

I. COURSE DESCRIPTION:

- A. Department Information:
Division: Social Science and Human Development
Department: Human Services
Course ID: HUMSV 178
Course Title: Medical Aspects of Eating Disorders
Units: 3
Lecture: 3 Hours
Laboratory: None
Prerequisite: None
- B. Catalog Description: Reviews eating disorders from a medical perspective, including a review of the etiology and physiology of obesity, anorexia, compulsive eating and bulimia. Reviews medical treatment and possible physical complications associated with specific eating disorders. This course qualifies for continuing education credit for nurses. Provider approved by the California Board of Nursing, provider number 01480, for 45 contact hours.
- C. Schedule Description: Reviews eating disorders from a medical perspective, including a review of the etiology and physiology of obesity, anorexia, compulsive eating and bulimia. Reviews medical treatment and the physical complications associated with eating disorders. Qualifies for continuing education for nurses. Provider approved by the California Board of Registered Nursing. Provider number 01480 for 45 contact hours.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One

III. EXPECTED OUTCOMES FOR STUDENTS:

Upon completion of the course the student should be able to:

- A. Define and characterize the physiology of each of the diseases and their effects on the individual;
- B. Discuss the psychosocial and physiology predisposition for eating disorders;
- C. Explain the differential diagnosis, exercise and physical consequences of anorexia nervosa, obesity, bulimia nervosa, bulimexia, and compulsive overeating;
- D. Analyze the resulting complications of overeating, purging, and starvation and medical, nursing, and dental treatment approaches applied in conjunction with psychological and other treatment forms.

IV. COURSE CONTENT:

- A. Overview of Eating Disorders
 1. Categories
 2. Prevalence
- B. Medical and Physiological Aspects of Eating Disorders
 1. Medical and physiological aspects of eating disorders: Definitions and characteristics: How to identify, assess, and assign treatment to each of several eating disorders based on the symptomology present in the subject.
 - a) Anorexia Nervosa
 - b) Bulimia
 - c) Compulsive Overeating
 - d) Bulimexia
 2. Physiological factors within the treatment of eating disorders of the subject

- a) Predisposition for obesity
- b) Family involvement in eating habits and dietetics
- c) Physiological readjustment during recovery
- 3. Analysis of the physical consequences
 - a) Understanding the eating disorders effects on the body
 - b) Probing the specifics of overeating and purging
 - c) Discussing the physiological effects of intentional starvation
- 4. Treatment approaches applied in conjunction with psychological treatment and resources available for the counseling and treatment of eating disorders
 - a) Assessment
 - b) Medical, nursing and nutritional treatment
 - c) Dental and other forms of treatment
- C. Nutritional Aspects
 - 1. The western diet
 - 2. Nutrients in food
- D. Energy Release in the Body
 - 1. ATP and CP
 - 2. Oxygen, lactic acid
 - 3. Exercise and performance
- E. Food Energy and Physical Activity
 - 1. Calories
 - 2. Basal metabolic rate, metabolism
 - 3. Expenditure rate
- F. Evaluation of Body Composition
 - 1. Gross body composition
 - 2. Lean body weight and minimal weight
 - 3. Assessment
- G. Obesity
 - 1. What is obesity?
 - 2. Methods of determining fat cell size and number
 - 3. Adipose cellularity
 - 4. Medical consequences
- H. Weight Control
 - 1. Balance
 - 2. Personal assessment
 - 3. Eating behavior modification
 - 4. Exercise modification
- I. The Endocrinology of Eating Disorders
 - 1. Pituitary function
 - 2. Hypothalamic function
 - 3. Carbohydrate metabolism
- J. Specific Physiological Recovery Factors
 - 1. Dehydration
 - 2. Edema
 - 3. Flatulence
 - 4. Stomach cramps
 - 5. Weight gain
- K. Psychopharmacology
- L. The Integrated Team Treatment Approach
- M. New Understandings and Treatments for ED's
- N. New Methods and Therapy Re: Eating Disorders

V. METHODS OF INSTRUCTION:

Will vary from instructor to instructor and may include but not be limited to the following list.

- A. Lecture

- B. Directed discussions
- C. Small group projects and presentations
- D. Audio-visual aids
- E. Field trips

VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:

- A. Read assigned chapter or other material and be ready for a quiz and discussion.
- B. Write a summary term paper on the etiology and physiology of Eating Disorders.
 - 1. Definitions and characteristics of disorders
 - 2. Factors to consider in treatment of eating disorders
 - 3. Consequences of disorders
 - 4. Available treatments and resources.
- C. Visit an Eating Disorders small group and report your observations.
- D. Choose a project on area of most interest, write and report.

VII. EVALUATION(S):

- A. Will be based on clarity of thought and expression and on application of course concepts to materials studied. Methods will vary from instructor to instructor, but may include the following list. Grading may be comparative within class or may be based on absolute standard. There must be at least one evaluated written assignment.
 - 1. Objective tests
 - 2. Essay tests
 - 3. In-class and out-of-class writing assignments
 - 4. Term Project
- B. Frequency of Evaluation
Will vary with instructors and may include:
 - 1. One mid-term examination
 - 2. One final examination
 - 3. Weekly or chapter evaluations
 - 4. One report on an Eating Disorders group session
 - 5. A project due by last week of class.
 - 6. A term paper due by last week of class.
- C. Typical Examination Questions
 - 1. List the types of Eating Disorders and the characteristics of each.
 - 2. In what ways do they each affect the body physiologically?
 - 3. Name reasons why certain people have a predisposition for eating disorders.
 - 4. What are some of the more successful treatment programs available?
 - 5. What are the statistics regarding recovery?
 - 6. Identify the psychological issues involved in Eating Disorders.

VIII. TYPICAL TEXT(S):

Brownell, Kelly and Christopher Fairburn. Eating Disorders and Obesity: A Comprehensive Handbook. New York, Guilford Publications, 2001

Diagnostic and Statistical Manual of Mental Disorders, Revised, Washington D.C. Current edition

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None