### 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

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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| **Not ready**     | • “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?”
|                   | • “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?”
| **Unsure**        | • “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?”
|                   | • Treatment is team approach (Dr, RD, counseling) of:
|                   |   o Healthy weight
|                   |   o Balanced intake
|                   |   o Avoid purging, vomiting, laxatives
|                   |   o 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.
| **Ready**         | • “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?”
|                   | • “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 feels she doesn’t have a problem currently. Offered referral. Re-approach next appointment.**
- **Mom gaining. Expresses concern due to eating disorder. Unsure if will call counselor. Check wt. Re-asses next appointment.**
- **Mom wants to do monthly weight checks. She will talk to counselor about weighing schedule. One month issued.**

### Education Resources