

Occupational Therapy Health Management Program Design for Individuals with Eating Disorders

Carissa Gualano, OTDS



41.4% of

52 % of

as a 10

3 % of

at a 9

1.6% of

optimistic

content

Therapist

Rating

participants rated

participants rated

as an 8 or lower

at completely



Overall Rating

participants rated

participants rated

at completely

33.8% of

40% of

Project Description & Sites

- ❖By integrating an evidence-based connection between the recovery process for individuals with an eating disorder(ED) and occupational therapy (OT) services, practitioners can make a holistic approach to their interventions by impacting nearly every occupation and client factors, such as rest/sleep, instrumental activities of daily living, social participation, cognition, values, and body functions.
- Linden Oaks Behavioral Health in Naperville, Illinois (Primary Site)
- Huntington University (Secondary Site)
- *ACUTE Center for Eating Disorders in Denver, Colorado (Supplementary Site)

Mission & Vision Statements

- Mission Statement: To establish evidencebased OT intervention services for individuals with eating disorders and provide community education on assisting in recovery/preventative services.
- Vision Statement: Creating a society that normalizes the discussion of eating disorders and mental health.

Christ | Scholarship | Service

- Christ: compassionate care for clients with eating disorders through empathy and the hands of Christ.
- Scholarship: healthy life-long participation and engagement in meaningful occupations while also advocating for evidence-based occupational therapy services in the eating disorder recovery process.
- Service: Developing clinical skills through the guidance of an expert mentor in mental health

Literature Review

- Comorbidities and Eating Disorders
- Social Media Exposure
- Theories: Cognitive Behavioral Theory, Self-Determination Theory, Attachment Theory

Needs Assessment

- Assessments: Adult and Adolescent Sensory Profile, Performance Assessment of Self-Care Skills, WHO Disability Assessment Scale, Client Experience of Therapy, Occupational Self-Assessment
- Mealtime & Eating Skills
- Self-Care and Leisure Exploration

- *Shopping
- Dining at Restaurants
- Caregiver Education
- Self-Determination Motivation

Project Completion and Outcomes

- 4 16 weeks total of 560 hours
- *Ran ~10 groups per week and ~3-4 individual sessions per week
- *ACUTE Center for Eating Disorders Shadowing Opportunity
- *Educated other professions on the benefits of health management skills interventions for individuals with eating disorders.
- Provided new evidence-based interventions and assessments for individuals with eating disorders within the field of occupational therapy
- Provided evidence-based recommendations to enhance eating disorder program outcomes

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Session Focus

participants rated

participants rated

at completely

35% of

31.1% of

Deliverables

Experience

Rating

participants rated

participants rated

at completely

40.1% of

50.2% of

- Health Management Digital Resource: Group protocols, future OT interventions and resources, online mental health and eating disorder resources, One-to-One OT Treatment protocol for patients with Avoidant and Restrictive Food Intake Disorder
- Ten annotated bibliographies
- Occupational therapy-based job scope review
- Certification for a continuing education course

Future Implications for OT

Patient participation in ADLs and IADLS

Approach

Rating

participants rated

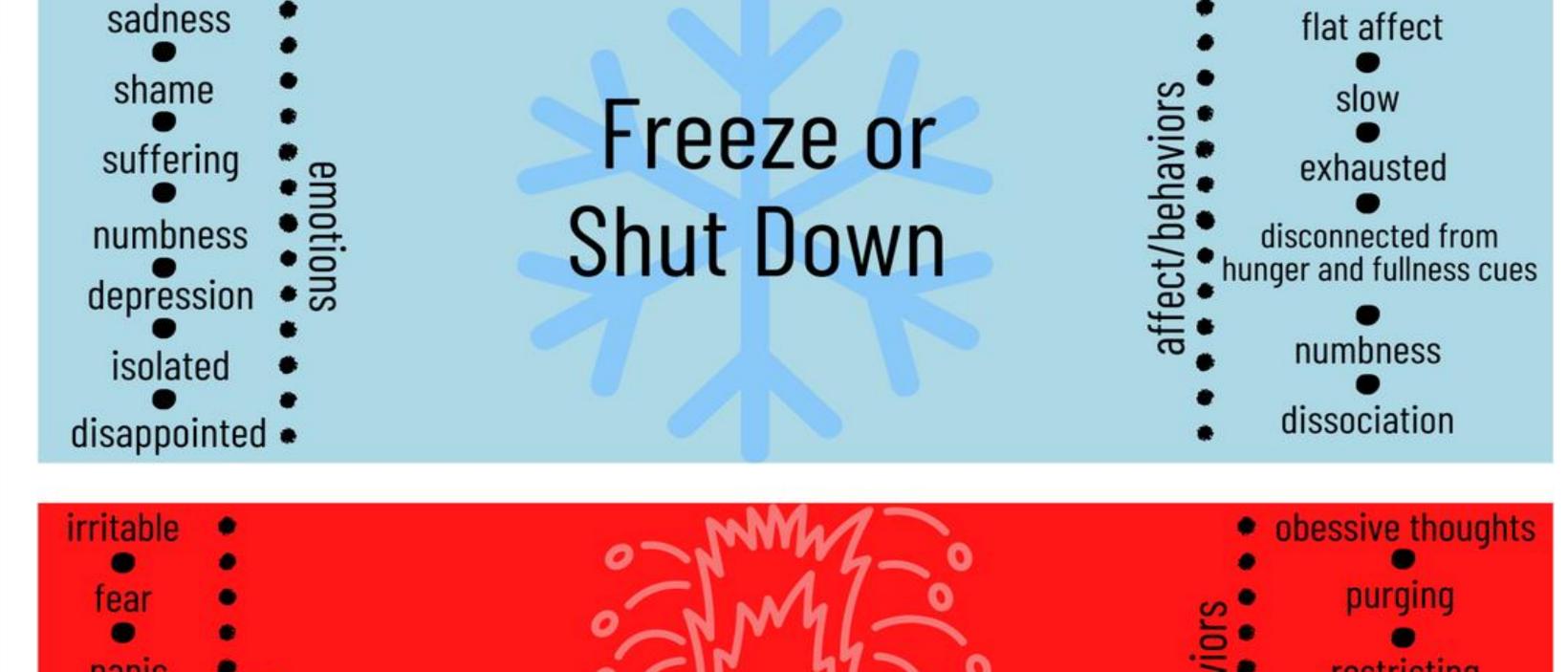
participants rated

at completely

33% of

38.1% of

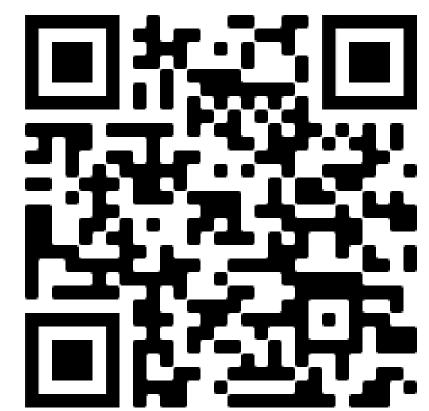
- Trauma –informed care therapy through Acceptance and Commitment Therapy, the Polyvagal Theory principles, Cognitive Behavioral Therapy, and Body Centered Interventions.
- Shower Protocol Implementation
- Sensory interventions





Social





KEY REFERENCES

patience

curious

*Full reference list and image reference list available upon request