

Avoidant/ Restrictive Food Intake Disorder**What is Avoidant/ Restrictive Food Intake Disorder (ARFID)?**

ARFID is an eating or feeding disorder. Children may have one or more of the following:

- Serious weight loss or no weight gain
- Lack of balanced nutrition
- Nutritional supplements are needed (by mouth or tube feed)
- Eating habits are affecting everyday life

What does ARFID look like?

- There are three types of ARFID:
 1. **Selective eating:** Children who are more sensitive to taste and texture of food. They may not eat some food groups, may not try new foods, or may not eat foods if they are mushy or crunchy. These children eat a very limited diet.
 2. **Lack of interest in eating:** Children who have little interest in eating. They don't feel hungry, or they get full fast. They might complain of stomach aches, nausea, cramping, or other GI symptoms. These children eat very little amounts of food.
 3. **Fear of eating:** Children who are scared to eat. They might fear choking, getting sick, or vomiting. They might take very little bites, check dates to make sure food did not go bad, or not want to eat at a restaurant. These children eat very little amounts or a limited diet.
- A child may have behaviors that fit one or more of these types of ARFID.

What treatment will my child receive during this hospital admission?

- Treatment will depend on your child's level of malnutrition. Malnutrition is the lack of nutrients needed to maintain a healthy body.
 - **Moderate to Severe Malnourishment:** The primary goal will be to gain weight. To help your child gain weight we will use calorie goals, a set menu, and monitored meals and snacks. Other parts of the treatment plan include bedrest and limited activity.
 - **No or Mild Malnutrition:** The primary goal will be to increase food intake by mouth. This will be a stepwise exposure to food.
- All children will have meals. Meals will have time limits and goals for finishing the meals.
- Parents will help with meals and snacks.
- Supplements (by mouth or by tube feed) may be used to meet calorie goals.

***Your team will consider other eating disorders.**

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Your Care Team may include:

- Pediatrician/ Pediatric Fellow or Resident
- Front Line Ordering Clinician
- Nurses and Skilled Nursing Assistants
- Nutritionist or Dietician
- Child Life Specialist
- Psychologist or Psychiatrist
- Behavior Analyst (as needed)
- Safety observer and meal observer (as needed)
- Speech Therapist Evaluation (as needed)
- Other specialty medical providers as determined by medical team

Treatment recommendations for follow up after hospitalization may include:

- Family-based Treatment for eating
- An outpatient feeding program
- Primary Care appointments for weight checks
- Outpatient Nutritionist
- Adolescent Medicine for weight checks and medical monitoring
- Outpatient psychotherapy or psychiatry support
- A Partial Hospital Program or Intensive Outpatient eating disorders or feeding program
- A higher level of care
 - Inpatient eating disorders or feeding program
 - Residential eating disorders or feeding program

Please reach out to your ARFID care team if you have any questions or concerns.