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## Advocating for Occupational Therapy in the Pediatric Primary Care Setting

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# ADVOCATING FOR OT IN PEDIATRIC PRIMARY CARE

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## BACKGROUND

- Average pediatrician sees 78 patients/ week, spends 9-16 min. with each (Peckham, 2018)
- Pediatrician responsibilities include diagnosing conditions, educating patients and caregivers, conducting developmental screeners, and managing referrals. (Committee on Pediatric Workforce, 2015).
- Medical model shift toward prevention and chronic condition management means more reliance on interdisciplinary teams (AOTA, 2020; Roberts et al., 2020)
- OT reduces hospitalization, re-admission, supports quality improvement goals, decreases healthcare spending, increases patient satisfaction (Halle et al., 2018; Roberts et al., 2020; Rogers et al., 2016).
- OTs address barriers to care, function in childhood occupations, and implement health behaviors into daily familial routines to improve health outcomes and achieve developmental milestones in natural contexts (AOTA, 2020; Frolek Clark & Kingsley, 2020).

## PURPOSE

- Conduct a mixed-methods research study to examine the experiences of primary caregivers of children in the pediatric primary care setting.
- Evaluate the needs of a pediatric primary care provider and caregivers of children
- Develop programming to address routines of challenge and support the implementation of health behaviors into family routines.

Please scan for references →



## METHODS/ PROCESS

### Descriptive Study

### Program Development

**Goal:** Explore the experiences of primary caregivers of children interacting with pediatric primary care providers (PPCP).

**Inclusion Criteria:** Primary caregiver of at least 1 child between birth and 18 years who sees a PPCP for at least an annual well-child check.

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|---------------------|---|---|
| <b>Recruitment:</b> | <ul style="list-style-type: none"> <li>• Nationwide</li> <li>• Social media posts (i.e., Facebook and Instagram)</li> <li>• Participants: n=55</li> </ul> | <ul style="list-style-type: none"> <li>• Fee-for-service primary care clinic in San Diego, CA called the South Park Doctor</li> <li>• Emailed survey to caregivers</li> <li>• Participants: n=23</li> </ul> |
|---------------------|---|---|

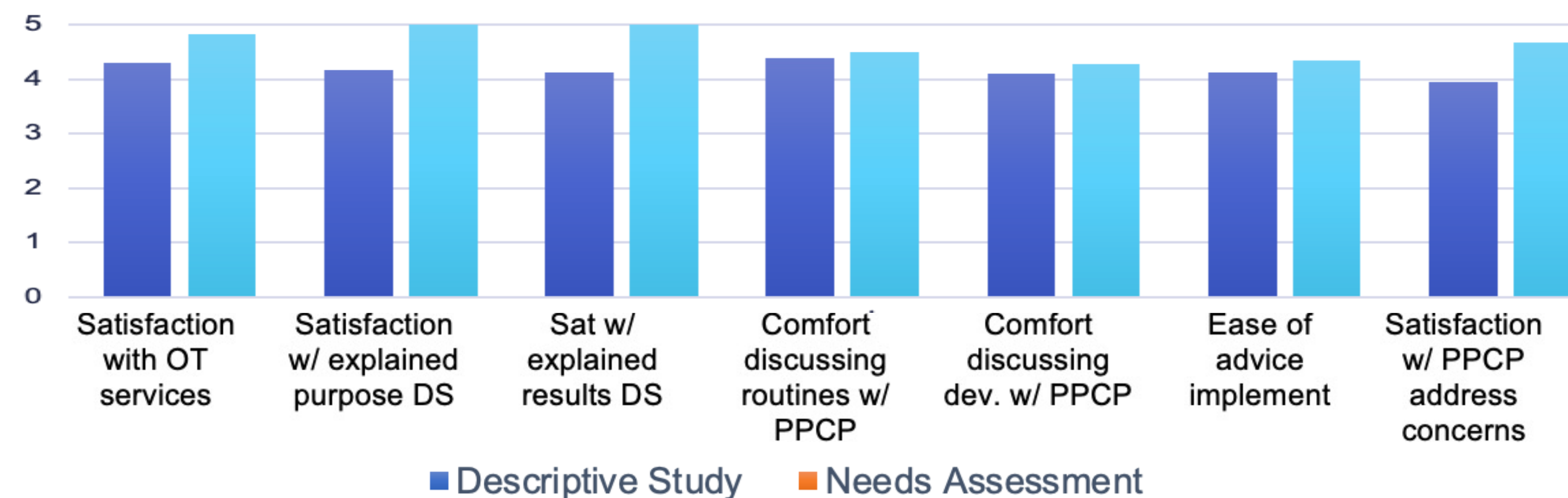
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| <b>Survey structure:</b> | <ul style="list-style-type: none"> <li>• Obtained IRB approval</li> <li>• 42 questions</li> <li>• Demographic data</li> <li>• Qualitative and quantitative</li> </ul> | <ul style="list-style-type: none"> <li>• Needs assessment</li> <li>• 44 questions</li> <li>• Demographic data</li> <li>• Qualitative and quantitative</li> </ul> |
|--------------------------|---|--|

- |                                     |   |
|-------------------------------------|---|
| <b>Other information collected:</b> | <ul style="list-style-type: none"> <li>• Observation</li> <li>• Time spent with patients</li> </ul> |
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## RESULTS/ OUTCOMES

### Qualitative Data:

Comparing Likert Scale Responses



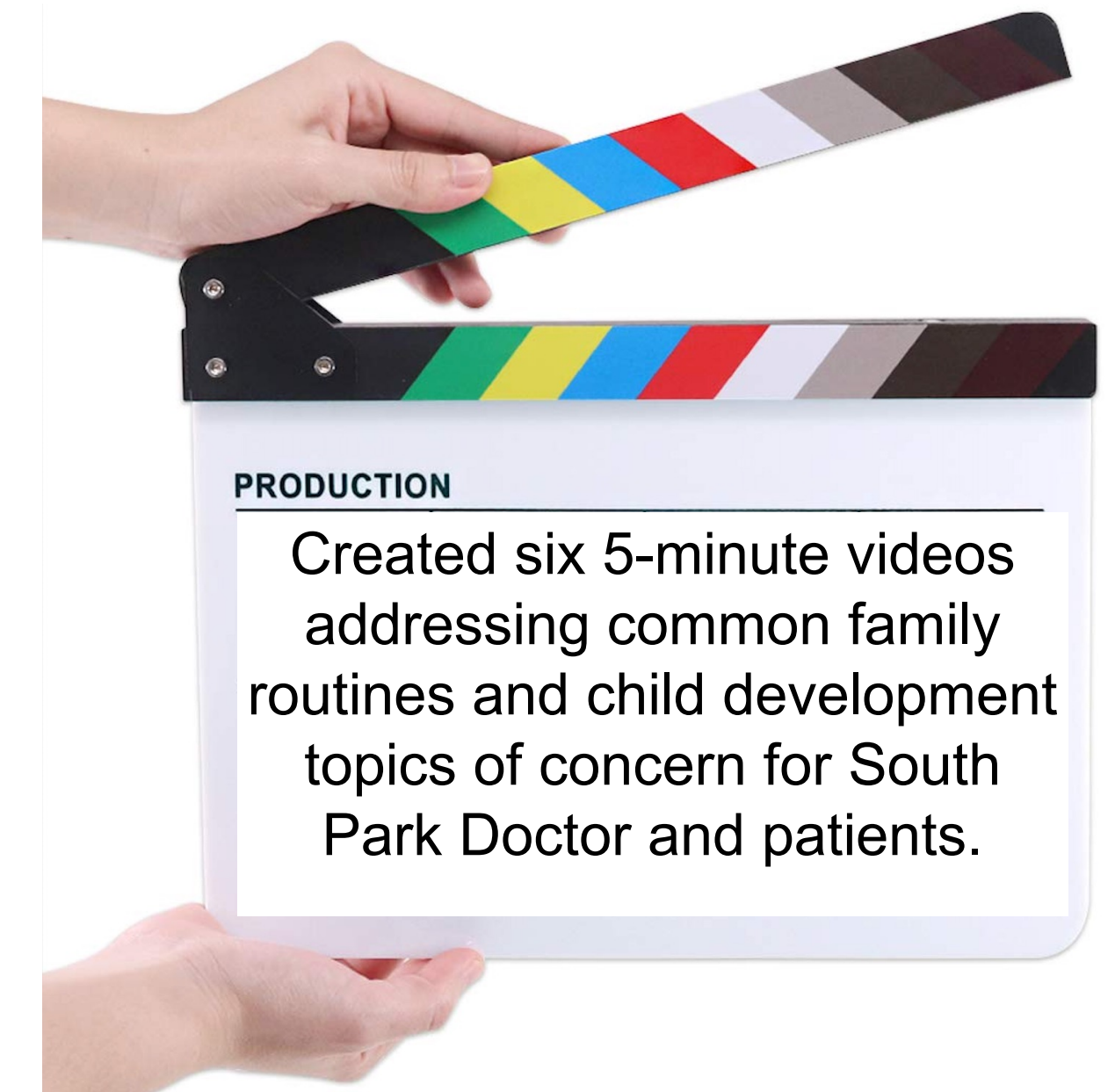
### Thematic Analysis:

#### Descriptive Study

#### Needs Assessment

- |               |  |   |
|---------------|--|---|
| <b>Themes</b> | <ul style="list-style-type: none"> <li>• Routines and development</li> <li>• Developmental screening experiences</li> <li>• The caregiver/ provider relationship</li> <li>• Healthcare systems navigation</li> <li>• Parental self-efficacy</li> </ul> | <ul style="list-style-type: none"> <li>• Implementation of recommendations</li> <li>• Reasons for choosing South Park Doctor</li> <li>• Family values</li> <li>• Communication</li> </ul> |
|---------------|--|---|

## DELIVERABLES



## CONCLUSIONS

### RESEARCH STUDY

- Variety of caregiver satisfaction/ perceptions of pediatric primary care provider.

### PROGRAM DEVELOPMENT

- Opportunities to provide consultative OT services in the pediatric primary care setting.
- Time, communication, & meaningful solutions
- Simple strategies lead to effective solutions.

### LOOKING AT THE DATA TOGETHER

- Importance of routines and communication to support adoption of health behaviors.

## NEXT STEPS AND IMPACT

- Continue advocating for OT in pediatric primary care.
- Continue partnership with South Park Doctor.
- Need for further OT and pediatric primary care literature to increase foundation of evidence-based practice.
- Disseminate capstone results to interested others, like Pediatrician-focused podcasts.