

# Nutrition Outpatient Clinic

## at Kennedy Krieger Institute

### Who We Are

The Nutrition Outpatient Clinic at Kennedy Krieger Institute takes an interdisciplinary approach to providing safe and effective methods for meeting the caloric, nutrient and fluid needs for our patients. Optimal nutrition promotes good health, which allows children to successfully participate in therapeutic, school and community settings. Using a nutritional assessment, followed by the development of individualized nutrition care plans, our team offers nutrition education for the caretakers and community care providers so that each child's needs are appropriately met.

### Who We Serve

The unique nutritional needs and challenges of children are typically very different from those of adults. This is particularly true for children with special needs. The Nutrition Outpatient Clinic provides assessment and treatment for children and adolescents with a range of disorders and diagnoses, including:

- Failure to thrive
- Tube feedings
- Brain injury
- Cerebral palsy
- Down syndrome
- Dysphagia
- Feeding problems
- Underlying gastrointestinal disorders
- Oral-motor skill deficits
- Behavioral concerns that interfere with safe and efficient mealtimes
- Genetic and metabolic disorders
- Spina Bifida
- Neurological disorders
- Osteogenesis Imperfecta



- Prader Willi
- Rett syndrome
- Ketogenic Diet
- Injuries and wounds

### Our Team

Our team is composed of registered and licensed dietitians and nutritionists, who also hold specialty certifications in nutrition support and pediatric nutrition. We also work with other clinics and programs within the Kennedy Krieger to provide appropriate therapeutic treatment, such as occupational, speech, or physical therapy for those children who require those services.

### Our Approach

The Nutrition Outpatient Clinic approach includes:

- *Evaluation*—The team evaluates many areas when assessing growth, such as dietary intake, medical diagnoses, physical abilities, and psychosocial factors.

Every child is born with great potential.  
Shouldn't every child have the chance to achieve it?



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- *Establishing goals and creating tailored treatment plans*— Each child will have his or her own individual growth goals, which are best evaluated over time. Nutritionists will specify food intake to meet each individual's identified needs, including modifying nutrient composition and texture consistency of diets, translating prescribed orders into meal plans, pinpointing food and/or supplement choices, and preparation techniques.
- *Transition to the home and community*— Nutrition fosters behavioral changes through education and counseling across the inpatient, day treatment and outpatient settings. Our teaching respects the cultural practices of the family, which happens best with dedicated family participation.
- *Follow-up*— Follow-up is individualized based on the child's needs. Nutrition counseling is a collaborative and supportive process intended to build or reinforce basic nutrition-related knowledge and to promote health.

## **Developing New Treatment Models**

One area of special interest is determining the energy needs and growth of children with cerebral palsy. Our work has incorporated clinical experience with research to develop and disseminate tools for the practitioner. Two such tools are growth chart references for children with spastic quadriplegia from birth to 10 years, and the development of a formula to calculate energy needs for children with cerebral palsy.

### **Contact Information**

For more information or to schedule an appointment, please call 443-923-9400, or toll-free at 888-554-2080.

TTY (for the speech and hearing impaired):  
443-923-2645

### **Professional Referrals**

Healthcare professionals wishing to refer a patient should call our Physician Referral Line at 443-923-9403.

### **Nutrition Outpatient Clinic**

707 North Broadway  
Baltimore, Maryland 21205  
[www.kennedykrieger.org](http://www.kennedykrieger.org)