

ARIZONA NUTRITION SPECIALISTS



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REGISTERED DIETITIAN/NUTRITION THERAPIST

Outpatient Nutrition Treatment Goals

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The patient will:

- Consistently consult with a therapist while working with R.D. (in order to remain in nutrition therapy).
- Comply with requests for follow-ups, laboratory work-ups with M.D.
- Be honest
- Keep honest and accurate food and mood journals.
- Complete all written assignments assigned by RD
- Learn how to eat a healthy, well balanced meals that include all foods in each food group
- Consume appropriate calories, fluids for meeting nutrition and hydration needs and weight goals as prescribed by R.D.
- Utilize appropriate portion sizes to meet nutritional needs
- Increase variety of foods in diet as prescribed by R.D.
- Identify negative triggers and learn effective coping skills
- Identify food rituals and learn effective coping skills
- Improve general nutrition knowledge and specific knowledge about eating disorders
- Reintroduce fear foods into regular meal plan on a weekly basis.
- Discontinue purging via self-induced vomiting, compensatory exercise, laxatives, diuretics, Ipecac, diet pills, drugs _____.
- Recognize and consistently work on decreasing ritualistic food behaviors by practicing social eating and or restaurant eating challenges on a weekly basis.
- Ask for support at mealtimes and refrain from discussing food issues at meals.
- Develop a healthy exercise program appropriate for physical status as deemed appropriate by treatment team.
- Demonstrate improved knowledge and increased insight into core issues related to the eating disorder.
- Report a decreased obsession with food, fat and weight.

Method of Measurement

- A progression towards and/or maintenance of the identified healthy weight goal and corresponding BMI will be observed.
- Patient will begin to accept necessary adjustments to meal plan, which will include caloric adjustments and reintroduction of feared foods.
- A pattern of controlled healthful food intake will be observed.
- Patient will be able to demonstrate the understanding of meal planning and portioning.
- A decrease in the amount of time thinking about food, hunger and weight will be observed.
- Notable Improvements in laboratory values will be observed.
- Normal bowel function will be achieved and maintained.
- Pt. will be able to recognize and verbalize the physical consequences of their eating disorder.
- Verbally own food fears and rituals as they occur and demonstrate a willingness to change behaviors.
- Be able to verbalize connections between emotions and eating disordered behaviors.
- Patient will demonstrate increased confidence in eating with family, friends and in restaurants.
- Patient will demonstrate decreased "food talk" around friends, family, colleagues.

Provider/Teacher Actions

- Provide nutritional education regarding meal planning, nutritional needs and exercise planning.
- Provide suggestions and adjustments that healthfully coincide with personal preferences.
- Monitor physical signs of healing and recovery and advise patient of progress or decline as well as make recommendations for goal progress.
- Assist in addressing food fears, food rituals and strong emotions documented at meals and snacks.
- Teach methods of tracking distorted thinking and triggering events by using cognitive logs.
- Provide 1:1 education, support to develop healthy life skills.
- Encourage the patient's confrontation of food fears by teaching and supporting the "reframing" of negative or erroneous thoughts.
- Assist with the identification of resources and support for on-going recovery.

