


Additional Assessment Questions Anorexia nervosa

- Where on the scale are you?
Fattest person thinnest person you know
- Which one of these faces are you?

- What do you like to do for relaxation?
- Do you enjoy exercise?
- Happy in school?
- Any problems with
 - school work?
 - peers?
 - teachers?
- Are you pleased with your progress in school?
- Are your parents happy with your progress in school?
- Any problems at home?
- Any changes in the preceding year, e.g., house move, divorce, bereavement, illness in family?
- Does the young person appear to have difficulties in wanting to grow up?
- Does it seem as if the parents are over-controlling?
- Are the parents in conflict with each other or with the young person?
- Does the young person seem depressed?

Nutritional Assessment

Date

Ht

Centile

Wt

Centile

BMI

Dietary Assessment (Thomas, D. (1999) An unhealthy obsession with body image. *Practice Nurse*, 17:25, pp.2–55.)

Ask the young person about a typical day.

- What time did you get up?
- Do you have breakfast? What is it?
- Do you walk to school? How far is it?
- What time is first break? Do you eat?

- When is lunch? Do you eat then?
- What did you eat yesterday?
- What is your average meal?
- What time do you leave for home?
- Do you stop at a shop on the way?
- When you get home, what do you do?
- Do you eat anything then?
- What time is your evening meal?
- What would a typical meal consist of?
- Do you eat anything during the evening?
- Are you involved in evening activities?
- What would make the problem better, e.g., expectation?

Parents' Assessment

- Medical condition?
- Has she started periods? Any problems?
- Do they eat well at home?
- Is their main meal at school?
- Routines in the family around eating?
- Does the young person tend to take their meals to their room?
- Do they enjoy preparing food?
- Do they seem a bit down?
- Has there been any emotional upset in the preceding year, e.g., bereavement, divorce, illness?
- Do they feel the cold?
- Early history – pregnancy, birthweight, early childhood, feeding problems?
- Are they achieving at school?
- Any conflicts at home, e.g., between parents and young person?
- Social life, e.g., friends, curfews?
- What would make the problem better, e.g., expectations?

Teacher's Assessment

- Has the young person changed in the last year?
- Homework. e.g., do they spend a lot of time studying? Is it painstaking work?
- What are their concentration levels and memory like now (evidence of lack of food)?
- Are they wellbehaved?
- School attendance?

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- Have you noticed any clumsiness/accident-proneness?
- Are you aware of any changes in the family e.g., divorce, bereavement, serious illness?
- Do they lack confidence, have low self-esteem?
- Friendships?
- Do they get involved in school activities?
- Do they enjoy P.E.?
- Do they seem sad?
- Does she wear a lot of make-up?
- Baggy clothes?
- Do they eat at school? (They may tell their parents that they eat at school, and school that they eat at home.)

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NOTE: This leaflet is designed to be used as part of a wider conversation with your practitioner. If you want to take an online course for parents, visit www.inourplace.co.uk.

Handout for parents Suggestions

- Be supportive and caring and a good listener
- Try to stay calm; don't get frustrated and emotional
- Remember, advice may be ignored
- Don't dwell on appearance and weight
- Talk about health and relationships
- Don't nag, plead or get into arguments about food. It won't work
- Respect privacy
- Eat as a family at least once a day
- Don't let the child always decide when, what and where you will eat. They should not control everything
- Keep mealtimes social and happy. Don't talk about food
- One step at a time
- Have fun with your child, e.g., a film, shopping, day out at theme park. Don't talk about food
- Try not to feel guilty. Do the best you can and be gentle with yourself

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Handout Food Diary

Name: DOB:

Week beginning:

Record all food and drink

	Breakfast	Morning break	Lunch	After school	Evening meal	Snacks
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

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