

Worksheet 10.5: The Nutritional Risk Ruler – when medical risk is very high

When medical risk is very high it is likely that Edi will not be able to engage in any useful conversations about change and in this instance the ruler can be used as a tool to explain society’s responsibility to keep Edi safe (see *SBC*, Chapter 12, pp. 175–8).

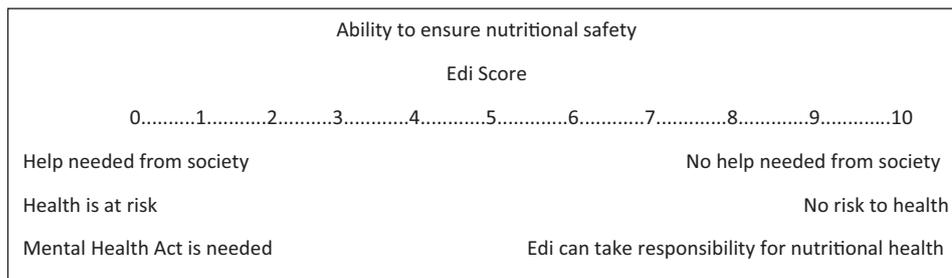


Figure 10.5 Nutritional Risk Ruler when medical risk is high

Plan a conversation with Edi around nutritional risk. If possible role play with another carer taking on the role of Edi. Useful questions might include:

- On a scale of 0 to 10 how would you rate your current ability to manage your own nutritional safety?
- If we use this line to represent the degree of responsibility society needs to take for your health, where do you think you are on this line?

When medical risk is high, it is highly likely that there will be a significant discrepancy between Edi’s score and the score that you as the carer would give Edi.

- I am interested you give yourself a score of 6. Do you mind if I say what score I would give you based on what I am observing?
- I could give you a 1 or 2 out of 10, rather than a 6. We are concerned that you are not consuming enough to feed your body and it seems that it is difficult for you to be aware of your own health [state your reasons – what you have observed]. It looks like you have been tricked by your eating disorder into thinking you are OK. That is not the case and I am very worried. We need extra help.
- The objective facts tell me that we are nearly at the stage where society will take over. I would prefer us to succeed at home rather than have you go to hospital. Could we make a plan together? What help might you need from me or anyone else?