Chapter 47:

LEARNING OBJECTIVES

On completion of the chapter, the reader will be able to:

1. Compare and contrast epidemiologic differences between anorexia nervosa, bulimia nervosa, eating disorder not otherwise specified, night eating syndrome, and binge eating disorder.
2. Discuss the potential etiologic factors associated with eating disorders.
3. Evaluate patients with eating disorders for potential exacerbating factors.
4. Compare and contrast the diagnostic criteria for anorexia nervosa and bulimia nervosa.
5. Discuss the potential future changes in DSM-V diagnostic criteria for to anorexia nervosa, bulimia nervosa, and eating disorder not otherwise specified.
6. Describe the clinical presentation of anorexia nervosa and bulimia nervosa, both physical and psychiatric.
7. Discuss the medical consequences and potential long-term effects of bingeing and purging behaviors.
8. Identify and assess for common psychiatric disorders that commonly co-occur or mimic the symptoms of eating disorders.
9. Describe the long-term prognosis of patients with anorexia nervosa and bulimia nervosa.
10. Develop a basic set of short- and long-term treatment goals for patients with anorexia nervosa and bulimia nervosa.
11. Formulate a basic nonpharmacologic treatment plan for anorexia nervosa and bulimia nervosa.
12. Recommend appropriate weight restoration goals for patients with anorexia nervosa and bulimia nervosa, and whether oral refeeding or implementation of total parenteral nutrition is the most appropriate form of caloric supplementation.
13. Identify when antidepressant therapy is appropriate for the management of symptoms associated with anorexia nervosa.
14. Identify when antipsychotic therapy is appropriate for the treatment of anorexia nervosa.
15. Identify when antidepressant therapy is appropriate for the management of symptoms associated with bulimia nervosa.
16. Recommend appropriate drug selection, dosing, and therapeutic drug monitoring strategies for the use of antidepressant medication in bulimia nervosa.
17. Debate the use of additional nontraditional medication-based treatment approaches in anorexia nervosa and bulimia nervosa.
18. Identify the role of mood stabilizers and anticonvulsant medications in the treatment of bulimia nervosa.
19. Describe the pharmacogenomic and pharmacogenetic findings in studies of patients with eating disorders and how this may lead to an effective personalized medicine treatment approach in the future.
20. Compare the effectiveness of the nonpharmacologic and pharmacologic treatment interventions with respect to the achievement of treatment goals.