

Improving Nutrition Discharge Education for Caregivers of Adolescents with Eating Disorders at Seattle Children's Hospital

Alejandro Oropeza Velasquez | MS and GCPD Student, LEAH Nutrition Fellow
LEAH Faculty: Casey McCoy, MPH, RDN, CD

Background

- ▶ Early weight gain in Family Based Treatment (FBT) is a predictor of improved outcomes in adolescents with restrictive eating disorders (ED).
- ▶ Upon discharge from inpatient ED care, caregivers are responsible for nutrition, with the goal of weight restoration.
- ▶ At SCH, caregivers of patients in inpatient ED care are provided with meal planning education by Registered Dietitians (RDs) at time of discharge.
- ▶ This education session doesn't allow much time for RDs to provide individualized nutrition recommendations.

Methods and Objectives

Needs Assessment

- ▶ Focus group and informal interviews with 6 IP RDs

- ▶ Literature search on refeeding pathway education at other adolescent ED treatment facilities.

- ▶ Work collaboratively with inpatient RDs
- ▶ Improve delivery and content of education for varying levels of health literacy and cultural backgrounds
- ▶ Create an educational tool to complement Meal Support Class for Caregivers video

Summary of Themes

Challenge

1

Visuals

Lack of visual examples to illustrate food groups and portioning

2

Culture

Meal examples do not include culturally diverse foods/meals

3

Meal components

Insufficient education around macronutrients and food groups

4

Literacy

Concern that current handout not appropriate for all literacy levels

5

Time

RDs spending up to one hour providing education to caregivers

Improvement

▶ Incorporate visuals throughout tool to illustrate portion sizes and meal examples

▶ Expand meal examples and highlight ability of families to fit traditional foods into meal plan

▶ Provide basic education on food groups and rationale for serving size recommendations

▶ Follow SCH Patient and Family Education and Communications Health Literacy Best Practices

▶ Create a video presentation for families to review prior to discharge teach

The Nutrition Guidelines for Caregivers YouTube video is a portable tool that provides general refeeding education to supplement an individualized meal plan.

Intervention

What should my child eat?

• Starches

- Carbohydrates, which includes grains and starches, are the body's main source of energy
- Examples: pasta, noodles, rice, potatoes, tortillas, bread, etc.



Sample dinner



- Half of the plate: starch
 - Rice and tortilla
- A fourth of the plate: protein
 - Beans and chicken inside burrito
- A fourth of the plate: fruits and vegetables
 - Corn, onions, peppers
- Fat
 - Avocado, sour cream

Future Directions

- ▶ Monitor family engagement with video presentation
- ▶ Update Nutrition Guidelines for Caregivers handout to reflect needs assessment areas of improvement
- ▶ Survey RDs to assess effectiveness of updated materials