

+

To eat

or

not

to

eat

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HPN Consumer

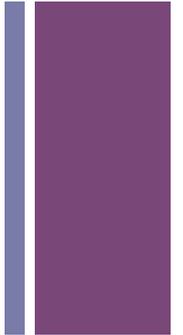
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It's hard to stick to a special diet



- HPN and HEN consumers are often prescribed a special diet that restricts normal foods
- Compliance is a challenge
- Life is centered around food







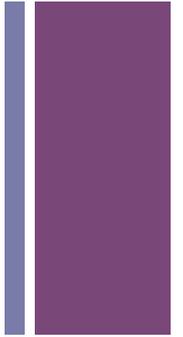




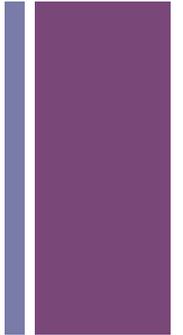


+ Food is not always our friend!

- Evoke anxiety for HPN and HEN consumers
- Eating can lead to pain, discomfort, or urgent restroom visits
- Not eating can spark numerous questions



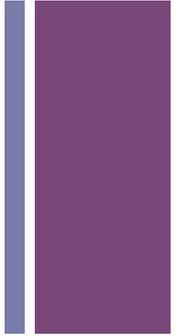
+ Overview



- Emotional impact of dietary restrictions
- Complications with disclosing dietary restrictions, illness, and/or disabilities
- Helpful tips to navigate eating challenges

+ Factors associated with dietary compliance

- Hunger vs. cravings
- Eating at home vs. away from home
- Social or peer pressure



+ I want to be normal

- Interviews conducted with 24 adults with short bowel syndrome
- Quality of life was evaluated
- Lifestyle was affected by health, stamina, diarrhea, having an ostomy, and infusion schedule
- Strong desire to achieve normalcy in life

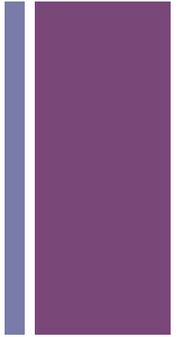


I want to eat so bad, I
could almost cry

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I want to eat so bad, I could almost cry!

- Eat or infuse nutrition prior to the party to combat true hunger
- Offer to help with the cooking
- Bring your own “safe” food or drink



I want to eat cake like the other kids, but I don't want my belly to hurt

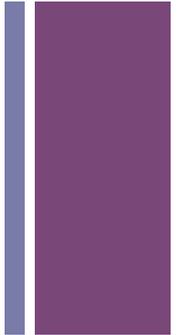


+ Disclosing food issues can lead to a stigma

- In 2006, Sabrina's Law mandates disclosure of severe food allergies for school age children
- A 2008 study conducted interviews with 20 children and their parents
- Children were stigmatized as a result of the law
- Conflict between physical safety and social well-being



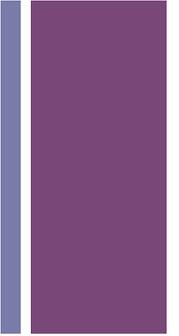
I want to eat cake like the other kids, but I don't want my belly to hurt



- Be prepared – talk to children about what may happen if they eat the cake
- Pack “safe” foods
- Communicate special nutritional needs with someone that is going to be at the party

+ Some situations are unavoidable

- Business lunch
- Job interview meal
- Conference activities

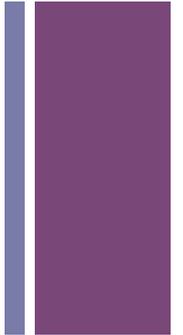


I will put some food on my plate and move it around a bit and hopefully no one will notice I'm not eating...





Successful employment with disabilities

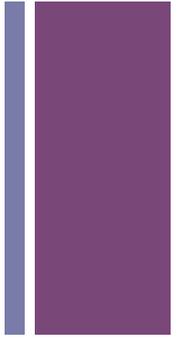


- Individuals with disabilities face barriers to employment
- Investigators interviewed 41 people competitively employed for at least 5 years and discussed disabilities
- Disclosure and discussion decisions were influenced by the disability
- People with disabilities must work harder than others to get a job

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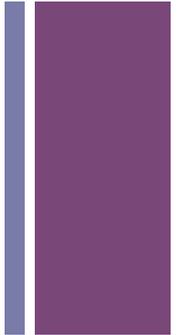
I will put some food on my plate and move it around a bit and hopefully no one will notice I'm not eating...

- Decide how much or little you want to disclose and to whom
- Communicate to someone
- Have a wingman to help take the pressure off



+ Avoiding conventional eating should not make you avoid friends

- Social withdraw is a typical reaction when working through new eating restrictions
- Avoiding social food interactions may make you feel worse about your situation

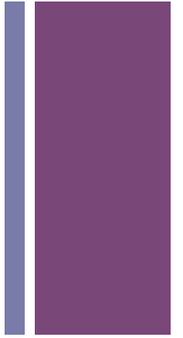


A photograph of three young women sitting around a light-colored wooden table in a cafe. The woman on the left is wearing a light pink sweater and is looking towards the woman in the middle. The woman in the middle is wearing a bright blue long-sleeved shirt and is smiling while holding a white coffee cup with both hands. The woman on the right is wearing a white t-shirt and is also smiling and holding a white coffee cup. There are several glasses of water on the table. The background is a blurred cafe interior with other people and lights.

Liz has been holding that cup, but hasn't taken a drink yet. I wonder if she is okay?

If I just hold this coffee cup, maybe no one will notice I'm not drinking

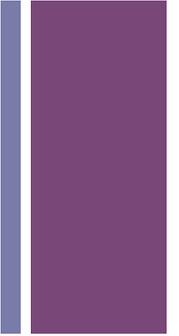
+ To tell or not to tell



- Be honest
 - Eliminate assumptions
 - Communicate what makes you comfortable
- True friends will care about your wellbeing and will be supportive and want to help
- Avoid unnecessary drama

+ Dating with eating challenges

- First dates can be stressful even without food challenges
- Have a game plan
- Be prepared

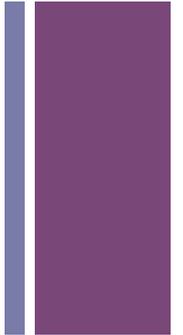




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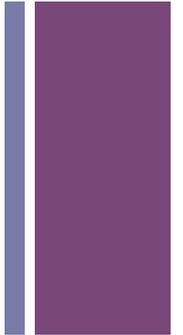


- Know your environment
- Pick a restaurant or coffee shop that is familiar
- Choose a “safe” food
- Decide before meeting how much you want to disclose

+ Your true friends and family will accept you and your eating challenges

- Be honest

- Avoid unnecessary drama

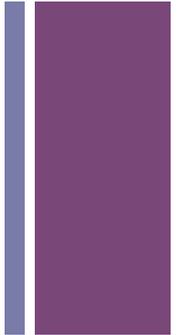


It is so nice to enjoy a meal with my family and not be judged for what I do and don't eat.





It is so nice to enjoy a meal with my family and not be judged for what I do and don't eat.

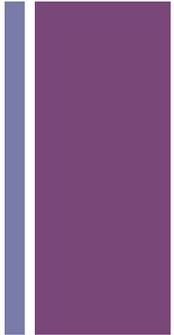


- Find friends and family that you can enjoy their company without the worries of food
- Enjoy activities that do not involve eating
- Start incorporating non-food traditions into your holiday and celebratory functions

+ Stick to your safe foods



+ Be prepared for the worst



+ Join us for more discussion

Rick Davis and Terry Edwards will join me for an informal discussion

Breakout session today in Geyser

- Session 1: 2:45 – 3:45 PM
- Session 2: 4:00 – 5:00 PM

