

PR2.F – Caso di Studio 3 - Bulimia

Descrizione del Caso

- Paziente femmina di 17 anni, residente in un'area urbana, proveniente da una famiglia di status socio-economico medio-alto
- Dall'anamnesi nutrizionale e medica: la paziente ha un comportamento narcisistico con un'alimentazione scorretta da circa 4 anni
- A causa dell'emarginazione all'interno dei gruppi scolastici, la paziente ha problemi ad accettare il proprio peso e la propria forma corporea
- Ha ridotto il numero di pasti consumando un solo pasto al giorno
- Negli ultimi 6 mesi, la paziente ha riferito variazioni di peso fluttuanti ± 3 kg
- La paziente non presenta sintomi specifici di carenza di micronutrienti o squilibri mestruali.
- Sono stati segnalati episodi di abbuffate/compulsivi 5-6 volte al mese con episodi di senso di colpa
- Episodi di vomito autoindotto si verificano 1-2 volte al mese.
- Il livello di attività fisica era compreso tra 1 e 2 ore al giorno, 7 giorni alla settimana.
- Dopo la valutazione psichiatrica, vengono identificati i test normali, viene iniziato il trattamento e la terapia cognitivo-comportamentale.
- Si raccomanda un consulto dietetico e un attento monitoraggio del piano alimentare per un periodo di almeno 18 settimane.

Questions

Utilizzando le informazioni fornite, determinare:

- la situazione antropometrica del paziente in relazione all'età
- il fabbisogno energetico per mantenere il peso attuale
- il fabbisogno nutrizionale (calorie e macronutrienti) per il riequilibrio del peso
- le raccomandazioni di base per l'attività fisica
- aspettative a breve termine (4 e 6 settimane)
- approccio dietetico in caso di mancato raggiungimento dell'obiettivo prefissato
- aspettative a medio termine (1 anno)



Example of a dietary approach to the presented case

Anthropometric and nutritional assessment

17y 4m (208 months), female

	Value	Imperial	%ile	Z-score	50%ile
Weight (kg)	47	103.6 lb	11%	-1.21	55.5
Stature (cm)	164	64.6 in	56%	0.16	163
Wt-for-stature (kg)					
BMI-for-age	17.5		6%	-1.54	21.0

Following the food diary assessment, the following results were obtained: 1018 kcal/day, 51 g protein, 127 g carbohydrate, and 31 g fat during 3 main meals, without snacks, including all food groups

Estimated Daily Caloric Needs	2,759 kcal/day
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Macronutrients:

Macronutrient	Recommended Intake Per Day
Carbohydrate	310 - 448 grams ⓘ
Total Fiber	26 grams
Protein	40 grams
Fat	77 - 107 grams ⓘ
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.1 grams ⓘ
Linoleic Acid	11 grams ⓘ
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water	2.3 liters (about 10 cups) ⓘ

Establishing nutritional requirements

- A diet plan was initiated. The patient had a mean intake of 1400 kcal for a period of 2 weeks, with a gradual increase of 150 kcal/week until an intake of 2000 kcal/day was reached
- The patient had to limit sports activity to 60 minutes/day, 5 days a week

	At initiation	At 6 week intervals	At 12 weeks interval
Proteins (g)	68	83	97
Fats (g)	45	54	64
Carbohydrates (g)	170	207	243
Calories	1400	1700	2000



Completion of interventional therapy

- Dietary recommendations were supplemented with group and individual therapy
- Recommendations for: psycho-emotional management, music therapy, dance therapy, personal motivation, collateral activities of active rest and increasing self-confidence, group communication

Re-evaluation at four-week interval

17y 5m (209 months), female

	Value	Imperial	%ile	Z-score	50%ile
Weight (kg)	48.3	106.5 lb	16%	-1.00	55.6
Stature (cm)	164	64.6 in	56%	0.15	163
Wt-for-stature (kg)					
BMI-for-age	18		10%	-1.28	21.1

Estimated Daily Caloric Needs	2,272 kcal/day
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Macronutrients:

Macronutrient	Recommended Intake Per Day
Carbohydrate	256 - 369 grams ⓘ
Total Fiber	26 grams
Protein	41 grams
Fat	63 - 88 grams ⓘ
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.1 grams ⓘ
Linoleic Acid	11 grams ⓘ
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water	2.3 liters (about 10 cups) ⓘ

- Following the re-evaluation, a positive weight evolution was observed
- The patient managed to stick to the indicated food plan with 3 main meals
- Binge eating episodes were reduced to 1-2 over a month with no vomiting episodes
- Continue with a 2000 kcal/day meal plan, with target inclusion of all food groups and percentage increase of all macronutrients
- The introduction of 1-2 snacks was attempted, without being mandatory
- The patient was advised to reduce the intake of sweet juices by hydrating with water and teas, while using some food supplements
- Physical activity, also increased interest in Mindful Eating and cooking
- The psycho-emotional management evolved, the patient was more involved motivationally



Re-evaluation at other six-week interval

- Weight evolution was positive and constant
- Psychiatric evolution was positive, without episodes of compulsive eating and self-inflicted vomiting
- The patient was still dissatisfied with the appearance of her own body and the accumulated weight, but self-monitoring was slower; she was involved in more group activities and sports activity has decreased in intensity

Re-evaluation at other six-week interval

17y 6m (210 months), female

	Value	Imperial	%ile	Z-score	50%ile
Weight (kg)	52	114.6 lb	33%	-0.45	55.7
Stature (cm)	165	65.0 in	62%	0.30	163
Wt-for-stature (kg)					
BMI-for-age	19.1		23%	-0.75	21.1

The patient continued with a food plan of 2000-2200 kcal/day, a more flexible food plan, and monitoring at 6-8 week intervals

Weight evolution after personalized dietary intervention at about 1 year

17y 4m (208 months), female

	Value	Imperial	%ile	Z-score	50%ile
Weight (kg)	47	103.6 lb	11%	-1.21	55.5
Stature (cm)	164	64.6 in	56%	0.16	163
Wt-for-stature (kg)					
BMI-for-age	17.5		6%	-1.54	21.0

- Binge eating episodes were reduced to zero
- Dietary and medical monitoring continues

18y 8m (224 months), female

	Value	Imperial	%ile	Z-score	50%ile
Weight (kg)	55.2	121.7 lb	42%	-0.20	56.9
Stature (cm)	166	65.4 in	67%	0.43	163
Wt-for-stature (kg)					
BMI-for-age	20		30%	-0.52	21.5

