

358 Eating Disorders (PG/BF/NBF)

- Description**
- Abnormal eating patterns with a fear if becoming fat (anorexia & bulimia)
 - Self-induced vomiting, purging, starvation, use of appetite suppressants or diuretics

Assess Readiness for Change: with open ended questions

- “You noted you have an eating disorder. What treatment have you considered or participated in?”
- “How are you feeling about having to eat more and gain weight now that you are pregnant?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“I can control it now that I am pregnant. I can eat.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Tell me more about how you have been dealing with your eating disorder now that you are pregnant?” • “What has been the most challenging for you?” • “How can I best support you?” 	<ul style="list-style-type: none"> • “Pregnancy puts added stress on you emotionally. If you would like to talk about your eating disorder, we can refer you? Would you be comfortable talking about eating during pregnancy? I can share a pregnancy eating guide that talks about foods for a healthy pregnancy?” • Offer feeding suggestions for disease/condition • Not high risk but refer to RD if above comfort level
Record Plan or Goal	Mom feels she doesn’t have a problem currently. Offered referral.	Re-approach next appointment.
<p>Unsure →</p> <p>“I think I am ok. I have been in treatment before. As long as I don’t gain more than xx pounds?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “How did you feel your treatment program went?” • “What is helping you the most now that you are pregnant?” • “You sound worried about gaining weight. On a scale of 1-10, how comfortable are you with gaining more than the xx pounds?” 	<ul style="list-style-type: none"> • Treatment is team approach (Dr, RD, counseling) of: <ul style="list-style-type: none"> ○ Healthy weight ○ Balanced intake ○ Avoid purging, vomiting, laxatives ○ Resolve behavior/emotional/self image issues • Be sensitive and non judgmental • Focusing on pounds of weight gain and food records may trigger problems. Focus on healthy baby & mom.
Record Plan or Goal	Mom gaining. Expresses concern due to eating disorder. Unsure if will	call counselor. Check wt. Re-asses next appointment.
<p>Ready →</p> <p>“I see a counselor but I am scared about gaining weight even though my baby needs it.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “I’m glad you sought help. How can I help you follow the eating plan your counselor has suggested?” • “What triggers your eating disorder?” • “What does your counselor suggest regarding frequency of weight checks and food records?” 	<ul style="list-style-type: none"> • “Instead of keeping food records we can talk about healthy choices. Since cheese is a food that concerns you. Let’s talk about other substitutions that provide similar nutrients but would be less stressful for you to eat.”
Record Plan or Goal	Mom wants to do monthly weight checks. She will talk to counselor about weighing schedule. One month issued.	

Education Resources	<p>http://www.nationaleatingdisorders.org/ Resource- <i>Eating Disorders</i></p> <p>http://www.edtreatmentcenters.com/alaska.php Resource- <i>Alaska Referrals for Eating Disorders</i></p> <p>http://www.alaskaregional.com/healthcontent.asp?form=1&page=/transfer/search/processSearchRequest&featureid=HGConsumerContent&siteid= AK Regional</p>
----------------------------	---