Objectives of Presentation: At the conclusion of this presentation, participants will...

1. Describe the necessity for addressing the occupational performance needs in children with obesity.
2. Identify strengths and limitations based on the evidence of interventions within OT practice to enhance the occupational performance of children with obesity.
3. Apply new knowledge regarding two family-based interventions for children with obesity as demonstrated through active participant reflection and discussion about clinical practice.

PICO: What interventions in the scope of occupational therapy (OT) practice (I) improve occupational performance (O) for children with obesity (P)?

Methods: The three databases used were PubMed, CINAHL, Scopus; chosen to provide scientific or healthcare related journals. The search terms used in all databases include:
- P: [MeSH] pediatric obesity, pediatric obesity, childhood obesity, obese children
- I: [MeSH] occupational therapy, occupational therapy*, therapeutic intervention*, therapy
- O: occupational performance, play, education, social participation, ADLs, sleep rest

Critiqued using Systematic Reviews - PRISMA guidelines (Moher et al., 2009), Levels of Evidence - Oxford Centre for Evidence Based Medicine and Qualitative Levels of Evidence (Ackley, et al., 2008), and Critical Review Forms - Quantitative (Law et al., 1998) & Qualitative (Law et al., 2007).

Articles found for Review:
- Records identified through database searching (n = 2739)
- Final eligible studies included (n = 13)

Results: Themes
- Family-Based Interventions: Strong Evidence- 2 Randomized Control Trials
  - Incorporating parental roles into creating healthy lifestyles
  - Evidence: Utilized family-based intervention to create healthy family routines, increase child’s involvement in positive community experiences, and increase physical activity through family-centered occupations
  - Results: Demonstrated a decrease in body mass index and an increase in control over hunger
- Motivation: Insufficient Evidence- Consistent findings, however with limited quality of studies
  - An interest that may alter a behavior
  - Evidence: Competition was used as a motivating factor to increase knowledge, physical activity, and/or healthy routines; social interaction may motivate children to participate in uncommon occupations
  - Results: Demonstrated the use of motivation to be a useful factor for intervention or outcomes
- Social Emotional: Insufficient Evidence- Consistent findings, however with limited quality of studies
  - A feeling that is impacted through a child’s experiences
  - Evidence: Support and encouragement from adults and peers through social participation impacted the child’s self efficacy throughout activities and in maintaining a healthier lifestyle
  - Results: Demonstrated a connection between an increase in self efficacy and an increase in participation in valued occupations

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References


