

The Four Basic Components of Treatment in the DOVE program

Medical Assessment and Management

- A certified Advance Registered Nurse Practitioner performs a comprehensive medical history and physical examination. An eating disorder laboratory profile and EKG are obtained on all patients, and when clinically indicated, a bone density study or other diagnostic studies may also be obtained.
- An assessment is made of the patient's current medical status to determine conditions requiring immediate intervention, areas of increased risk necessitating individualized treatment planning, and any physical circumstances requiring modifications to the program.
- The problems of malnutrition, dehydration, mineral and electrolyte imbalance, cardiac arrhythmias, anemia, gastrointestinal disturbances, refeeding edema, osteoporosis and other medical complications are managed. It may be necessary for a more seriously ill patient to be hospitalized for certain aspects of this care.
- The patient's medical recovery program and medications are supervised by a nurse practitioner. When clinically indicated the patient may be referred for a psychiatric evaluation.
- The nurse practitioner utilizes an individualized cognitive behavioral program, tailored to assist the patient in abstaining from eating disorder behaviors, as well as developing healthy communication and coping skills.
- In the DOVE intensive outpatient program, all medications are administered by an ARNP, who closely supervises each patient for compliance.

Laboratory Testing

Laboratory testing requested by your CEDM medical provider can be obtained at the laboratory or hospital most conveniently located to you. Your CEDM medical provider will provide you with a laboratory requisition slip which you can take to the testing facility of your choice.

Nutritional Assessment and Counseling

A Registered Dietitian conducts or supervises the following activities in the DOVE outpatient treatment program:

- A comprehensive diet history and nutritional assessment, as well as determination of daily calorie and protein requirements needed to return the patient to a healthy nutritional state.

- In consultation with a nurse practitioner, establishment of weight goals, based on body mass index and ideal body weight.
- Individual instruction in a well-balanced meal plan, utilizing a food exchange system and taking into consideration, specific food allergies, intolerance's and preferences.

The DOVE outpatient program also incorporates:

- Therapeutic experiences designed to process and overcome food fears.
- Food shopping excursions and cooking classes for those patients for whom inexperience and avoidant behaviors are obstacles to recovery.
- Group restaurant dining experiences, with professional and peer support to overcome anxieties associated with eating in public restaurants.