

Tube Weaning Program: Treatment Process & Outcomes 2011-2014

Heidi Liefer Moreland, MS, CCC-SLP, BCS-S, CLC, Lauren Foster OTD, OTR/L, Krystina Burke MS, CCC-SLP



Treatment Process



- Stop harmful activities
- Neutral play
- Normalize family mealtimes: without eating expectations
- Make food meaningful: give food and mealtimes purpose and context
- Competence emerges: Children learn to eat BY EATING
- Gaining and growth: Self-regulation of eating is refined to allow for appropriate growth for their body

Areas Addressed in Treatment



- Development of hunger through schedule and volume adjustments
- Mealtime communication, including cues of hunger and refusal
- Mealtime stressors, particularly parent behavior at meals that inadvertently increased stress and refusals
- Family stress and anxiety around eating
- Parents were coached regarding making appropriate food choices for skill level and interest of their child
- Parents were coached on developmentally appropriate mealtime expectations for their child, including when and how to help

Outcome Data

35 kids participated in the 6-month treatment program

- 66% of children were tube-free after the intensive 10-day treatment portion.
- 88.57% were tube-free after 6 months.
- 91.43% were tube free one year post intensive wean.
- All children who were weaned from the tube remained tube-free at subsequent dates.

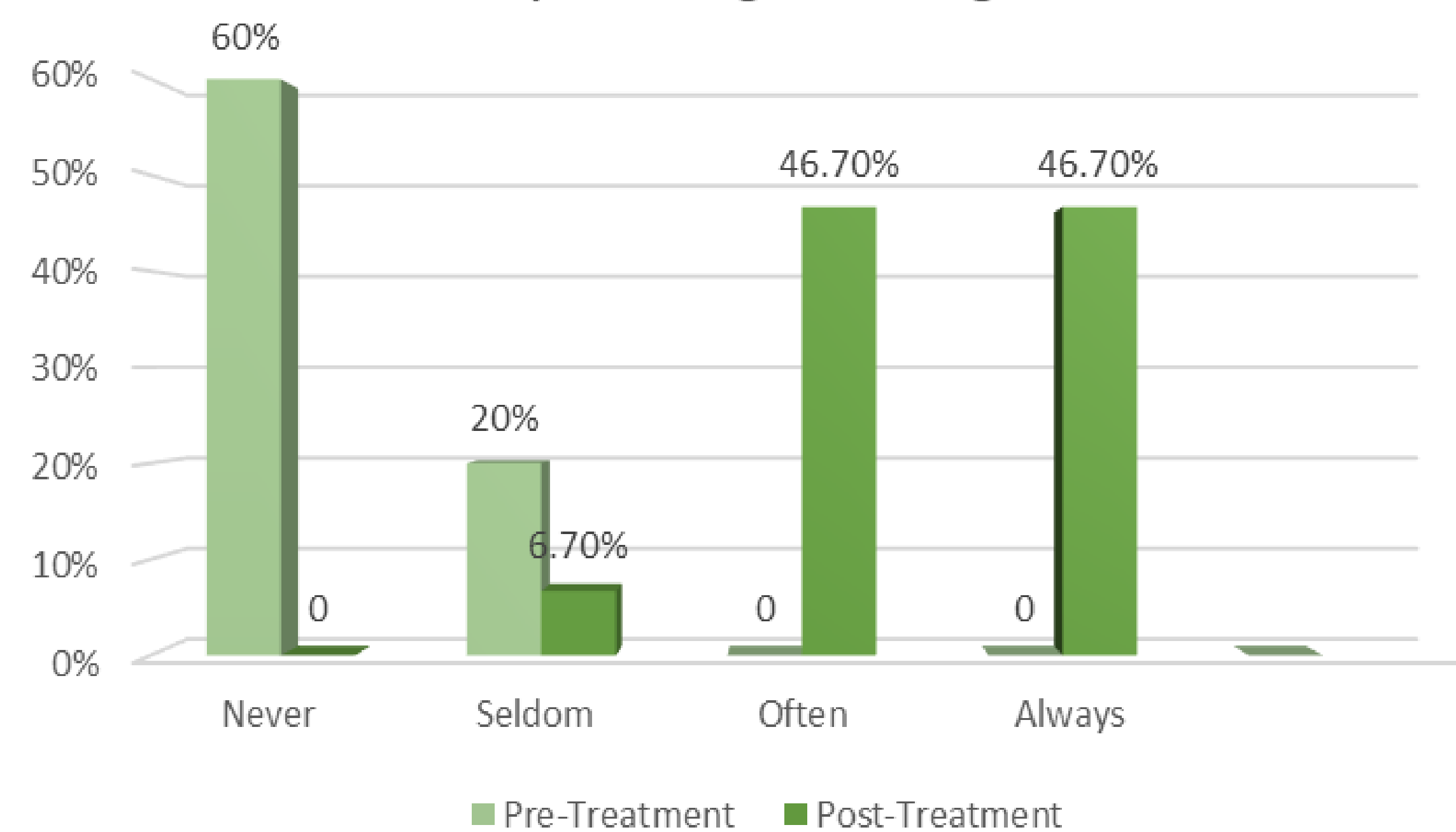
15 (40%) of the parents responded to a request for a parent phone survey, including one parent whose child remained tube-dependent at the end of treatment.

- Caregivers reported improvements in oral motor skills, vomiting and overall development
- 100% reported "my child *never or seldom* gags"
- 93.4% report "my child *often or always* signals hunger"
- 80% report "my child *often or always* eats enough on their own"
- 93% of caregivers reported "My child likes to eat."
- 87% of caregivers reported "Our home mealtimes are relaxed."

Future Directions

- Development of oral motor checklist to track functional skill development
- Data collection using pre- and post-stress measures for parents
- Data collection on weight and growth trajectory pre- and post-wean

My child signals hunger



% Tube Dependent

