

Promoting Caregiver Competency Through Home Programs and Educational Handouts



Educational Handouts

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About Children's Hospital Los Angeles (CHLA):

- 501(c)3 non-profit children's hospital based in Los Angeles, established in 1901 (CHLA, 2023).
- Mission: To create hope and build healthier futures.
- Care includes the Fetal and Neonatal Institute, Heart Institute, Orthopedic Institute, Radiology and Imaging, Cancer and Blood Disease Institute, and more.

Identified Needs:

1. Develop cohesive home programs that are approachable and accessible in multiple formats.
2. Create educational handouts for parents related to feeding difficulties and dysphagia.
3. Establish support groups for parents and caregivers of children with feeding difficulties.

Literature Review:

- Parents and caregivers should be treated as partners in their child's care, making them an equal part of the multidisciplinary team (Sorra et al., 2021).
- Transitional care training is seen to be correlated with improved patient health outcomes; such as physical, mental, and emotional health (Sorra et al., 2021).

Learning Objectives:

1. By seven weeks, the capstone student will have researched and observed five feeding treatment sessions to create home programs and educational materials for parents of children with feeding difficulties.
2. By the end of DCE, the capstone student will have completed the home programs and educational materials and submitted them to the dysphagia committee for review.
3. By the end of DCE, the capstone student will have advanced their clinical practice skills in dysphagia.

Project Description:

Primary Focus Area: clinical practice skills

Secondary Focus Area: program development

Weeks 1-6

Outpatient wing:
• Observed, shadowed, treatment planned, co-treated, completed documentation for children with feeding difficulties.

Weeks 3-6

- Finalized needs assessment.
- Solidified what resources and home programs were needed.
- Researched dysphagia in the pediatric population.

Weeks 7-14

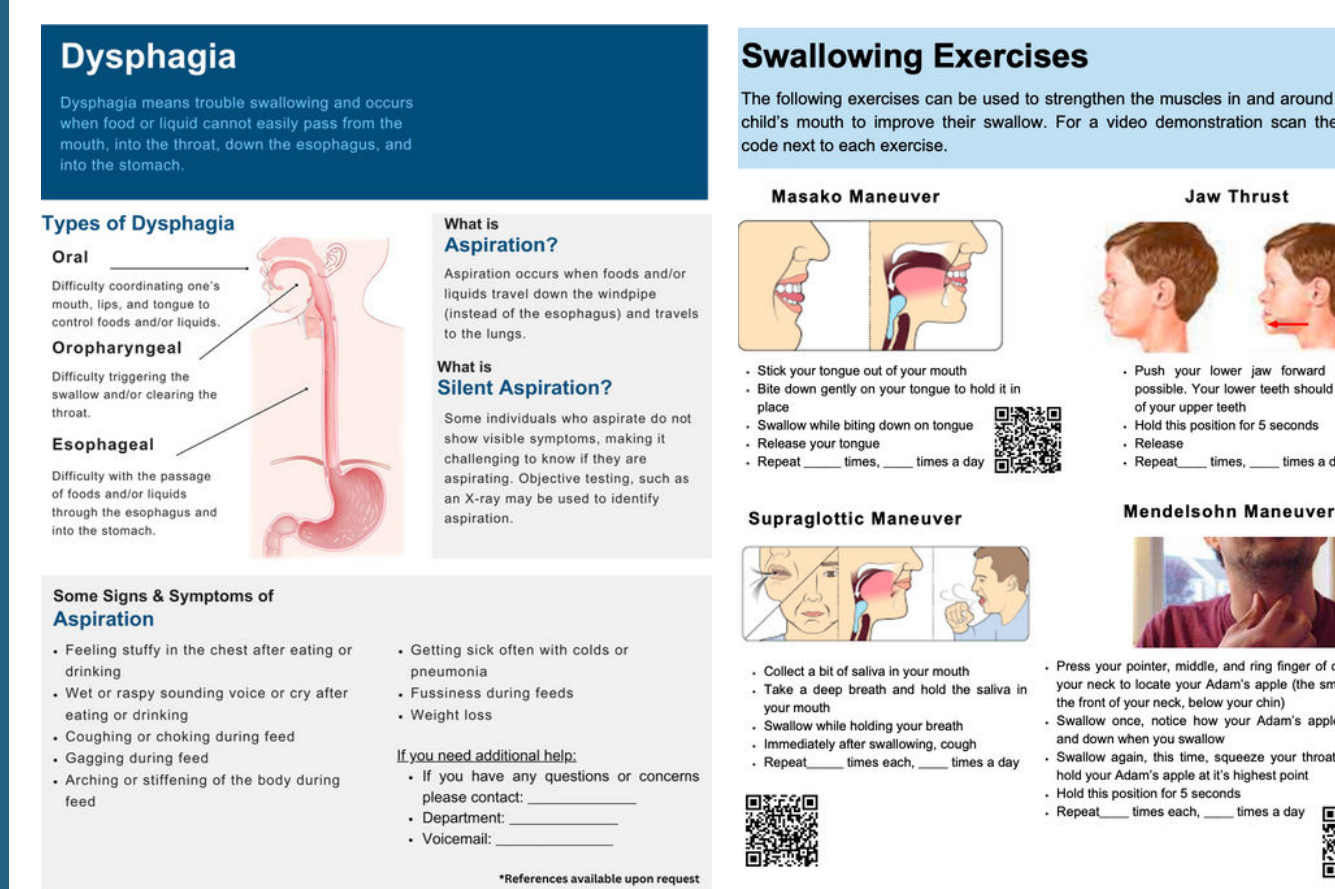
Acute:
• Neonatal Intensive Care Unit (NICU), Pediatric Intensive Care Unit (PICU).
• Shadowed, treatment planned, co-treated, and documented for newborns, infants, and medically complex children.

Weeks 9-14

- Created one educational handout and three home programs for parents with children with feeding difficulties.
- Presented deliverables to occupational therapy department.
- Submitted to dysphagia committee.

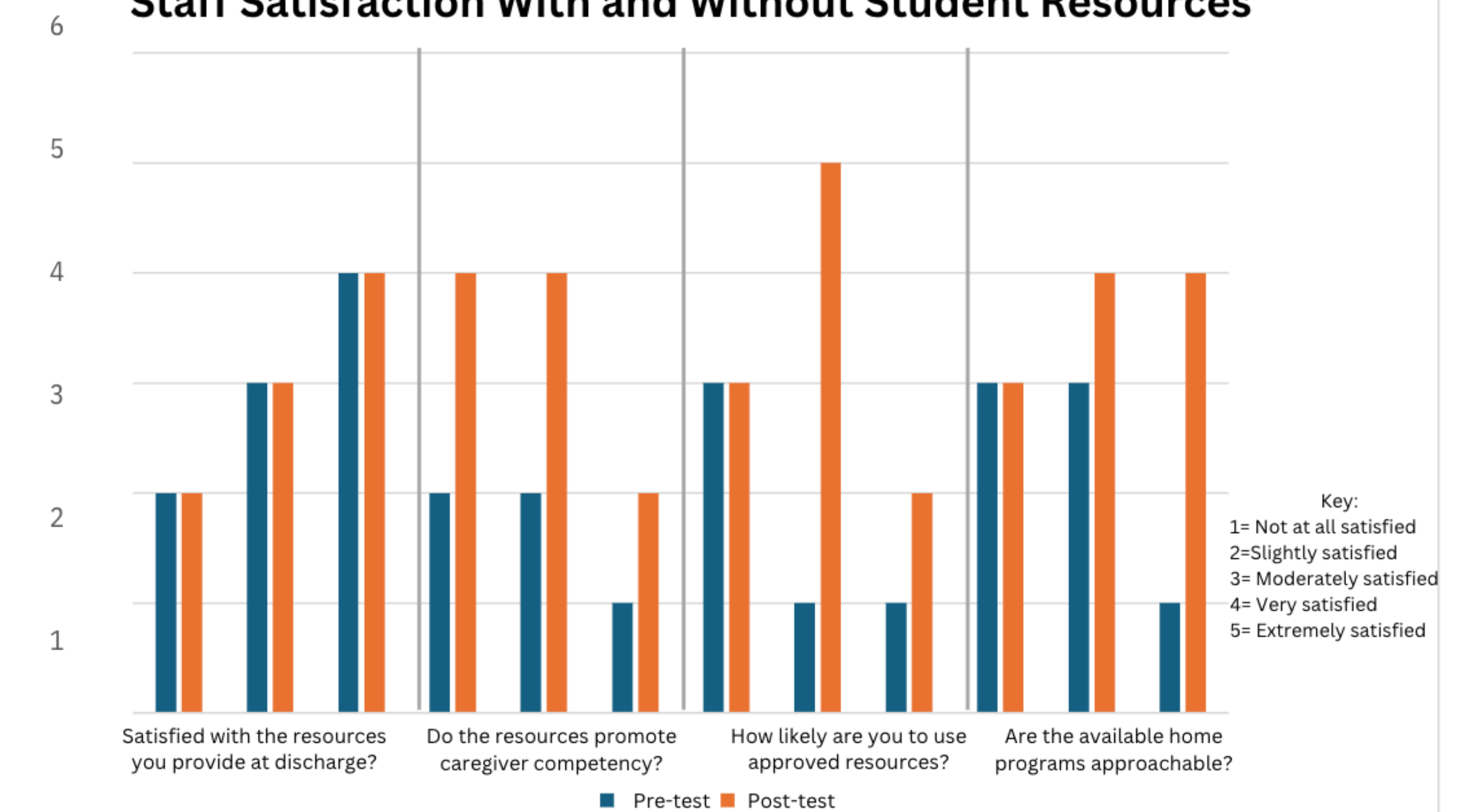
Scholarly Deliverables:

1. Educational Handout
 - key takeaways of dysphagia
2. Home Programs
 - swallowing exercises
 - oral motor exercises
 - transitioning to solids



Outcomes:

Staff Satisfaction With and Without Student Resources



- n=3
- No increase in practitioner satisfaction with the scholarly deliverables.
- An increase in having approachable resources to promote caregiver competency was noted.

Acknowledgments:

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References available upon request