College health centers are well positioned to care for eating disorders (ED) given median age at presentation (18-21) and medical vulnerability during the transition from pediatric to adult providers. Given significant health repercussions amongst those with ED, the fact prognosis is linked to duration of illness, and a meta-analysis that showed a 38% reduction in disease incidence with preventative interventions, a team-based, multifaceted approach is best suited to ED care. The University Student Health and Wellness (SHW) Center’s eating disorder treatment team (EDTT) provides a multidisciplinary approach to a complex disease. Evolution over the years has been necessary to address diverse challenges, such as the rising incidence of ED cases during the COVID-19 pandemic. This poster illustrates the experience and adaptions of the EDTT over recent years.

Introduction

- Established in 2014 to provide outpatient ED management through screening, referrals, diagnosis, treatment, and community outreach.
- Provides expedient outpatient ED treatment to any student, including those who may otherwise have cultural, social, and/or financial barriers to care.
- Expanded over time due to increasing need, particularly post-COVID-19, and currently consists of:
  - 2 nutritionists
  - 3 (2 part-time) counselors
  - 1 psychiatrist
  - 3 medical providers
  - 1 psychologist care manager
  - 1 gynecologist
- While we have expanded providers in the areas of nutrition and medical services, counseling providers have decreased, which has made partnerships with community counseling providers even more pertinent.

University of Virginia Eating Disorder Team

- Provides ED care through a multidisciplinary team approach.
- Offers a comprehensive approach to ED diagnosis and treatment.
- Utilizes EHR screening tools.

Program Design

- Nutrition
  - Counseling/assessment with non-diet, weight-neutral focus
  - Skills-based nutrition education through cooking classes in the new test kitchen
  - Proposal to expand non-urgent ED nutritional services to telehealth agency.

- Treatment
  - Team Meetings
    - Weekly collaborative meetings to review cases.
    - Core team members, + other student health clinicians involved in care.
    - Assesses for higher level of care (HLOC) needs.

- Medical Services
  - Designated ED clinic time.
  - Dedicated patient care pod with protocols in place: blind weights, orthostatic vital signs.
  - Varied services readily available: ER, laboratory.
  - At least yearly continuing medical education for medical services staff on ED related issues.

Medical Services

- Individual ED-based therapy
- Group therapy options
- Telehealth therapy with option for ED specific therapist (contracted service).
- Interns and trainees receive a seminar on ED assessment and treatment.

Trends

- Total Visits and Unique Students per Fiscal Year for Eating Disorders

Discussion

- FY18 to FY22 demonstrates an increase in both EDTT visits and unique ED students.
- Multidisciplinary team collaboration and weekly meetings offer more consistent patient care and support to colleagues managing complex ED patients.
- Maintaining a robust, multidisciplinary team will be paramount in meeting the current and future needs of students with ED. Strategies include attracting new providers with this expertise, as well as training current staff through mentoring and formal continuing education.
- Partnerships with community providers provide a broader safety net, particularly when HLOC is needed.
- Greater awareness and screening in diverse populations is needed to ensure all students with ED receive appropriate diagnosis and care.
- Planned interventions include staff trainings, culturally and socially sensitive screenings, specialized outreach to underserved groups, and rebuilding EHR screening tools.