

Improving Picky Eating Counseling by Residents in a Continuity Clinic Using an Interactive Educational Tool

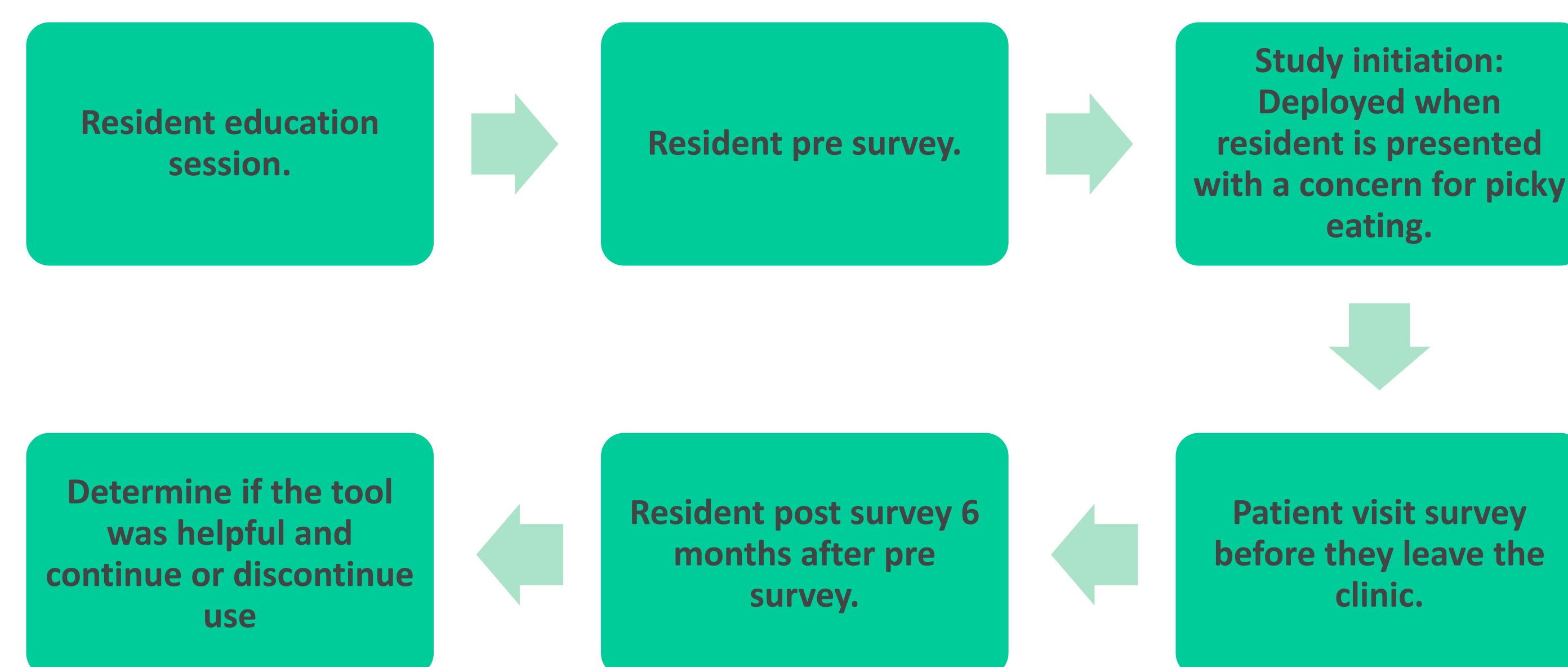
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Background

- Picky eating is a common concern of parents presenting to the pediatrician's office, and it is important for pediatric residents to learn strategies for discussions around picky eating^{1,2}.
- Picky eating can be broken down into two categories:
 - Fussy eaters- those who reject both new and known foods based on experience, sensation, or preconceived notions^{3,4}.
 - Neophobia- fear of new foods

Methods



- Project aims to introduce an educational tool for residents to utilize while guiding patients' and their families with picky eating, then assess the helpfulness of the tool.
- An educational lecture on picky eating was provided to residents.
- Resident pre and post surveys, and parent surveys were collected.
- All surveys were analyzed to determine whether the tool successfully helped residents feel more confident when guiding patients' and families on picky eating.



Results

Figure 1: Initial Resident Survey (n=36)

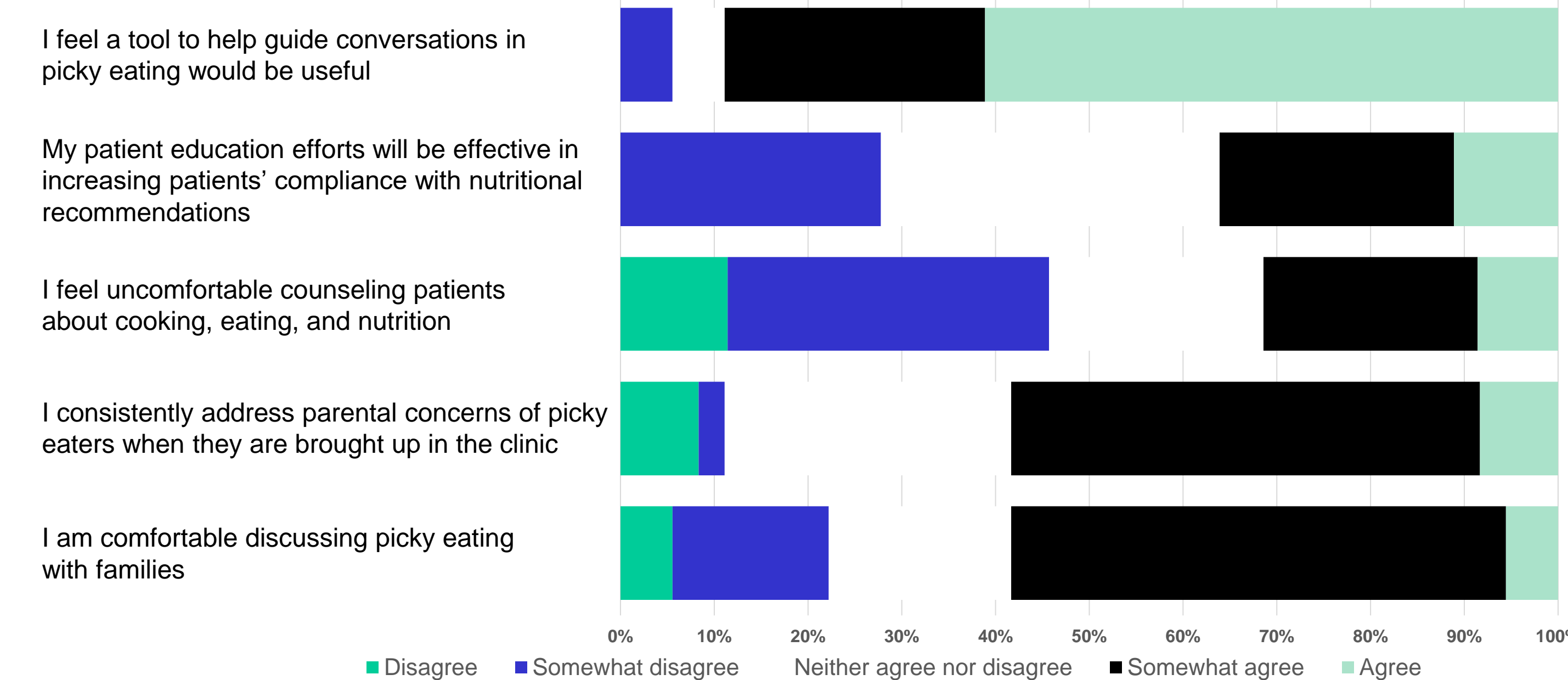


Figure 2: Follow Up Resident Survey (n=34)

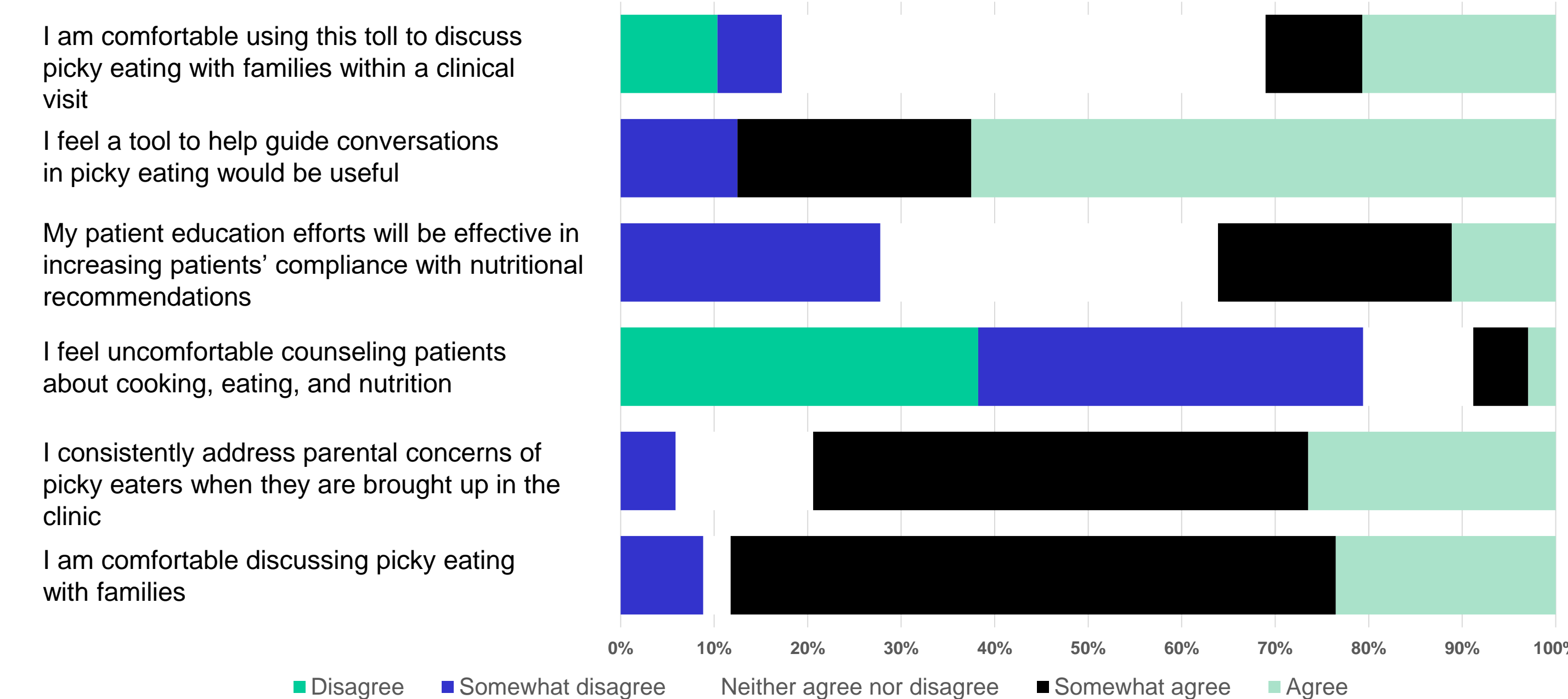
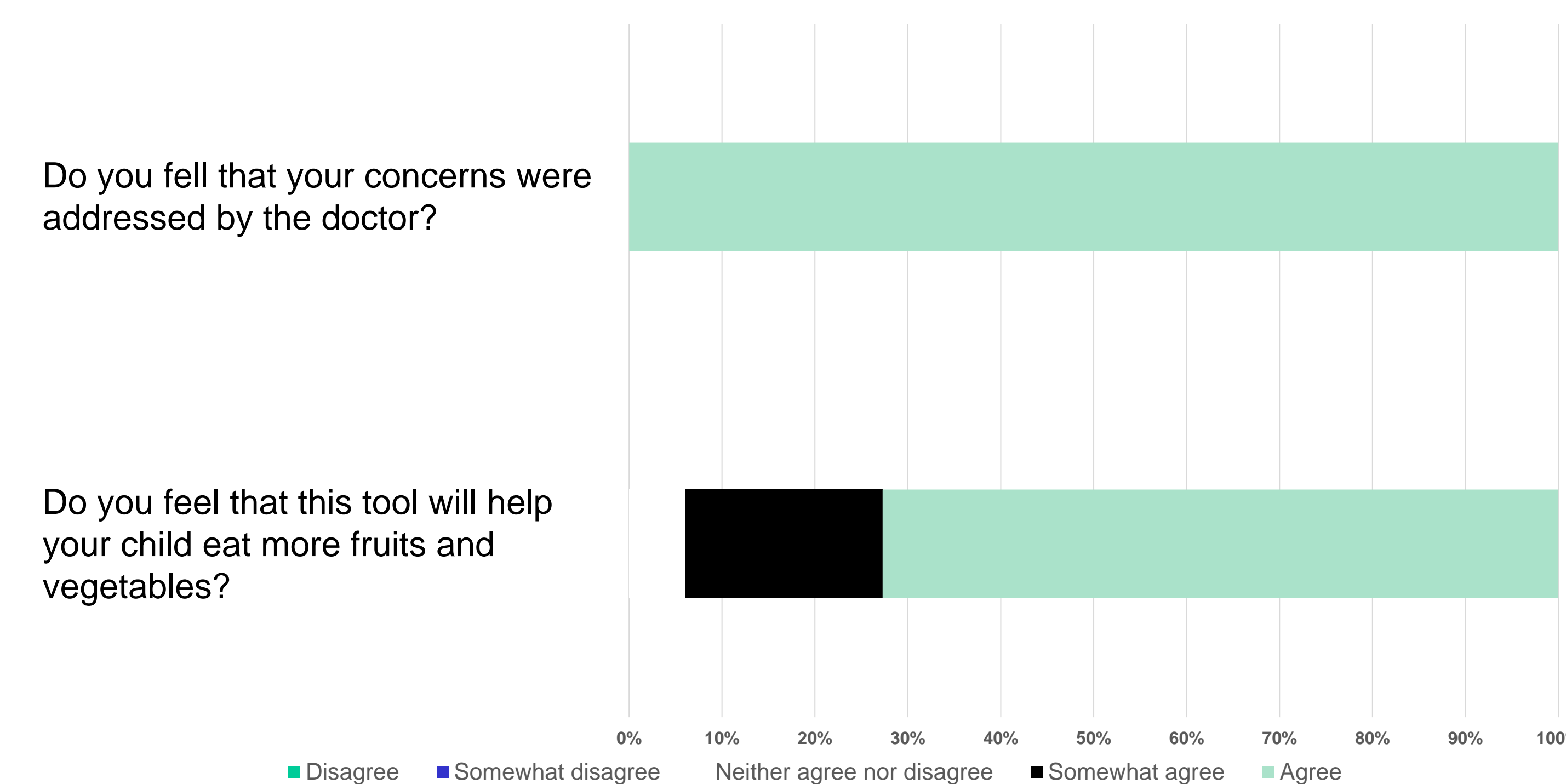


Figure 3: Parent Survey (n=33)



Discussion and Conclusions

- Results of initial survey indicate that resident physicians were not confident in addressing picky eating concerns prior to the introduction of this tool.
- Parents of picky eaters responded very positively to the use of the ChopChop Eatable Alphabet Cards.
- Changes in score post vs pre are represented as median [25th percentile, 75th percentile] due to not meeting normality assumptions and tested using Wilcoxon Signed Rank tests.

Question	Difference within subjects (N = 16)	P-value
I am comfortable discussing picky eating with families.	1 [0, 1.5]	0.0020
I consistently address parental concerns of picky eating when they are brought up in the clinic.	0 [0, 1]	0.5625
I feel uncomfortable counseling patients about cooking, eating, and nutrition.	0 [-1, 1], N=15	0.9385
My patient education efforts will be effective in increasing patients' compliance with nutritional recommendations.	0.5 [-0.5, 1]	0.3071
I feel a tool to help guide conversations in picky eating would be useful	0 [-0.5, 0], N=4	1.0000

- Significant value: I am comfortable discussing picky eating with families:
 - Comfortability in discussing picky eating with families statistically significantly increased within subject's post survey compared to pre survey (P=0.002). Specifically, the median increase was by 1 comfortability point
- Analysis is limited by matching pre and post resident surveys. While the number of residents were similar between pre and post resident surveys, the individual residents who filled out surveys were not the same in the pre and post.

Future Directions

- Increasing the sample size and time duration of the surveys to effectively increase the power of the data obtained to be a more reliable indicator of parents' and physicians' perceptions on picky eating.
- Future studies to determine whether using the picky eating tools leads to measurable improvements in children's eating habits, specifically in terms of reduced pickiness or eating more fruits and vegetables, via follow-up studies with parents or food diaries.
- Future studies to help create an adequate protocol for picky eaters by assessing how and when providers are to follow up with parents who have been given this tool to ensure compliance with the tool at home and allow physicians to address any gaps that may arise.