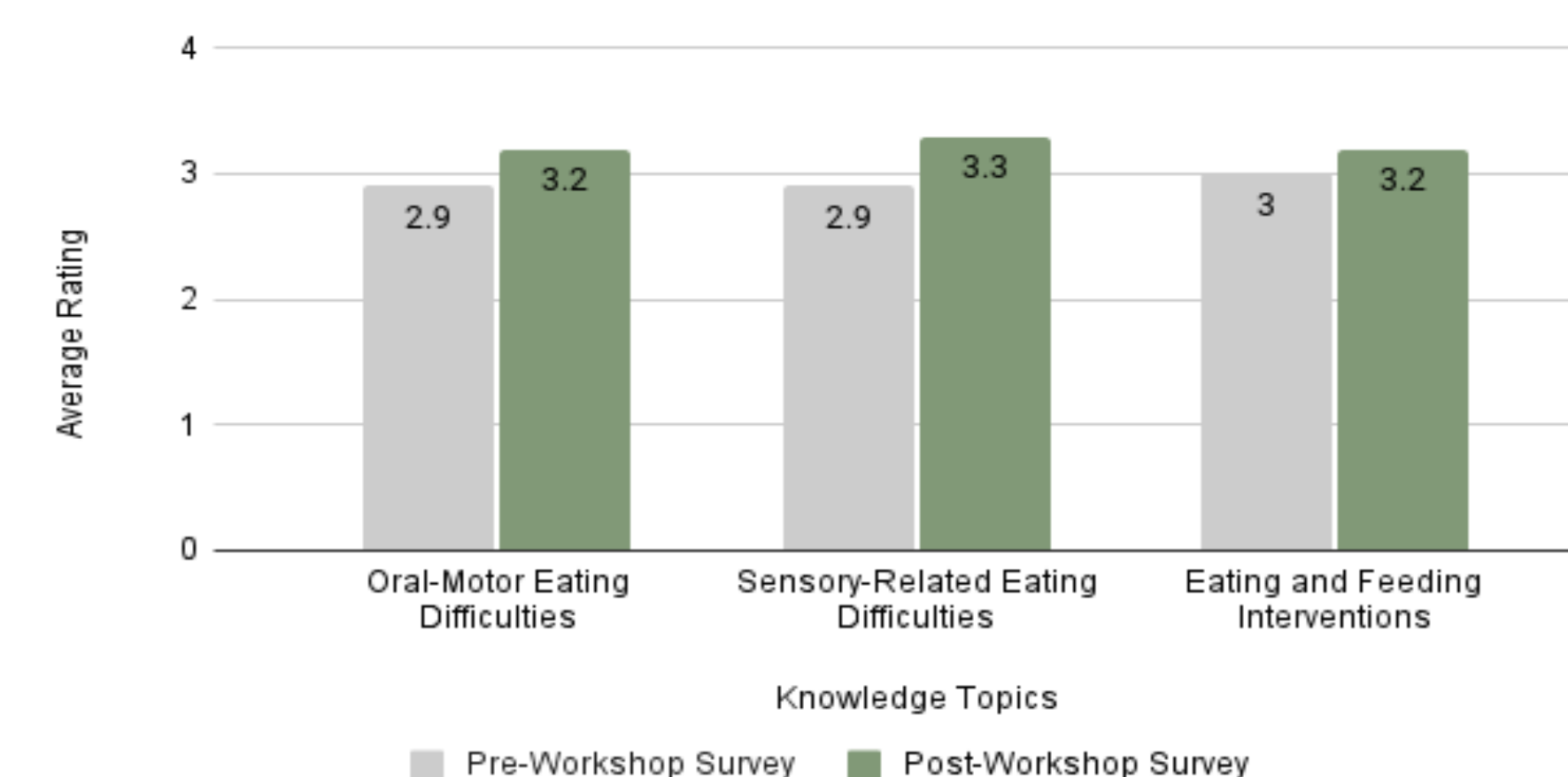
Project Evaluation

- Evaluated OT practitioners’ self-confidence and knowledge outcomes using pre/post surveys before and after in-service
- Data was analyzed using Jeffreys Amazing Statistics Program (JASP) to determine if program objectives were met
- Total number of participants= 10

Project Outcomes

- Average ratings of **knowledge increased** for all topics after attending in-service training
- Average ratings of **self-confidence** levels **increased** for all topics after attending in-service training

Knowledge of Topics



Self-Confidence Levels of Topics



Scholarly Deliverables

Self-Guided Pediatric Toolkit for Therapists

- Chapter One: Sensory-related eating/feeding difficulties
- Chapter Two: Oral-motor eating/feeding difficulties
- Chapter Three: Parent education handouts
- Both a hard copy and a digital copy were provided

In-service Deliverables

- Facilitation guide, handouts, a recorded video of the in-service presentation, pre/post-workshop surveys
- All deliverables were stored in company’s shared drive for future access



Conclusion

- Pediatric toolkit for eating and feeding occupations, in-service training, and in-service deliverables enhanced the clinical competency, knowledge, and self-confidence of OT practitioners

Future Directions:

- Implementation of the feeding program with control groups to further explore the efficacy of interventions

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References Available Upon Request