

Medical and Physiological Aspects of Eating Disorders and Obesity

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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.

Requirements for Credit

Attendance and Participation

Regular attendance and active participation in class sessions and experiential activities. Please note: Attendance is required in all class sessions. Please notify us within 2 weeks of absence if you are unable to attend part of the class so that arrangements may be made to make up the time lost. Active participation is encouraged and appreciated.

Reflection Papers

Please write a 3-4 page reflection paper about your experience and how it may influence how you would or would not incorporate the experience into your practice for TWO of the following:

1. Panel of guests hosted by Michelle Watson on January 16
2. Trip to Rain Rock Treatment Center on Feb 7
3. Seminar by Dr. O' Toole Jan 28

Due: Feb 28

Write a 3-4 page paper with reference to one literature review or book related to medical treatment of disordered eating or "obesity". An excellent resource is "An Epidemic of Obesity Myths" by the Center for Consumer Freedom. The paper should be 3-4 pages and referenced according to APA standards. You will share your review with the group.

Due: February 6 .

Open Book Exam: February 6.

Evaluation Criteria

Attendance and Participation	20%
Reflection Papers	40 %
Literature Review	20%
Open Book Exam	20%

90-100%	A
80-89%	B
70-79%	C

Required Reading

Please review "**An Epidemic of Obesity Myths**" which you can download. It is an excellent resource.

Course Schedule

Class meets from 9:00 to 5:00

Saturday, January 16

Course Overview
Medical Assessment and Treatment of ED
Practical Approach to Management of Childhood Weight Concerns
Lunch
Panel Presentation and Discussion
Michelle Watson, PhD

Sunday, January 17

Review of Adult Weight Concerns
Bariatric Surgery
Guest: Obesity Clinic
Lunch
Panel Presentation and Discussion
Hilary Kinavey, MS

Saturday, February 6

Open Book Exam
Medication Management
Neurological Assessment
Lunch
Nutritional Management from an Eastern Perspective
Guest: Grechen Newmark, MS, RD

Sunday, February 7

Trip to Rain Rock Treatment Center

Medical Assessment and Treatment

Medical Nutrition Therapy

“Obesity”

