INSTRUCTIONS 4.3 Assignment: Assessing and Documenting Eating Disorders in Older Persons

**Getting Started**

Because eating disorders are frequently misperceived as being an illness that only impacts “young people,” the early warning signs of an elderly individual who is struggling with an eating disorder are often missed by family members, doctors, and loved ones. The following are some early warning signs that could indicate that an elderly individual is struggling with an eating disorder:

* Changes in behavior (i.e. using the bathroom after eating a meal)
* Increased sensitivity to cold
* Hair loss, gastrointestinal problems, dental issues
* A person desires to eat alone rather than with friends or family members
* Excessive hair loss, dental damage, or heart or gastrointestinal problems.

Schaeffer, J. (n.d.) [Elder eating disorders surprising new challenges](https://www.todaysgeriatricmedicine.com/news/exclusive_0409_03.shtml).

Eating disorders that are common among the elderly include anorexia nervosa and bulimia nervosa. A literature review, which examined published cases of eating disorders in people over 50 years old found that “The majority (81%) of cases had anorexia nervosa, and 10% had bulimia nervosa. Late-onset eating disorders were more common (69%) than early onset.”

Lapid, M., Prom, M., Burton, C., McAlpine, D., Sutor, B.. and Rummans, T. (2010). Eating disorders in the elderly. International Psychogeriatrics, 22, pp 523-536.

It is important as social workers that we improve early recognition and treatment outcomes of eating disorders for this population. In this workshop, you will learn about [The Edinburgh Feeding Evaluation in Dementia Scale](https://brightspace.indwes.edu/content/enforced/157695-3WI2022SWK-650-01ET;SWK-650-01EK/Workshop%20Four/Edinburgh%20Feeding%20Evaluation%20in%20Dementia%20Scale.pdf?_&d2lSessionVal=vzyLgDD1Hx6yrMJqX2V580Q2e&ou=157695) and how it is applied to an elderly client with Dementia.

**Upon successful completion of this assignment, you will be able to:**

* Demonstrate professional demeanor in written, oral, and electronic communication skills (PLO 1; ILO 4).



**Background Information**

In this assignment, you will learn about eating disorders with older persons, and you will practice the SOAP clinical documentation format based upon a video session with an elder woman diagnosed with Dementia. Session notes are critically important in mental health counseling to document the client’s perceptions and concerns (Subjective), the observable and collateral information important to the session (Objective), the clients progress towards goals and any changes in symptomology (Assessment), and the resulting interventions and referrals (Plan).



**Instructions**

1. Review the rubric to make sure you understand the criteria for earning your grade.
2. Read the *DSM-5* information on “*Feeding and Eating Disorders”.*
3. Read Chapter 11 of *Mental Health in Social Work.*
4. Watch the following two videos for background:
   1. [Older Australians Are Also Suffering From Eating Disorders](https://www.youtube.com/watch?v=EHxP2pthQ60) (No CC)
   2. [Eating Disorders in Older Women](https://www.youtube.com/watch?v=hTNLiEGzkvY)
5. For your assignment:
   1. Watch the video: [Eating and Feeding Issues in Older Adults with Dementia](https://www.youtube.com/watch?v=oCdUPJ3gz4s)
   2. Use [The Edinburgh Feeding Evaluation in Dementia Scale](https://brightspace.indwes.edu/content/enforced/157695-3WI2022SWK-650-01ET;SWK-650-01EK/Workshop%20Four/Edinburgh%20Feeding%20Evaluation%20in%20Dementia%20Scale.pdf?_&d2lSessionVal=vzyLgDD1Hx6yrMJqX2V580Q2e&ou=157695) to record the feeding and eating disorder symptoms of “Mrs. Sunshine” that is portrayed in the video. The scale is on the 7th page of the PDF.
   3. Read the [Clinical Documentation](https://brightspace.indwes.edu/content/enforced/157695-3WI2022SWK-650-01ET;SWK-650-01EK/Workshop%20Four/Clinical%20Documentation.pdf?_&d2lSessionVal=vzyLgDD1Hx6yrMJqX2V580Q2e&ou=157695) document that describes and provides examples for session documentation.
   4. Review the [Clinical Terminology](https://brightspace.indwes.edu/content/enforced/157695-3WI2022SWK-650-01ET;SWK-650-01EK/Workshop%20Four/Clinical%20Terminology.docx?_&d2lSessionVal=vzyLgDD1Hx6yrMJqX2V580Q2e&ou=157695) definitions.
6. Using the information from the video, complete a **SOAP** session note where you document the presenting symptoms, and conclude with a referral to treatment.
   1. In the **Subjective** section, include quotes from the "client".
   2. In the **Objective** section, document your cognitive, affective, and behavioral observations using clinical terminology.
   3. Be sure to include your *DSM-5* diagnosis in the **Assessment** section.
   4. Include a specific referral to a treatment center in the **Plan** section. Locate a facility that specializes in eating disorders.
   5. Remember, the Subjective, Objective, and Assessment sections MUST support your Plan.
7. Submit the completed **Edinburg Feeding Evaluation in Dementia Scale** and the **SOAP Documentation**using the Assignment submission linkby the last day of the workshop.