



Occupational Therapy Health Management Program Design for Individuals with Eating Disorders

Carissa Gualano, OTDS

Huntington University Doctor of Occupational Therapy Program



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 evidence-based 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

Needs Assessment

- ❖ Comorbidities and Eating Disorders
- ❖ Social Media Exposure
- ❖ Theories: Cognitive Behavioral Theory, Self-Determination Theory, Attachment Theory
- ❖ Assessments: Adult and Adolescent Sensory Profile, Performance Assessment of Self-Care Skills, WHO Disability Assessment Scale, Client Experience of Therapy, Occupational Self-Assessment

Literature Review

- ❖ Mealtime & Eating Skills
- ❖ Shopping
- ❖ Dining at Restaurants
- ❖ Self-Care and Leisure Exploration
- ❖ Caregiver Education
- ❖ Self-Determination Motivation

Project Completion and Outcomes

- ❖ 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

Therapist Rating

41.4% of participants rated at completely
52 % of participants rated as a 10
3 % of participants rated at a 9
1.6% of participants rated as an 8 or lower

Experience Rating

40.1% of participants rated at completely
50.2% of participants rated as a 10
4.6% of participants rated at a 9
3.9% of participants rated as an 8 or lower

Session Focus

35% of participants rated at completely
31.1% of participants rated as a 10
4.9% of participants rated at a 9
13.8% of participants rated as an 8 or lower

Approach Rating

33% of participants rated at completely
38.1% of participants rated as a 10
10.6% of participants rated at a 9
13.8% of participants rated as an 8 or lower

Overall Rating

33.8% of participants rated at completely
40% of participants rated as a 10
11.7% of participants rated at a 9
12.7% of participants rated as an 8 or lower

Deliverables

- ❖ 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
- ❖ Certification for a continuing education course
- ❖ Occupational therapy-based job scope review

Future Implications for OT

- ❖ Patient participation in ADLs and IADLS
- ❖ 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



KEY REFERENCES

*Full reference list and image reference list available upon request