

## ***Medical and Physiological Aspects of Eating Disorders and Obesity***

**Instructors:** Jacqueline Abbott , DrPH, RD, LD, CEDS  
Hilary Kinavey Ms, LPC  
[jacquelineabbott@msn.com](mailto:jacquelineabbott@msn.com)  
[hilary@benourished.org](mailto:hilary@benourished.org)

### **Course Description**

This course will present an in depth analysis of the epidemiology, etiology and physiology and nutritional aspects of anorexia nervosa, bulimia nervosa and binge eating disorder. The medical, nutritional and socio-cultural aspects of the treatment of obesity will also be discussed. Information reviewed will be research based, emphasize practical application and be presented within a multidisciplinary context of treatment.

### **Objectives**

At the end of the course, students will be able to:

1. List 3 factors that contribute to the pathophysiology of each eating disorder.
2. List 3 criteria for each: hospitalization, inpatient and outpatient treatment.
3. List 3 benefits of medical nutrition therapy.
4. Describe 4 medication options for treatment of eating disorders.
5. List 5 significant physiological findings observed in anorexia nervosa and bulimia nervosa.
6. Describe 4 hazards of dieting behaviors.
7. Describe 3 components of appropriate medical and nutritional stabilization.
8. List 5 reported risk factors associated with obesity.
9. List 5 reported risk factors associated with a high fat, processed food diet and lack of physical activity.
10. List 4 treatments for obesity and their efficacy.

# **AGENDA**

**February 5**

**Recap of Eating Disorders Classification**

**Special Film**

**Overview of Class Requirements and Portfolio**

**Medical Aspects of Eating Disorders**

**Nutritional Management**

**February 6**

**Medication Management**

**Neuropsychological Assessment**

**Rain Rock Treatment Center Onsite**

**March 5**

**High Body Weight and HAES**

**Bariatric Treatment**

**Client Panel**

**March 6**

**Compassionate Approach to Weight Concerns of Child and Adolescent**

**Family Participation**

**Book Review**

**Open Book Exam**

**Group Projects**

## **Requirements for Credit**

**We will discuss the requirements in detail on February 5.**

### **Attendance and Participation 15%**

**Attendance is required for all sessions and activities since this is a 2 weekend course. If you are unable to attend, please let us know 2 weeks before class meets so that arrangements can be made to make up time lost. Active participation and discussion is expected and appreciated.**

### **Rain Rock Treatment Center Reflection Paper 15%**

**Please write a summary of the onsite. What did you appreciate about the center? What did you not appreciate? How do you perceive a client and/or family might feel about their experience at Rain Rock? When might you refer a patient? Paper is Due March 5**

### **Book/Literature Review 15%**

**Please select a book or research article to review. Write a 2 page review of strengths and weaknesses. You will share with group on March 6. Written report is due March 6. NOTE: You can waive this assignment if you volunteer for the creden eating disorder conference on Feb 26**

### **Eating Disorder Awareness Week Activity 40%**

**You will participate in EDAW. You may work in a group. Please go on the National Eating Disorder Association website and chose an activity. You will present your project and experience in class on March 6 as part of your course Portfolio.**

### **Open Book Exam 15%**

**March 6**

**Continuing education students are expected to participate in all assignments as we believe the activities chosen are an integral part of the course goals and objectives and your career as a clinician.**

## **Class Assignments/Portfolio**

We would like you to create a professional portfolio that includes some of the class assignments that you have already completed as well as future projects. We have carefully chosen assignments that we believe will be helpful in your work with clients who struggle with eating disorders and related food and body issues. We did not want to belabor you with papers, pop quizzes and exams. You will share your portfolio on the last weekend of the course series (April 4,5).

### **Portfolio Assignments/Contents**

#### Case Studies:

Throughout the four courses, we will discuss clients from films, client panels and a client with whom you work whom you feel you would like to discuss . ALL DISCUSSIONS REGARDING CLIENTS WILL BE HELD IN STRICT CONFIDENCE just as in a treatment team meeting. Please keep your notes about case studies. We would like you to include the cases in your portfolio to help you with future clients.

You will be part of a group and present a case study as mock treatment team in the course that will meet in April. We will discuss this further at the beginning of that course

#### Book and Professional Journal Club/Reports:

Please provide a section in your portfolio in which to keep notes about the articles and books reviewed in each class that you feel you would use in your practice.

#### Onsite Visits and Clinics:

Please provide a section to keep any literature, brochures, etc from clinics within our community.

#### Eating Disorder Awareness Week(sponsored by NEDA, last week of February):

For your main project in Course 3 (Medical Aspects of Eating Disorders) or Course 4 (Nutritional Aspects), you will work during EDAW. You may work in a group or alone. We will discuss this project in detail when we meet in January. Please visit the NEDA website and read the section about EDAW.

Special Project (April):

For the final class, you will work in a group and design a product that you will use in your practice. Options include: a website, brochure, educational hand out or an outline of a group treatment that you would like to offer at a site where you do your internship. You will provide each class member with a copy of this creation. Please provide a section in your portfolio for these products. There will be time provided in class to work on this project .

We will have an open book exam in all courses. The rest of your grades will be based upon the items in your portfolio. Our goal for the portfolio concept is to include assignments and experiences that are be useful to you. We want you to be creative and participate in meaningful and enjoyable projects.

Thank you.