



iaedp™ Institute Core Courses Online Core Course 4: Medical Treatment of Eating Disorders

Contact: Certification

Email: certification@iaedp.com

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.
- Discuss the medical considerations of eating disorders within special populations, including diabetes, males, children/adolescents, LGBTQ population, PCOS, gluten enteropathy, IBS and food allergies.

Course Materials:

ONE REQUIRED TEXT BOOK and ONE REQUIRED CHAPTER READING:

1. [Eating Disorders: A Guide to Medical Care and Complications –3rd Edition. Mehler PS, Andersen A. Baltimore: Johns Hopkins University Press; 2017.](#)
2. Ethical Principles of Psychologists and Code of Conduct, American Psychological Association (2002) www.apa.org/ethics

RECOMMENDED SUPPLEMENTAL TEXTS/READINGS (optional):

1. [Eating Disorders and the Brain. Lask B, Frampton I. Oxford: John Wiley & Sons; 2011.](#)

Course Requirements:

1. Read/become familiar with the information presented in each of the required texts and additional readings.
2. Assignments:
 - a Choose one topic discussed in the required readings and write a 600-750 word essay about a patient condition covered in this curriculum that you found challenging and how you addressed it in treatment. Upload your document to the course site as instructed.
 - b Write a 300 – 500 word synopsis of core course webinar recording and copy and paste your synopsis in the online testing center as instructed. You will not receive a score on

these documents. However, they are audited by the Certification Committee and are required for course completion.

3. The last step is the course exam. **Please note this exam can only be viewed once and will be graded accordingly therefore open the exam only when you are ready to take it.** If you view a final exam before you are ready to sit for the exam and close it without completing the questions, you will receive a final exam grade based on that viewing.
4. When you are notified that you have passed, please save the notification to submit with your certification application.
5. This self-study course may be taken at the individual learner's pace, but all parts (webinar, assignments, and course exam) must be finished within 90 days to successfully complete the course. As this is a self-study course, there is no instructor contact information. However, questions regarding the course can be directed to the contact person noted at the top of the syllabus.

Exam Prep:

In addition to information presented in the corresponding workshop or webinar, be familiar with the following topics to prepare for the exam:

1. Recommended strategy for refeeding patients with anorexia
2. Effective strategies to improve gastrointestinal mobility in regard to treatment for anorexia and for bulimia
3. Common medical conditions in patients with anorexia nervosa
4. Family Based Therapy (FBT), including role of treatment providers and role of family/patient
5. Co-morbid psychiatric conditions most common to each type of eating disorder
6. Laboratory tests required for and oral complications associated with patients with bulimia nervosa
7. APA guidelines for ethical principles (questions are presented as scenarios of ethical dilemmas between clinician and patient)
8. Review topics on Course Resource Page

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
 - i. Polycystic ovarian syndrome
- 5. Conclusion**