



## THE ASSESSMENT

### Questions that may be of help if you are due to be assessed for your condition

Be very honest and give the clinician as much information as possible as this may help to determine the outcome of your care.

A standard assessment tool may be used but may not fully incorporate everything you feel you need to discuss. Simply let it be known if you wish to share other issues that you feel are important.

Below are things that **you may** wish to reflect on.

- Think about when the illness first started, this is important.
- Are your issues with food affecting your day to day living, and if so, in what way?
- Are you emotionally tearful?
- Are you anxious most of the time?
- Are you withdrawing from friends and family and find it difficult to interact?
- Do you feel physically unwell a lot of the time?
- Has your physical health deteriorated to the point that you are no longer able to do a full days work?
- Do you feel the eating disorder is in control of you and that you have no management over the illness anymore?
- Is it affecting your relationship with other family members or a close partner?
- Do you obsess about food in a way that is unhealthy?
- Are you restricting your food intake? If so, approximately how much food are you actually eating?
- Are you restricting your food intake and then lapsing into a **binge** (eating large amounts of food) then feel the need to **purge** (rid yourself of the food you have eaten through vomiting or laxatives)?
- How often are you bingeing and purging?
- How long are the binge purge sessions lasting?
- Are you bingeing at night and therefore find that your sleep patterns are poor?
- Are you taking laxatives as a way of controlling your weight (*this is called laxative purging*) if so how many laxatives are you taking daily?
- Are you taking diuretics (*water tablets*) as a way of controlling your weight
- Are you over exercising?
- Are you self harming?
- Do you feel you have reached the point whereby you feel ready to make changes but you don't know how?
- How motivated are you to make changes?

#### Footnote:

- Pre-contemplation..... No Wish to Change
- Contemplation..... In two minds whether to make changes
- Determination..... Desire to Change

- If you engage in Self Help, share this as it may indicate that you are motivated and wish to start to *address change*.
- Remember Self Help should be in addition to anything that is offered via the NHS and not in place of!

## **What normally happens is that you will be assessed.**

- The person carrying out the assessment is known as a ‘Clinician’
- It may be there are 2 clinicians doing a *joint* assessment
- For more complex cases you may find that you have to have another assessment with a clinician from the Eating Disorder Team who will support in the decision making with regard to your care package.
- You may be asked to attend with a family member for a further assessment
- Make sure you are prepared and relaxed.
- If you feel anxious share this with the clinician.
- You may like to make a few notes to help you remember things.

### **What you should consider:-**

- \*Make sure you know the name of the clinician(s) this is so helpful, if at a later date you need to make contact.
- \*Is there a waiting list to begin treatment?
- \*How long before you will hear anything?
- \*If therapy is recommended - what kind of therapy is being offered and for how long?
- \*If counselling is recommended – how many sessions will that be and how frequent?
- \*How will my progress be monitored?
- \*How often will treatment be reviewed?
- \*What happens at the end of those sessions if I still feel I need help?

### **Policies and Pathways**

- What policies are in place to address the right to appeal against decision making?

You may wish to make your own checklist.

Remember don't be frightened to write things down. These are important decisions involving your well-being.

So go for it – Why?

***Because you are Worth It!***

Remember - here if you need anything!

Good Luck!

*Marg Oaten MBE (April 2010)*