

EATING DISORDERS

Contact: Mae Sokol, M.D. (955-6190)

When to contact: One month prior

Preceptor: Mae Sokol, M.D.

Where to meet: Eating Disorders Program (Children's Hospital)

Purpose:

This experience will prepare the resident to evaluate and treat eating disordered children and adolescents. The most frequent diagnoses seen are Anorexia Nervosa, Bulimia Nervosa, and Eating Disorder NOS (Not Otherwise Specified). Some patients will have diagnoses of Feeding and Eating Disorders of Infancy or Early Childhood, Binge Eating Disorder, Compulsive Over-exercise, Obesity, Psychological Factors Affecting Medical Conditions, or other eating problems.

Objectives:

The resident will learn:

1. To evaluate child and adolescent eating disordered patients.
2. The medical complications of eating disorders.
3. The treatment of eating disorders for children and adolescents, as outlined in:
 - a. Kreipe RE, Golden NH, Katzman DK, Fisher MD, Rees J, Tonkin RS, Silber TJ, Sigman G, Schebendach J, Ammerman S, Hoberman HM. Society for Adolescent Medicine position paper: treatment of eating disorders in adolescents. *J Adolescent Health*. 1995. 16: 476-480. Available on-line: http://www.adolescenthealth.org/html/summary_statements.html
 - b. American Psychiatric Association. Practice Guideline for the Treatment of Patients with Eating Disorders (Revision). *Am J Psychiatry* 157:1, January 2000 Supplement, 1-39. (available on-line at: [www.psych.org/ClinicalResources/PracticeGuidelines/PracticeGuidelinefortheTreatmentofPatientswithEatingDisorders\(SecondEdition\)](http://www.psych.org/ClinicalResources/PracticeGuidelines/PracticeGuidelinefortheTreatmentofPatientswithEatingDisorders(SecondEdition)))

Methods:

The resident will have the opportunity on this rotation to evaluate and manage children and adolescents with eating disorders on the Eating Disorders Inpatient Unit. There is also the opportunity to follow patients along the continuum of care: in the Eating Disorders Day Hospital and Eating Disorders Outpatient Clinic. If interested, the resident will have the opportunity to participate in clinical research on eating disorders.

Regular tutorial sessions will be scheduled for the purposes of didactic instruction, sharing current articles, reviewing clinical work, and evaluating the resident's progress as needed.

Implementation:

Expectations will be routinely discussed in an orientation session, and an orientation manual will be distributed. The resident will be expected to write up the evaluation of several cases. This will be reviewed with the resident. Residents who participate in the program's clinical research will research a topic in the literature that they will present to the eating disorders staff.

Evaluation:

Evaluations will be based on the resident's clinical skills; contributions to the clinical record; interactions with the patients, patients' parents, and staff; and research presentation (if the resident chooses to participate in research).