



# Effectiveness of the Sequential-Oral-Sensory (SOS)- Approach-Based Feeding Group

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## Site: Speech, Language, Educational Associates (SLEA Therapies)

- SLEA is a pediatric outpatient rehabilitation clinic located in Los Angeles, CA.
- SLEA offers a variety of services such as speech and language, occupational therapy, educational therapy, childhood development, and behavioral health services for children with various developmental delays and sensory processing needs.

## Identified Needs

1. Gaps in knowledge regarding specific related concepts and lack of follow-through in the home.
2. Billing issues resulting from insurance restrictions and limited funding resources.
3. Need for the creation of marketing materials and an effective parent training module to demonstrate the effectiveness of the sequential-oral-sensory (SOS) approach.

## Literature Review

- Children who have difficulties with sensory processing, particularly those with autism spectrum disorder (ASD), consume fewer fruits and vegetables in comparison to their counterparts (Christol et al., 2018).
- Cosbey and Muldoon (2017) indicate that the majority of studies related to promoting positive mealtime behaviors involve an interventionist working directly with the child and highlight an overall lack of a parent-training component during treatment.
- Several previous studies have described feeding and mealtimes as a challenge for the entire family (Johnson et al., 2019; Sharp et al., 2014).

## Learning Objectives

### Learning Objective #1

By the end of 14 weeks, the capstone student will complete retrospective data analysis from previous SOS-based feeding sessions with the intention to understand the effectiveness of the SOS approach.

### Learning Objective #2

By the end of 14 weeks, the capstone student will develop and distribute marketing materials demonstrating the effectiveness of the SOS-based approach.

### Learning Objective #3

By the end of 14 weeks, the capstone student will develop multi-media educational materials for parents based on the SOS approach.

## Scholarly Deliverables

- **Parent Education Module (Multi-media educational materials)**
- **Marketing materials**

### Topics:

- **Power Struggles**
- **Structured Mealtimes**
- **Seating and Positioning**
- **Food Jags**
- **Frequently Asked Questions (FAQ)**



## Project Description and Implementation

### Observation and Research

- The doctorate student observed individual SOS-approach-based feeding sessions to gain the necessary skills required for the creation of the parent education module.

### Data Analysis and Dissemination

- Completion of retrospective data analysis based on the Developmental Steps to Eating to track feeding progress for 15 clients across 24 weeks, from July 15, 2023, through January 31, 2024, following the SOS conference.

### Development of Marketing Materials and Parent Modules

- Multi-media educational materials created based on the most common needs of parents and/or caregivers: Getting Rid of Power Struggles at Mealtime, Tips for Structured Mealtimes, Reducing Food Jags, Seating and Positioning, Postural Stability, and, lastly, Frequently Answered Questions
- Marketing materials were based on the five topics mentioned above from the parent education module.

### In-Service and/or Workshops

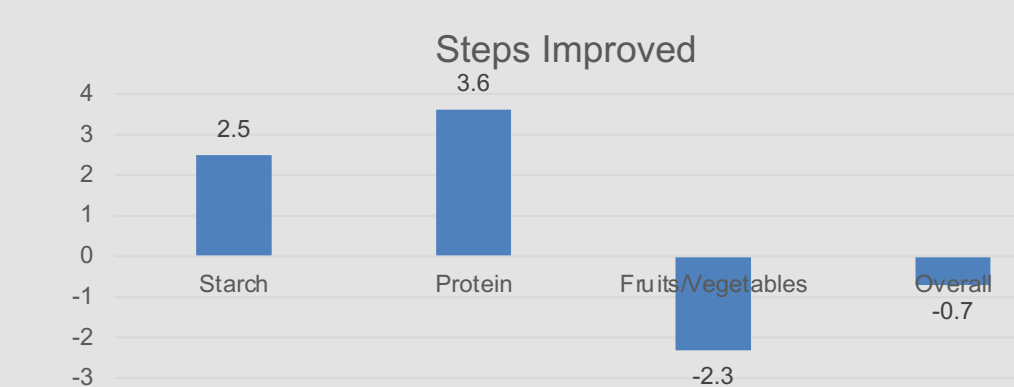
- Capstone student completed an in-staff service to present retrospective data analysis results from individual SOS-approach-based feeding sessions.

## Evaluation and Outcomes

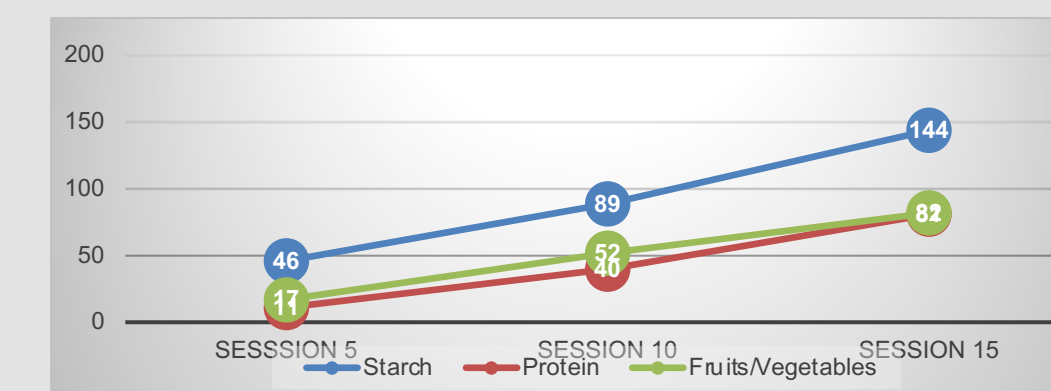
### Evaluation Methods:

- Individual therapists' documentation along with the SOS Approach to Feeding Group Performance Grid, listing the 26 steps to eating and occasional observation used as evaluation methods for capstone project.

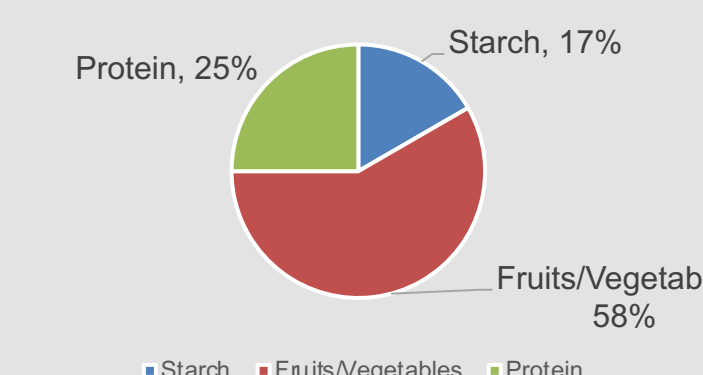
### 1. Average number of steps improved by category and overall.



### 2. Total number of foods consumed by food category following 15 sessions.



### 3. Breakdown of non-preferred foods by food category.



## Discussion/ Implications

- There are several possible explanations for the discrepancy in the number of steps improved by food group.
- Children who are aversive to fruits/vegetables may not be presented with this food group across environments.
- Data from retrospective data analysis can be utilized to make decisions on future programs and resource allocation.
- The present project may influence how therapy is spent: for example, therapists may choose to spend more time targeting the consumption of fruits and vegetables.

## References

