

## Staff Guidance

### **Disability: Eating Disorder**

**Characteristics:** Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder are conditions that fall under the umbrella title of Eating Disorders. They can affect both men and women, and are usually treated through psychotherapy, nutritional support and medication. They are diagnosed through extremes of under- or over-intake of food and feelings of distress or concern about body weight and shape.

#### **Effects on Self and Study:**

May not see academic effects when well, however perfectionism can sometimes link with the disorder and so a student may push themselves very hard to achieve perfect results.

May need to attend regular medical appointments with variety of health professionals, it may be difficult to change the times of these due to limited provision of services.

New environment of university and independence around cooking may trigger relapse in first year students.

There can be a rapid decline in health requiring periods of hospitalisation if the student is not accessing MH support or is waiting for a specialist referral.

Lethargy and concentration issues.

There can be long term physical health issues such as weakness in bones and joints which can impact on ability to carry large amounts of books and can fatigue quickly.

#### **Possible Reasonable Adjustments:**

\*Regular meetings or emails with academic advisor so the student feels able to discuss, with someone they trust, appointments they need to attend, their current MH and any difficulties occurring

\*Flexibility around coursework deadlines

\*Dictaphone to record lectures

\*Lecture slides available on Blackboard

\*Extra time in exams

\*Rest breaks in exams

\*Mentor / library assistant / notetaker – to assist with physically demanding tasks and to support with anxiety and stress management around academic issues.

Each student is an individual and as such may only require some of these adjustments or none at all. These are guidelines of things that could be considered however some courses may require more specific adjustments. It is advisable that students, academics and the MH Co-ordinator work together to achieve appropriate adjustments. Some courses involve Fitness to Practice requiring students to achieve professional competencies to qualify.