

+

To eat

or

not

to

eat

Emma M. Tillman, Pharm.D., Ph.D., BCNSP

HPN Consumer

Assistant Professor, Department of Clinical Pharmacy and Pediatrics

The University of Tennessee Health Science Center

Memphis, TN



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



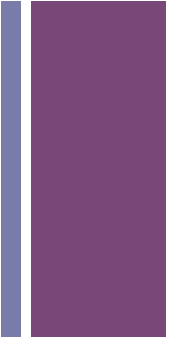
+ Overview



- 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

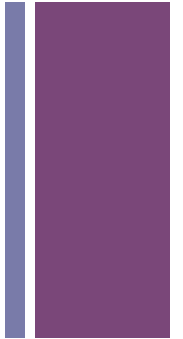
A group of friends are having a picnic outdoors. In the foreground, a man in a white shirt and a woman in a red polka-dot dress are seated at a table with a striped tablecloth. They are surrounded by food, including bread, bowls, and bottles. In the background, other people are standing and talking. A speech bubble is overlaid on the image, containing the text: "I want to eat so bad, I could almost cry".

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



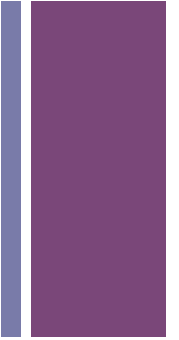
I want to eat cake like the other kids, but I don't want my belly to hurt



- 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

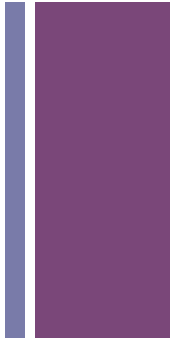


- Individuals with disabilities face barriers to employment
- Investigators interviewed 41 people competitively employed for at least 5 years and discussed disabilities
- Disclosure and discussion decisions were influenced by the disability
- People with disabilities must work harder than others to get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

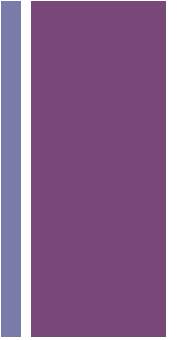
+ To tell or not to tell



- 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





I hope there
isn't a line for
the restroom



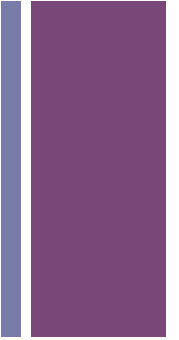
I hope there isn't a line for the restroom



- 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.

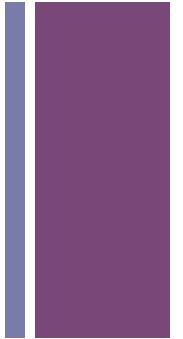


- Find friends and family that you can enjoy their company without the worries of food
- Enjoy activities that do not involve eating
- Start incorporating non-food traditions into your holiday and celebratory functions

+ 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

