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A Proposal for a Therapeutic Intervention for ARFID

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Introduction: There are no known evidence-based treatment recommendations for avoidant/restrictive food intake disorder (ARFID), a new diagnosis accounting for approximately 5-15 % of the population (Norris, Spettigue & Katzman, 2016), although experts have suggested that cognitive strategies, nutritional involvement and medical monitoring are promising avenues for successful intervention (Norris, Spettigue & Katzman, 2016). This presentation introduces a new, evidenced-based treatment approach for patients ages 1- 5 years, diagnosed with ARFID.

The use of behavioural cognitive approaches has been effective in the treatment of pain with adults. With an underlying belief that food refusal in children is associated with pain, the use of a behavioural cognitive approach is proposed to treat paediatric ARFID. In this 12 minute oral presentation, the use of Social Stories will be presented along with the guidelines for writing short stories, according to Carol Grey.

By the end of this session, participants will be able to demonstrate the following:

Educational Learning Objectives:

1.   Practitioners will be able to define ARFID and identify problems associated with this diagnosis.

2.   Practitioners will identify promising intervention strategies for working with children diagnosed with ARFID.

3.   Practitioners will recognize the need for more research related to occupational therapy intervention, ARFID and the relationship between pain and ARFID.