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## Course Information

### **Course Goals and Expected Learning Outcomes:**

This course is designed primarily for healthcare professionals. It offers an introduction to the medical issues in eating disorders. The course is designed to familiarize the student with medical complications with eating disordered individuals and the importance of having a qualified physician involved in the patient's care.

Completion of this course is intended to meet one requirement for iaedp™ Certification.

### **Learning Objectives- Participants will be able to:**

- Discuss the medical evaluation, diagnosis and treatment of eating disorders, including screening tools and goals of treatment
- Understand the specific medical complications of eating disorders with specific discussions about refeeding syndrome as well as other common and life-threatening complications including considerations for when emergent evaluation or hospitalization is needed.
- Understand the medical considerations of Eating Disorders within special populations, including those with diabetes, males, children/adolescents, LGBTQ population, gluten enteropathy, irritable bowel syndrome and food allergies.

### **Course Materials:**

#### RECOMMENDED READINGS:

- Academy for Eating Disorders. (2016). *Critical points for early recognition & medical risk management in the care of individuals with eating disorders* (3rd ed.). Reston, VA: Academy for Eating Disorders.  
<https://www.aedweb.org/publications/medical-care-standards>
- American Psychiatric Association. (2013). Feeding and eating disorders. In *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: American Psychiatric Association.
- Gaudiani, J. L. (2018). *Sick enough: a guide to the medical complications of eating disorders*. New York, NY: Routledge.
- Golden, N. H., Katzman, D. K., Sawyer, S. M., Ornstein, R. M., Rome, E. S., Garber, A. K., . . . Kreipe, R. E. (2015). Position paper of the Society for Adolescent Health and Medicine: medical management of restrictive eating disorders in adolescents and young adults. *Journal of Adolescent Health, 56*(1), 121-125
  - <https://doi.org/10.1016/j.jadohealth.2014.10.259>
- Martin S. (2018). Common medical issues. In Crosbie, C. & Sterling, W. M. (2018). *How to nourish your child through an eating disorder: a simple, plate-by-plate approach to rebuilding a healthy relationship with food*. New York, NY: The Experiment.

- Mehler, P. S. & Andersen, A. E. (Eds.). (2017). *Eating disorders: a guide to medical care and complications* (3rd. ed.). Baltimore, MD: Johns Hopkins University Press.
  - 4th edition will be published in 2021

### **Course Requirements:**

1. This self-study course may be taken at the individual learner's pace but all parts (webinar, modules, and course test) must be finished within 90 days to successfully complete the course. There is no instructor contact information, however questions regarding the course can be directed to email noted at the top of the syllabus. Requests to extend the completion deadline longer than 90 days can be sent to the same emails.
2. Read/become familiar with the information presented in each of the required texts [certification only].
3. Modules/Assignments – Accompanying tests require a passing score of 80%, but can be retaken to achieve this score.
  - a. Watch *Nursing Care for Eating Disorders* module and answer accompanying questions in test.com.
  - b. Watch *Physical and Occupational Therapy for Eating Disorders* module and answer accompanying questions in test.com.
  - c. Watch *The Psychiatrist's Role in Eating Disorders Treatment* module and answer accompanying questions in test.com.
4. The last step is the Course 1 test, which includes material from the Core Course presentation and all of the modules/assignments. A passing score of 80% is required for completion of the Core Course. (Virtual symposium attendees will be given instructions on how to access the course test). The test can be retaken within the 90 day period to achieve a passing score.
5. When you are notified that you have passed, please save the notification to submit with your certification application.

### **Workshop/Webinar Outline Course 4:**

1. Overview
2. Medical Evaluation of Eating Disorders
  - a. DSM 5 Classifications
  - b. When to consider an eating disorder
  - c. Screening tools
  - d. Goals of medical evaluation
  - e. Differential diagnosis
  - f. Eating Disorder Evaluation
    - i. History
    - ii. Review of Systems
    - iii. Physical Examination
    - iv. Laboratory Tests
3. Medical Complications of Eating Disorders
  - a. Complications of anorexia
  - b. Complications of bulimia
  - c. When to hospitalize a patient

- d. Refeeding syndrome
- e. Follow up after successful treatment
- 4. Special Medical Considerations of Eating Disorders
  - a. Binge Eating Disorder
  - b. Diabetes
  - c. Males
  - d. Children and adolescents
  - e. Female athlete triad
  - f. LGBTQ population
  - g. Food allergies
  - h. Celiac disease