

Disordered Eating Decision Tree for Student Athletes

Symptomatic or identified at-risk athlete is evaluated by team physician

Referred to HEO dietician for dietary assessment & recommendations

Athlete follows dietary recommendations without difficulty

Athlete has difficulty or does not follow dietary recommendations

Periodic reassessment if needed

Referred to ED Specialist (MCAPS, SHS, or outside provider) for assessment.
CMS trainers may notify DOS

Treatment is recommended

No further action recommended

Athlete agrees to ED treatment

Athlete refuses ED treatment

Potential for athlete to be withheld from training until compliant

Progress, medically cleared by team physician, wants to train/ compete

Does not progress; is not cleared to train/ compete by team physician

Athlete not allowed to train/ compete until progressing & cleared by team physician

Allowed to train/ compete while meeting health maintenance criteria

Successful completion of ED treatment

Unsuccessful completion of ED treatment

Athlete returns to her/his sport

Athlete does not return to his/her sport

Athlete returns for periodic reassessment

Assess for medical stability and refer to DOS as needed. If necessary for safety, break confidentiality