

CPSY 572

Introduction to Eating Disorders Reading Packet

Jacqueline Abbott DrPH, RD, LD, CEDS

Lewis and Clark College

Fall 2009

Physical consequences of bulimia nervosa

Medical problems are directly related to the method and frequency of purging. Because most bulimics are within a normal weight range, they look healthy, but may have health concerns that need to be addressed (Mehler, 1996).

Oral:

- Cheliosis (cracking on side of lips due to stomach acid)
- Dental Caries
- Pharyngeal soreness
- Sialadenosis

Pulmonary:

- Aspiration pneumonia

Mediastinal:

- Arrhythmias
- Diet pill toxicity (hypertension, intracerebral hemorrhage, palpitations)
- Hypotension
- Syrup of Ipecac toxicity (cardiomyopathy, heart failure, ventricular arrhythmias)
- Mitral valve prolapse

Gastroesophageal:

- Barrett's esophagus
- Dyspepsia
- Dysphagia

- Esophageal rupture
- Esophageal ulcer
- Esophagitis
- Hematemesis
- Mallory-Weiss tears
- Sore throat

Gastrointestinal:

- Cathartic colon
- Constipation
- Diarrhea
- Hematochezia
- Pancreatitis

Endocrine:

- Diabetic complications
- Hypoglycemia
- Irregular menses
- Mineralocorticoid excess

Reproductive:

- Low birth-weight infant
- Spontaneous abortion

Neuromuscular:

- Diet pill toxicity (seizures)
- Syrup of ipecac toxicity (neuromyopathy)

Fluid, electrolyte, and acid-base:

- Dehydration
- Hyperamylasemia
- Hypochloremia
- Hypokalemia
- Hypomagnesemia
- Hyponatremia
- Idiopathic edema
- Metabolic acidosis
- Metabolic alkalosis
- Pseudo-Bartter's syndrom

In addition to the above symptoms, others include:

- Malnutrition
- Muscle weakness
- Depression
- Anxiety

CPSY 572

Introduction to Eating Disorders

Instructor: Jacqueline Abbott, DrPH, RD, LD, CEDS

Course Description

This course will introduce you to the history, etiology, prevalence, early recognition, treatment and prevention of anorexia nervosa, bulimia nervosa, binge eating disorder, and disordered eating behaviors. The theories and biases regarding obesity in our culture will be discussed. Information will be presented from a multidimensional approach wherein we will examine biological, medical, nutritional, psychosocial, and cultural factors. You will participate in experimental strategies and review of case studies that will provide you with skills and strategies to use in your own practice.

Learning objectives

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

1. Describe 3 criteria for each eating disorder as described in the DSMIV-TR.
2. List 4 of each: predisposing, precipitating and participating factors.
3. List 4 physical signs and symptoms for each eating disorder.
4. Describe 4 ways that the media may contribute to body image.
5. Describe the "Spectrum of Disordered Eating".
6. Describe and administer 3 assessment and evaluation instruments.
7. Practice 3 CBT skills helpful in individual group therapy.

8. Present a case study.
9. List 3 treatment resources for the insured and uninsured client.
10. Describe 3 ways in which we might help prevent eating disorders.

Requirements for Credit

Attendance and Active Participation

You are required to attend each class session. Please discuss planned absences two weeks prior to the class. Class time lost due to absences will need to be made up in order to receive credit for the course.

Assignments and Projects

The assignments have been chosen to help provide you with an opportunity to create materials that will be useful in your own practice. Please choose projects that will be most useful to you.

1. Website reports: October 3

Choose 4 websites related to topics presented, especially early intervention and treatment. Type a 1.5-2 page DS response to what you learned from pursuing each site, as well as your reactions to the material (e.g. did you think the site effectively got the message across? Did the material offend you?) Especially pay attention to what kind of activisms the organization is involved with—and what activism steps they might suggest to viewers.

2. Diet book discussion: October 4

We will spend one class discussing weight-management and dieting behaviors. There are many popular books designed to help individuals achieve their weight-loss and weight-management goals. Choose a book to review.

Please bring your book and a brief 2 page summary to share in class .
Please include your critique of the book's strong and weak elements.

3. Open book exam: October 3

An open book exam will be done in class, as a group on October 3.

Grading

Grades will be computed as follows:

Attendance and participation	30%
Website review	25%
Diet Book Review	25%
Open Book Exam	20%

A: 90-100%

B: 80-89%

C: 70-79%

Schedule

Saturday, September 19

Overview of Eating Disorders

Lunch

Sociocultural Determinants

Sunday, September 20

Medical and Nutritional Aspects

Medical and Psychological Assessment and Evaluation

Lunch

Neurobiology of Eating Disorders: Guest: Katelyn Dufour, Institute of Neuroscience, University of Oregon

Cognitive Behavioral Therapy

Saturday, October 3

Open book exam

Family Based Treatment

Early Intervention and Prevention

Case study

Lunch

“How I Practice”: Guest: Michelle Watson, PhD, LPC

Sunday, October 4

Be Nourished Workshop

- A non-diet approach to food, weight and health

- Skill training in conscious eating, body acceptance and hunger awareness

Guests: Hilary Kinavy MS, LPC

Dana Sturtevant, MS, RD