

Important Evidence-Based Practice Factors to Consider in Pediatric Feeding Disorders

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Evidence-Based Practice (EBP)

Integration of **clinical expertise**, **evidence**, and **client perspectives** in the management of communication and swallowing disorders (American Speech-Language-Hearing Association [ASHA], 2005)


- **Clinical expertise:** scope of practice, professional practice guidelines, consensus statements, clinical reasoning and judgment
- **Evidence:** scientific evidence (external) and clinical data from each individual client (internal)
- **Client perspectives:** patient and family caregiver values, preferences, goals; patient characteristics



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Evidence-Based Practice (EBP)

Effective training and implementation of EBP is critical in speech-language pathology, **especially** in pediatric feeding disorders (PFD)!




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The Speech-Language Pathologist (SLP) and PFDs

SLPs are **essential** care providers on the PFD team

- Assess, treat, educate, and advocate on PFDs (ASHA, n.d.)

Growing need for competent SLPs in PFDs due to increased incidence of premature births and cases of PFDs (Lefton-Greif & Arvedson, 2016)



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EBP

Barriers (Foster et al., 2015; Thome et al., 2020)

<p>Clinicians</p> <ul style="list-style-type: none"> • Lack of time, access, and skills to search and appraise research literature • Misconceptions about EBP 	<p>Research</p> <ul style="list-style-type: none"> • Lack of high-quality evidence and difficulties translating research to clinical practice <p>Institutions</p> <ul style="list-style-type: none"> • Leadership not valuing or supporting EBP
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Facilitators to EBP

Multidisciplinary Collaboration and Care

Multiple disciplines need to collaborate to effectively assess and treat the many factors that contribute to PFDs

- Collaboration from other specialists informs **clinical judgment** and **reasoning** to provide high-quality care!

Multidisciplinary care for pediatric aerodigestive disorders has led to **improved health outcomes** for patients and **reduction in health care costs and procedures** (Collaco et al., 2015)





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Facilitators to EBP

Researcher-Clinician Collaboration

A gap between researchers and clinicians can hinder the use of EBP, design and execution of clinically relevant research, and translation of research results to clinical practice (Lenfant, 2003)

A **productive partnership** between pediatric physical therapy researchers and clinicians in a NICU setting **advanced research productivity, improved clinical outcomes, and incited policy changes** (Brown & Dusing, 2019)



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Facilitators to EBP

Evidence, Evidence, Evidence! (Hasenstab & Jadcherla, 2022)

Evaluation and treatment methods should have **scientific evidence** to support their efficacy and use

- PFD team members need to have the skills to access and appraise the current scientific literature and translate external evidence to clinical settings

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Facilitators to EBP

Evidence, Evidence, Evidence! (Hasenstab & Jadcherla, 2022)

Importantly, assessment and management options are informed by **internal evidence** from clinical chart review, observation and assessments (e.g., pathophysiology, comorbidities, skill- or behavioral-based deficits)

- Caregivers can contribute to this component by providing internal evidence from the **home setting!**

Need to apply **both** scientific and internal evidence for EBP!

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Facilitators to EBP

Caregiver Involvement in Treatment Planning and Delivery

Who is feeding or going to feed the child at home? The **caregivers!**

- Imperative that caregivers are **educated** and **empowered** to feed their children safely

EBP should incorporate **family goals** to guide clinical practice



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Facilitators to EBP

Caregiver Involvement in Treatment Planning and Delivery

Patient-/caregiver-reported outcome measures should be used when possible!








- Capture meaningful “unobservable” information (e.g., quality of life, stress, fear) and ascribe value to health care services (Cohen & Hula, 2020)

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Summary

- EBP is the integration of clinical expertise, evidence, and client perspectives
- Barriers to EBP are prevalent at clinician-, research-, and institutional levels
- Multidisciplinary collaboration helps inform clinical judgment
- Collaboration among researchers and clinicians can facilitate execution of scientifically rigorous and clinically meaningful research
- External and internal evidence are both integral to EBP
- Caregivers' perspectives, values, and goals should be incorporated in treatment planning to apply EBP

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THANK YOU



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