



Presentation of the Early Childhood Eating and Sleeping Disorders Clinic by the analysis of the first 100 cases

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Introduction

The Early Childhood Eating and Sleeping Disorders Clinic started operating in January 2017 in the Heim Pal National Paediatric Institute. 108 infants and families participated in the first five months of the study.

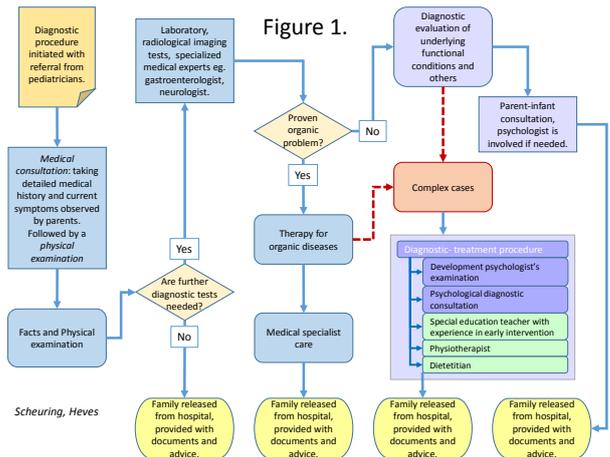
Aims of the study

To present the assessment and management process of the Clinic by the analysis of the data collected in this period.

Materials and method

The diagnostic assessment is focused on the examination of the medical background first: a detailed paediatric examination is followed by further investigations if necessary. Furthermore, we also look for functional and other causes. 3.3% of the infants required treatment with medication administration while other medical advice were needed in 19.78% of all cases.

The assessment process and the documentation is determined by a pre-established concept developed by team members and presented in a flowchart (Figure 1).



Results

Of the 108 infants attending the Clinic, 82 patients (75.92%) showed only feeding problems. 9 (8.33%) had both eating and sleeping difficulties. Standalone sleeping problems were seen in 14 cases (12.96%). Mean age was 20.7 months (Figure 2). (Figure 3)

Based on the children's symptoms, the following examinations were performed: Psychological diagnostic consultation in 23.1%, Developmental Neurology in 5.6%, Developmental Psychology in 11.1%, Special education teacher with experience in early intervention in 21.3%, Dietitian in 22.2% and Physiotherapy in 1.85% of the cases (Figure 4).

Figure 2: Children's age showing eating disorders (month)

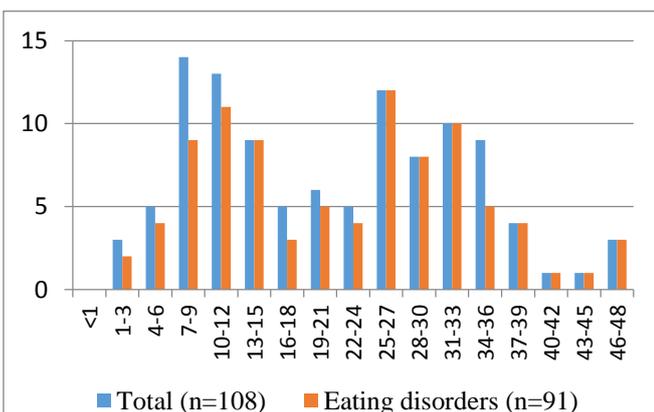


Figure 3: The first 5 months (108 infants)

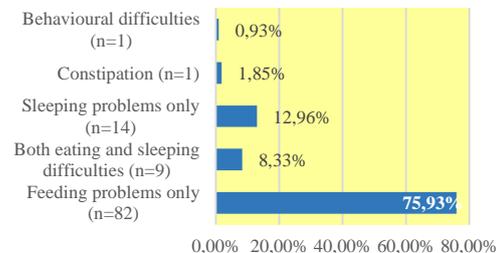
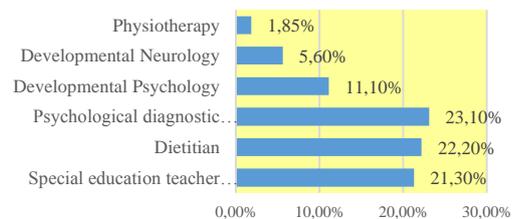


Figure 4: Data processing of multidisciplinary care (108 cases/91 eating disorders)



Conclusions

The assessment and management of early childhood eating disorders requires a multidisciplinary approach. This has been integrated into the medical care of the newly set up outpatient clinic.