

# Project Echo

## DSMIG-USA Annual Symposium 2026

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# Disclosures

- None

# Case Presentation

ND is a 32 yo female with DS, Congenital heart disease (VSD and double chambered right ventricle) who presents after 1 month after dental procedure with weight loss and refusal to eat.

The day of visit she has eaten (4oz), ½ bottle of yogurt drink, and 2.5 fruit punch pouches. Right after her procedure, she was eating beans, rice, potatoes, eggs, yogurt and jelly.

Parents have been able to get her to have 1-2 icee pops a day and sometimes some jello with whipped cream. Minimal H2O intake.

**Dental history:** Exam under anesthesia s/p extraction of 17 teeth molars left in place.

**ROS:** + weight loss, cough at night, diarrhea 2 days ago; increased stomach gurgling

# Case Presentation

## **Social History:**

Currently lives at home with mom & dad; sister lives close and sees often and attends some group programming at ADSC

Previously, she lived at a residential facility from 2016-2020, she came home because of the pandemic.

Family noticed that she was different when she returned

Prior to 2020: she was verbally communicative, participated in theatre and attended medical appointments independently. She used to bake, make her own meals, and do laundry/clean.

## **Objective:**

Vitals: 12lb weight loss in 1 month, otherwise normal

Physical Exam: Normal

# Questions

1. What differential diagnoses should be considered?
2. What testing should be considered?

# Case Presentation:

## Labs:

- CMP: within normal limits (wnl)
- CBC: wnl
- TSH: normal
- Urinalysis- negative
- Celiac disease: negative

# Questions

1. What treatment options should be considered?
2. What family education would you include?

# Treatment

- Escitalopram 5mg daily
- Omeprazole 20mg daily

# 2 week follow up visit

## **Subjective:**

ND is eating daily: 1 jello cup with whipped cream, 2 applesauce small containers, 2 fruit cups

Family have been able to mix medications into food.

## **Objective:**

Vitals: 108lb (2lb weight loss), otherwise normal

Physical Exam: normal

# Questions

1. Are there any additional diagnoses that need to be considered?
2. What additional treatment options should be considered?
3. What additional family education would you include?

# Treatment

- OT referral
- Dietician referral
- Start Ensure complete 1-2x daily

# Dietician recommendations

- Recommend Boost VHC tid (1500 kcal, 66 gm pro) to meet nutrient needs
- Add food to broth to increase variety.
- Trial different flavors, ingredients in applesauce to increase variety.
- Trial cream soups with soup to increase variety/texture

# Occupational therapy

- Evaluated 7 weeks post teeth extraction.
- Weighed 105 pounds.
- Was only eating applesauce and not drinking fluids
- History of sensory processing issues- specifically tactile and auditory
- Increase in self-talk and picking at eyebrows
- Worked on increasing tolerance to a variety of foods
- Wouldn't use utensils and only used finger for foods other than applesauce.
- Limited intake
- Provided parent education
  - Limit milkshake, provide broths and pureed foods, do not sit and watch her eat

# Occupational therapy

- At most recent session, ate pureed spaghetti o's from home, cheesecake without the crust
  - Ate the entire session!
- Weight is 124 (10 months after 1<sup>st</sup> OT session)
- What was different?
  - Parents reported they didn't give her the protein milkshake before the session.
- When she returns to therapy, if her diet hasn't advanced, how should we proceed?

# Key takeaways

Multifactorial causes can result in a change in behavior, and it is important to consider multiple differential diagnoses

An interdisciplinary team approach is key for successful treatment

Patient lead approach is necessary to help the patient feel they have autonomy and are safe





# Thank you!