

Disordered Eating Response Program

Athletic Training
Weber State University

The purpose of this program is to provide treatment to athletes at Weber State University who have clinically diagnosed eating disorders as well as to those athletes who practice pathogenic weight control but do not fit criteria for clinical eating disorders (disordered eating). In the treatment of these conditions, a *Disordered Eating Response Team (DERT)* will be utilized to evaluate three components of the athlete's health: Mental health, physical health, and nutrition. In the treatment of athletes, there will be communication between team members to unitize multiple health care practitioners while maintaining confidentiality. A minimum number of team members will be utilized to adequately treat the illness. Because the athlete will often be undergoing treatment in more than one of the three areas simultaneously, there will be a 'coordinator' (Certified Athletic Trainer) of the team to maintain communication with the athlete and medical team members. This coordinator will also serve as a referral source and a readily available advocate that the athlete can maintain contact with daily or regularly.

Disordered Eating Response Team (DERT)

Team Physician

- Medical director of the team.
- Diagnose eating disorder or disordered eating and refer to other team members.
- Monitor medical status of the athlete and make decisions concerning sport participation.

Dietitian/Nutritionist

- Assess nutritional status and eating patterns
- Work with athlete in developing strategies to normalize eating behavior and attitudes.
- Active in developing educational programs (*Energy and nutritional requirements*).

Psychologist/Psychiatrist

- Performs a psychologic assessment.
- Investigates into the factors that led to the athlete's eating behavior.
- Neurochemical evaluation and treatment may also be performed.

Certified Athletic Trainer

- Refers athletes to the Team Physician who exhibits eating disorder or disordered eating characteristics.
- Serves as the coordinator of the DERT.
- Monitors the daily medical status of the athlete.
- Ensures that the athlete complies with the Team's recommendations.
- Coordinates DERT meetings.

While the therapeutic benefits are obvious, perhaps the greatest service the DERT can provide is the prevention of disordered eating through individual/team education.