

Compassionate Approach

20th June 2024 SSCP Forum Week

SPLASH

Somerset Preschool Lifestyle Activity Skills for Self – Help Isobel Feakins

Somerset

NHS Foundation Trust



What is SPLASH?

We are a service in Somerset for preschool aged children (0-4) who are living with obesity.

Our team is made up of a dietician, a clinical psychologist and an assistant clinical psychologist and consultant paediatricians.

We work with the family to help them learn new skills, build confidence and understand more about food and well-being.

Weight loss is **NOT** an outcome of our service.

We develop a personalised plan depending on the child and family's individual needs and goals.

Ethos

Family focused

Supportive and non-blaming

Strengths based

Centered on relationships

Connecting

Compassionate Trauma-informed approach

Our Kids Hear How We Talk About Food & Bodies











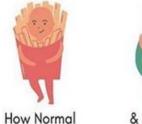
The Same

Foods Our

Kids Eat



















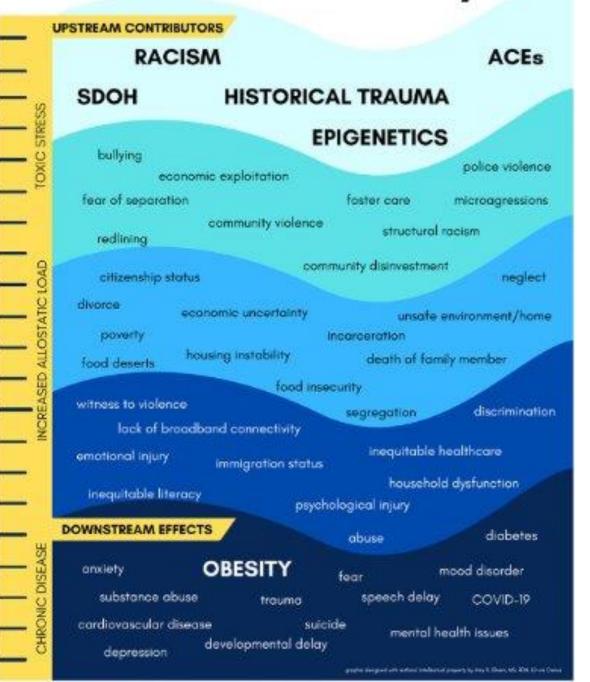


Scary

Trauma-informed Care (TIC) in Paediatric Weight Management

- Association between stress in early life, chronic stress and obesity in adulthood is well established (Eating, 2017).
- Growing evidence for the relationship between ACEs and the risk of childhood obesity, with an increase in number of ACEs associated with a higher risk (Schroeder et al., 2021; Kyler et al., 2021).
- TIC is especially pertinent to children and adolescents with obesity due to their high risk for weight-based bias, victimisation, and social isolation (Cuda et al., 2022).
- The TIC framework creates a safe, nurturing space to have open conversations with families to promote resilience and reduce stigma related to obesity without re-traumatisation (Scott and Rhee, 2023)

Contributors to Obesity





TIC in SPLASH – Home Visits

- Unthreatening, de-medicalising conversations around obesity and symptoms trauma (realise, safety, voice, resist) build trusting relationships (trustworthiness).
- Take time to actively listen to personal experiences (safety).
- Provide time for patients to tell their story and encourage them to share their experiences as experts in experience (trustworthiness, collaboration).
- Ask permission to talk about weight (recognise).
- Understand what has been helpful/unhelpful about previous encounters around their child's weight (resist).

TIC in SPLASH

- Develop a mutual plan of goals important to the family (collaboration).
- Prioritise regular (monthly) appointments, continued opportunities for conversations, sense of being held and really getting to know families (safety, mutuality, resist).
- Provide as much choice as we can in appointment modality (choice).
- Understand the role of food in life and in histories (recognise).
- Offer an MDT for co-ordinated care (resist).
- Use resource mapping that is appropriate and accessible (resist).
- Share key learnings and compassionate approach, to support weight-based conversations (resist).



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