

Title: Effect of brief intervention on eating disorder diagnosis

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## **Background**

Eating disorders have a relatively high degree of mortality due to both medical and psychological causes, making adolescence a particularly ripe time for these disorders to appear. Despite many subspecialties thriving at Pine Rest Christian Mental Health Services, focus on eating disorders has been minimal.

## **Objectives**

This project is looking to investigate the effects a brief educational intervention can have on physician screening and diagnosis of eating disorders on patients admitted to the C&A inpatient unit.

## **Methods**

Pine Rest is a nonprofit mental health hospital located in Grand Rapids, MI that provides an array of services for patients of all ages (child, adult, senior) including inpatient and partial hospitalization, addiction treatment, telepsychiatry, and outpatient treatment clinics. The Child and Adolescent (C&A) inpatient unit has 36 beds, open to children 18 yo and under presenting with a variety of mental health disorders.

The 1-hour physician educational intervention took place during a psychiatric case conference on July 23, 2020 during which screening, diagnosis and treatment options were reviewed (supplementary educational material was also provided at that time). With this in mind, we are interested in comparing the number of patients being diagnosed with an eating disorder on the C&A unit both 6 months before and 6 months after the 1-hour physician educational intervention. Specifically, we are looking at those patients between 12 - 17 years old with a BMI less than the 5th percentile. We are also interested in determining the number of patients who reported symptoms concerning for an eating disorder on preadmission paperwork and, if during the initial psychiatric assessment, the physician screened for them.

## **Future Directions**

This project may show that brief educational interventions can better equip physicians to identify the patients at risk for an eating disorder and give insight to treatment that fits the needs of this unique population.