



Pediatric Toolkit for Eating and Feeding Occupations

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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

1. Development of a formal feeding program that considers both increasing oral-motor skills and sensory diet
2. Formal trainings and resources to current therapists to improve clinical practice skills in feeding interventions
3. 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

1. Developed a therapist self-guided toolkit for treating children with oral-motor and sensory-related eating difficulties
2. Delivered an in-service training to educate staff on the use of the therapist toolkit
3. Developed educational resources for parents/caregivers
4. 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

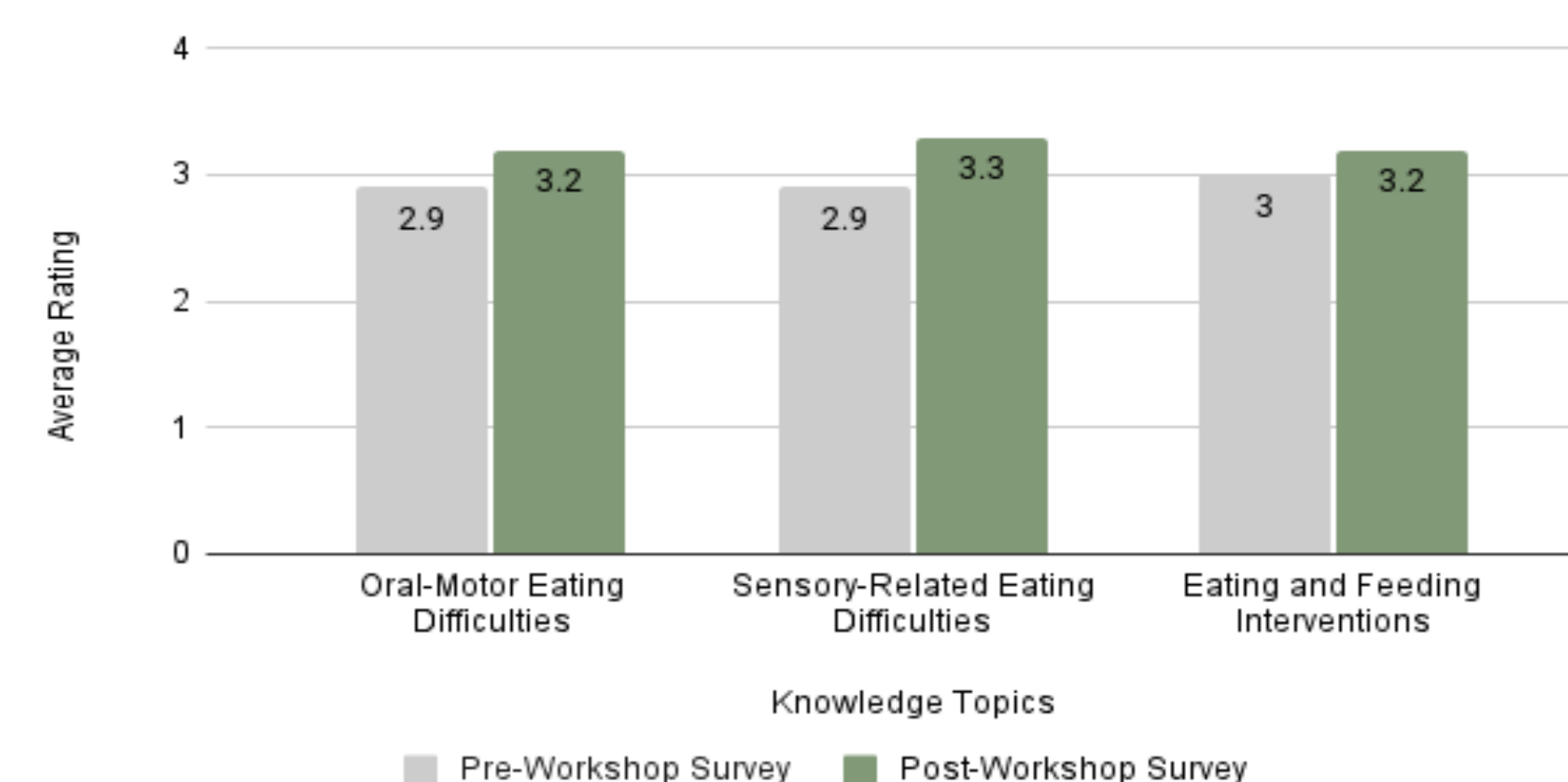
Project Evaluation

- 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