

- Description**
- Diagnosed: wt consistently <3%, wt <80% ideal, progressive fall-off in wt to <3% expected, or decrease from expected normal curve
 - FTT is a serious often complex growth problem- nutrition is poor, causing poor weight gain

Assess Readiness for Change: with open ended questions

- “What questions or concerns do you have about Sam today?”
- “How do you feel about Sam’s growth?”

Discussion, Counseling and Education

| If the answer is: | Try Counseling Strategies | Try Education |
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| <p>Not ready →</p> <p>“The Dr wants me to have him evaluated, but he is fine, he is a boy and boys develop slower.”</p> <p>Raise awareness & personalize change</p> | <ul style="list-style-type: none"> • “Tell me more about your concerns in having Sam evaluated?” • “Does Sam have any other medical issues or problems swallowing?” • “Do you feel like your family has enough food?” • “What else did the Dr discuss with you? Any other recommendations?” | <ul style="list-style-type: none"> • Share child’s plotted growth chart. • “Poor growth in children can happen when a child is not eating enough. But there may be other reasons like a medical problem. Can we help you find a referral agency that you would be comfortable with?” • “May I share some ideas that might help Sam?” |

Record Plan or Goal Participant accepted referral, but does not want to take child. Will re-assess readiness for change at next appointment.

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| <p>Unsure →</p> <p>“The Dr said he should be growing faster but he is growing like my first son did.”</p> <p>Raise awareness & confidence & identify barriers to change</p> | <ul style="list-style-type: none"> • “Tell me about your other son?” • “It sounds like you are worried about Sam’s weight. What worries you the most?” • “On a scale of 1-10, how well you do you think Sam eats?” • “What things have you tried to help Sam eat more? What have you tried that didn’t work?” | <ul style="list-style-type: none"> • Suggestions for high calorie foods: <ul style="list-style-type: none"> ○ Set meal & snack times ○ Limit juice before meals so hungry at meals ○ Higher calorie foods: PB, shakes/CIB, dry milk added, fruit in heavy syrup, etc. ○ Avoid force feeding |
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Record Plan or Goal Parent to try adding dry milk to liquids. One month issuance. Will check weigh and re-asses next appointment.

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| <p>Ready →</p> <p>“I’ve taken him to the Dr several times. They want me to feed him more.”</p> <p>Help plan change-support</p> | <ul style="list-style-type: none"> • “I can see you are worried since you have taken him to the Dr several times. What is the hardest part about feeding Sam?” • “What do you think you want to do for Sam?” • “What other concerns do you have for Sam today?” | <ul style="list-style-type: none"> • “It can be stressful not knowing if your child is getting all that he needs. If you would like, we can talk about some ideas to help Sam get in more calories.” |
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Record Plan or Goal Mom plans to talk to the Dr about Pediasure. Will use CIB for now. Re-asses ENPR status by next appointment.

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| Education Resources | <p>http://www.aafp.org/afp/20030901/879.html Reference- <i>FTT by AAFP</i></p> <p>http://www.keepkidshealthy.com/welcome/conditions/failure_to_thrive.html Reference- <i>FTT by Keep Kids Healthy</i></p> |
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