



Service Priorities and Programmes Electronic Presentations

Convention ID: 1200

Submitting author: Miss Lau Sau Lai

Post title: Advanced Practice Nurse, United Christian Hospital, NULL

Application of Multidisciplinary Approach to the Adolescents with Anorexia Nervosa

Lau S L, Ma P K, Wu S H and Adolescent Team

Department of Pediatric and Adolescent Medicine, United Christian Hospital

Keywords:

Anorexia Nervosa

Application of multidisciplinary team

Introduction

Anorexia Nervosa is a serious deadly eating disorder that can affect adolescents' mental and physical health. The patient's psychological distress is manifested by abnormal eating behaviors. Application of multidisciplinary team including adolescent physician, nurse, psychiatrist, clinical psychologist, dietitian, medical social worker, Non-Governmental Organization and parents in a general pediatric ward to treatment can help the patients to improve from this illness.

Objectives

(1) To increase the body weights of patients steadily. (2) To improve the eating behavior. (3) To improve the stressful feeling of their parents.

Methodology

A retrospective study was reviewed to follow up three cases including their hospitalization and follow up in ward or outpatient clinic. All patients were seen by the multidisciplinary team during their hospitalization and continued to follow up them after discharge. Outcome measures were categorized as: (1) Body weight measurement, (2) The food choices and eating patterns were reported by the patients, (3) The stressful condition was reported by the parents.

Result

From the year of May 2013 to December 2015, three female patients (Patient A, B and C) were recruited in this study. Their ages were from 12 to 20 years old. Their admission body weights and Body Mass Index (BMI) were 26.2 kg, 10.23 kg/m² (Patient A, pre-morbid weight was 50 Kg); 28.6 Kg, 12.7 kg/m² (Patient B, pre-morbid weight was 31.5 Kg) and 40kg, 15 kg/m² (Patient C, pre-morbid weight was 58 Kg). After the treatment, the weights of patient A, B and C were increased to 0.25 to 0.5 kg/week, 0.2 to 0.4 kg/week and 0.25 kg/week respectively. Nevertheless, BMI of patient A, B and C were improved from 10.23 kg/m² to 18.6 kg/m² after 2 years, 12.7 kg/m² to 15.8 kg/m² after 4 months and 15 kg/m² to 16.2 kg/m² after 2 months respectively. All patients reported improvement on their eating behaviors when follow up, including meats were included in their meals, extended food varieties, eating with classmates at school or families at home etc. On the other hand, the parents reported

less stressful to care the patients after receiving counselling as well as joining the parents support groups. Anorexia Nervosa is a very stressful illness both to the patients and their families. This study showed that they were benefitted by receiving the treatment and care from the multidisciplinary team. Through the team's effort, the patients may recover from these life-threatening diseases.