

## Feb 5 2025 Eating Disorder Rounds

Follow-up tips from Sierra Turner:

Remind your patient that you are there to support them, and that you will continue to support them throughout their journey. You are not there to judge their decisions; rather, you are there to help them get the support/care they deserve. Sometimes, that means they will have to make hard decisions that their patient will disagree with- remind your patient that the most important thing is their health & their life. Remind them that you aren't going to give up on them, even if things are taking a while.

Ask your patient what is important to them, outside of their illness. What are ways that they can engage more with those things? (Family, friends, school, work, hobbies) .. sometimes focusing on the things that matter the most to them (or exploring what those things might be, as they might not know what is important to them yet) can help someone want to make changes. I know I didn't want to get better for a while, because I didn't know what I valued in my life, or what I wanted. Once I started to get clear on that, I was able to make some harder choices to seek further support/treatment