

Purpose

To implement and measure the impact of a standardized screening process for identifying previously undiagnosed eating disorders in pediatric patients during well child or mental health encounters.

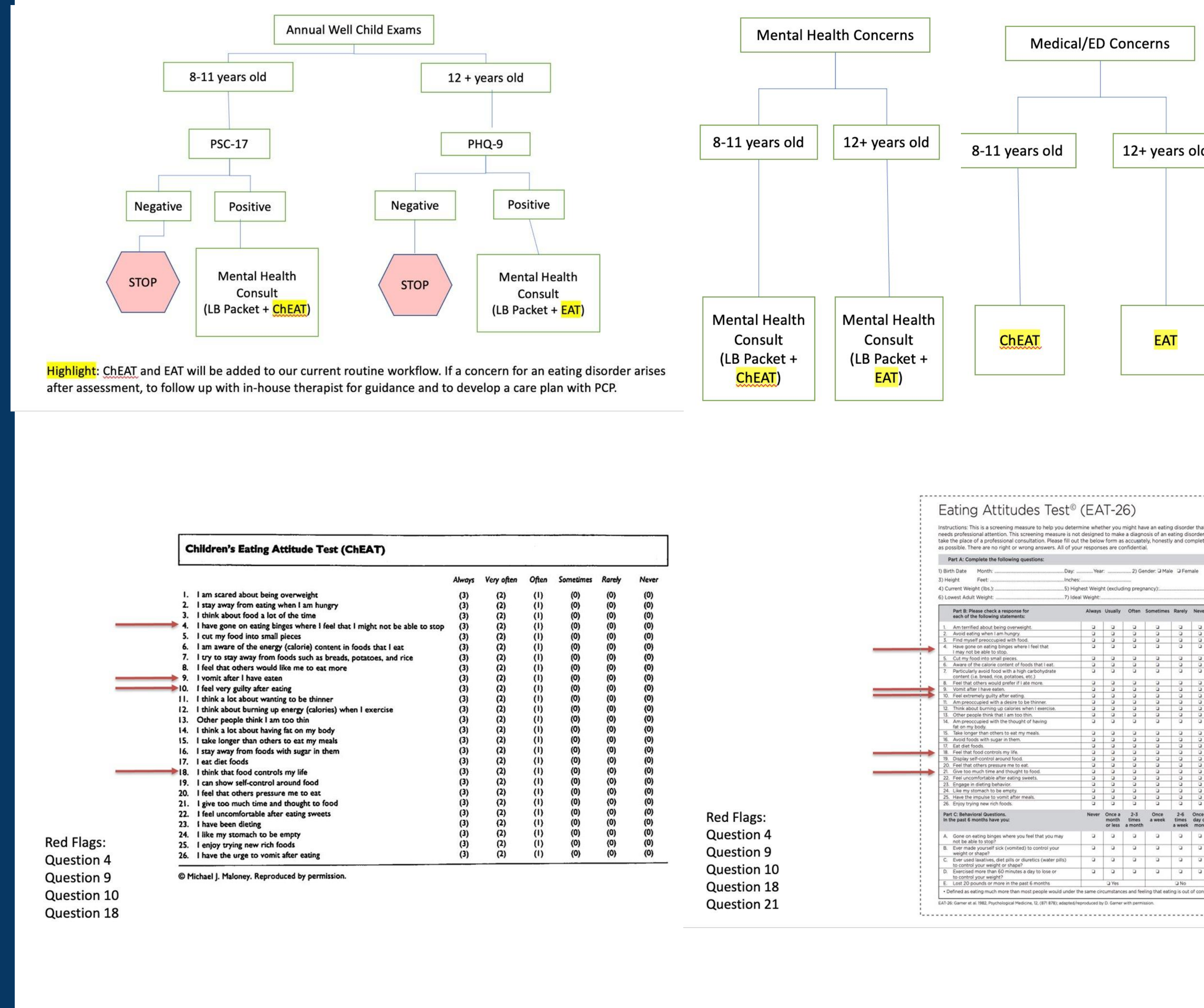


Who has an eating disorder?

Background

- Eating disorders (EDs) affect nearly all physiologic systems and can cause hypotension and osteopenia to potentially fatal arrhythmias
- Among people diagnosed with an ED, 95% are between the ages of 12 and 25
- EDs have the highest mortality rate compared to any other mental illness
- Anxiety and depression are the most common co-morbid diagnoses in EDs
- Steady increase in ED rates among children and adolescents since the 1950s
- Early intervention is key in the treatment of EDs as it has the potential to decrease the risk of long-term pathology and disability
- The majority of pediatric patients with an ED present to their pediatrician *first* with symptoms related to disordered eating

Methods



Children's Eating Attitudes Test (CHEAT)

	Always	Very often	Often	Sometimes	Rarely	Never
1. I am scared about being overweight	(0)	(0)	(1)	(0)	(0)	(0)
2. I eat more than eating when I am hungry	(0)	(0)	(0)	(0)	(0)	(0)
3. I think about food a lot of the time	(0)	(0)	(0)	(0)	(0)	(0)
4. I have gone so long being hungry that I might not be able to stop	(0)	(0)	(0)	(0)	(0)	(0)
5. I eat my food very small pieces	(0)	(0)	(0)	(0)	(0)	(0)
6. I am aware of the energy (calories) content in foods that I eat	(0)	(0)	(0)	(0)	(0)	(0)
7. I try to eat only very lean foods such as bread, potatoes, and rice	(0)	(0)	(0)	(0)	(0)	(0)
8. I eat less often would like to eat less often	(0)	(0)	(0)	(0)	(0)	(0)
9. I vomit after I have eaten	(0)	(0)	(0)	(0)	(0)	(0)
10. I eat very quickly after meals	(0)	(0)	(0)	(0)	(0)	(0)
11. I think I eat about wanting to be thinner	(0)	(0)	(0)	(0)	(0)	(0)
12. I think about burning fat energy (calories) when I exercise	(0)	(0)	(0)	(0)	(0)	(0)
13. Other people think I am too thin	(0)	(0)	(0)	(0)	(0)	(0)
14. I think I eat about being fat on my body	(0)	(0)	(0)	(0)	(0)	(0)
15. I take longer than others to eat my meals	(0)	(0)	(0)	(0)	(0)	(0)
16. I eat very fast from foods with sugar in them	(0)	(0)	(0)	(0)	(0)	(0)
17. I eat the foods	(0)	(0)	(0)	(0)	(0)	(0)
18. I think that food controls my life	(0)	(0)	(0)	(0)	(0)	(0)
19. I can show self-control around food	(0)	(0)	(0)	(0)	(0)	(0)
20. I eat like others pressure me to eat	(0)	(0)	(0)	(0)	(0)	(0)
21. I give up much time and thought to food	(0)	(0)	(0)	(0)	(0)	(0)
22. I feel uncomfortable after eating events	(0)	(0)	(0)	(0)	(0)	(0)
23. I have been eating	(0)	(0)	(0)	(0)	(0)	(0)
24. I like my stomach to be empty	(0)	(0)	(0)	(0)	(0)	(0)
25. I enjoy eating very much food	(0)	(0)	(0)	(0)	(0)	(0)
26. I have the urge to vomit after eating	(0)	(0)	(0)	(0)	(0)	(0)
27. I enjoy eating very much food	(0)	(0)	(0)	(0)	(0)	(0)

Red Flags:
Question 4
Question 9
Question 10
Question 18
Question 21

Eating Attitudes Test* (EAT-26)

Item	Always	Very often	Often	Sometimes	Rarely	Never
1. I am scared about being overweight	(0)	(0)	(1)	(0)	(0)	(0)
2. I eat more than eating when I am hungry	(0)	(0)	(0)	(0)	(0)	(0)
3. I think about food a lot of the time	(0)	(0)	(0)	(0)	(0)	(0)
4. I have gone so long being hungry that I might not be able to stop	(0)	(0)	(0)	(0)	(0)	(0)
5. I eat my food very small pieces	(0)	(0)	(0)	(0)	(0)	(0)
6. I am aware of the energy (calories) content in foods that I eat	(0)	(0)	(0)	(0)	(0)	(0)
7. I try to eat only very lean foods such as bread, potatoes, and rice	(0)	(0)	(0)	(0)	(0)	(0)
8. I eat less often would like to eat less often	(0)	(0)	(0)	(0)	(0)	(0)
9. I vomit after I have eaten	(0)	(0)	(0)	(0)	(0)	(0)
10. I eat very quickly after meals	(0)	(0)	(0)	(0)	(0)	(0)
11. I think I eat about wanting to be thinner	(0)	(0)	(0)	(0)	(0)	(0)
12. I think about burning fat energy (calories) when I exercise	(0)	(0)	(0)	(0)	(0)	(0)
13. Other people think I am too thin	(0)	(0)	(0)	(0)	(0)	(0)
14. I think I eat about being fat on my body	(0)	(0)	(0)	(0)	(0)	(0)
15. I take longer than others to eat my meals	(0)	(0)	(0)	(0)	(0)	(0)
16. I eat very fast from foods with sugar in them	(0)	(0)	(0)	(0)	(0)	(0)
17. I eat the foods	(0)	(0)	(0)	(0)	(0)	(0)
18. I think that food controls my life	(0)	(0)	(0)	(0)	(0)	(0)
19. I can show self-control around food	(0)	(0)	(0)	(0)	(0)	(0)
20. I eat like others pressure me to eat	(0)	(0)	(0)	(0)	(0)	(0)
21. I give up much time and thought to food	(0)	(0)	(0)	(0)	(0)	(0)
22. I feel uncomfortable after eating events	(0)	(0)	(0)	(0)	(0)	(0)
23. I have been eating	(0)	(0)	(0)	(0)	(0)	(0)
24. I like my stomach to be empty	(0)	(0)	(0)	(0)	(0)	(0)
25. I enjoy eating very much food	(0)	(0)	(0)	(0)	(0)	(0)
26. I have the urge to vomit after eating	(0)	(0)	(0)	(0)	(0)	(0)
27. I enjoy eating very much food	(0)	(0)	(0)	(0)	(0)	(0)

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Conclusion

- ED screening tools (ChEAT and EAT) proved to be effective in the identification of previously undiagnosed eating disorders among pediatric primary care patients
- A clinically significant number of patients were diagnosed with an ED during the period of data collection in 2022 compared to 2021
- A clinically significant number of patients were diagnosed earlier, measured by time to diagnose from first mention of concern or symptom onset, during 2022 compared to 2021

Future Implications

- ❖ Universal screening for eating disorders among the pediatric primary care population (not limited to well child encounters)
- ❖ Provider education, support and resources
- ❖ Team-based approach

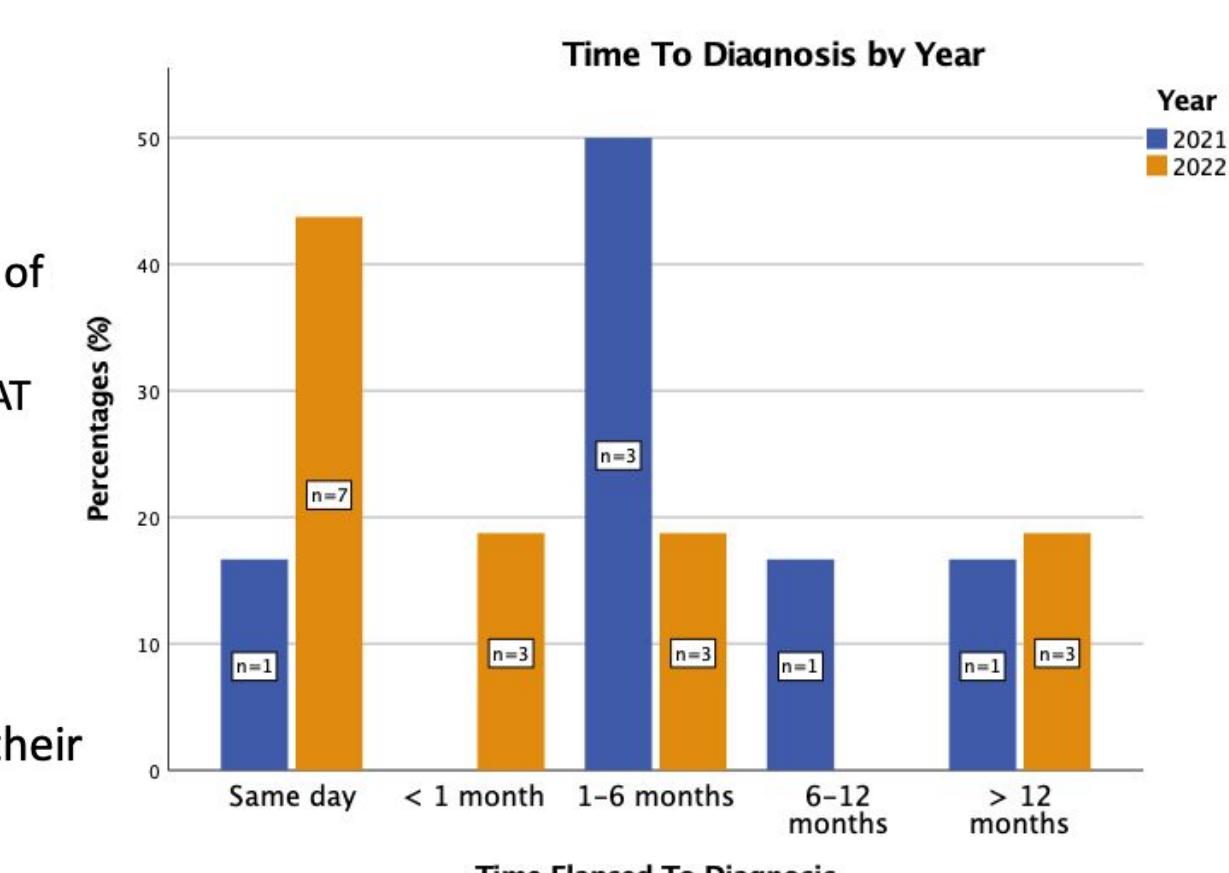
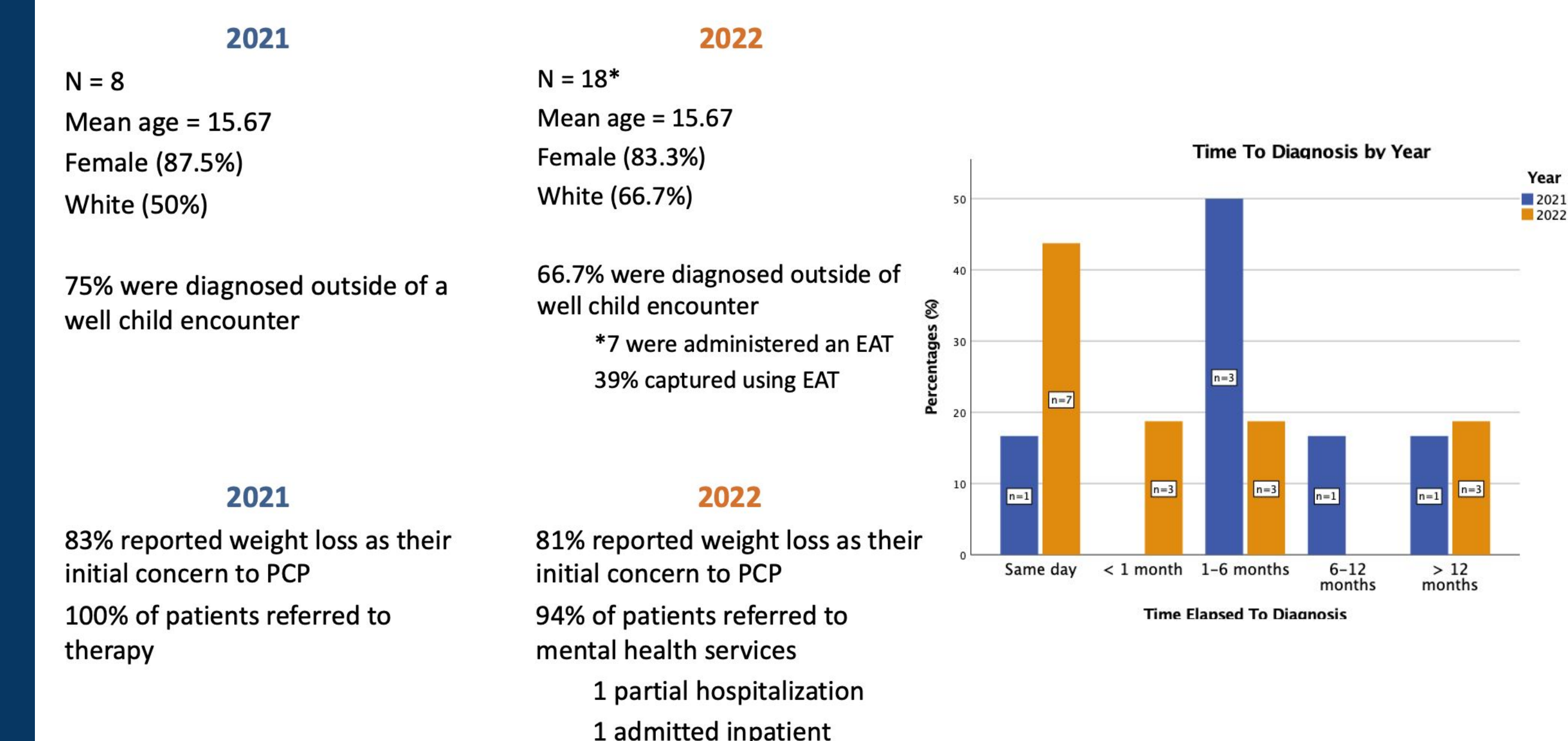
Procedures and Results

Overview

- Led Town Hall meeting with all primary care providers
- Created a team of "Super Users" at every site
- Project documents uploaded to EMR or Basecamp for easy access
- Ran reports on the data every 3-4 weeks and then ever 1-2 weeks. Updated all providers on the status of the project

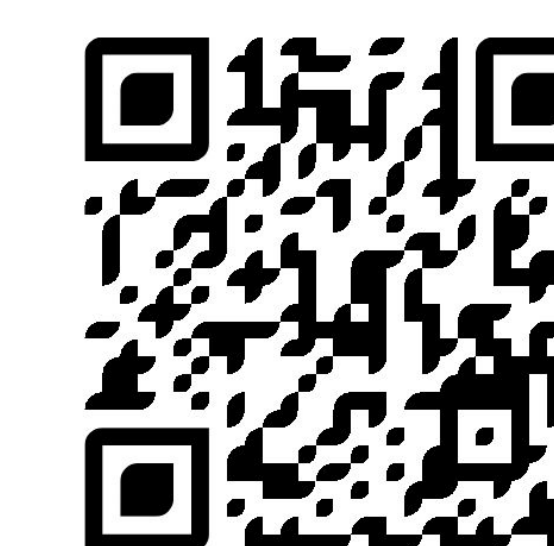
Data Collection

- ED ICD-10 codes over a 3-month period (Sept-Dec 2022) compared to the same 3-month period one year prior (Sept-Dec 2021)
- Also collected demographic data (gender, ethnicity) and time to diagnosis



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References Access: : (QR Scan Code Here)