

# Implementing the New NICE guidelines for Eating Disorders recognition and treatment

10% card payments discount\*  
15% Group booking discount\*\*

Monday 3 July 2017 De Vere West One Conference Centre, London



## Chair and Speakers Include:

### Andy Roberts

*National Service and Commissioning Advisor The National Collaborating Centre for Mental Health (NCCMH) for the Access and Waiting Time Standard for Children and Young People with an Eating Disorder Commissioning Guide Guideline Committee NICE*

### Prof Ivan Eisler

*Core Member Eating disorders: treatment and recognition guideline Committee Emeritus Professor of Family Psychology and Family Therapy Kings College Institute of Psychiatry Psychology and Neuroscience*

Supporting Organisation



# Implementing the New NICE guidelines for Eating Disorders recognition and treatment

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By attending this one day conference you will hear from expert speakers on how you can implement the new NICE Guidance on Eating Disorders: Recognition and Treatment which is due to be published in May 2017. The guidance will be making new recommendations on assessment, treatment, monitoring and inpatient care for people with eating disorders. Attending this event will give you the opportunity to hear practical advice and tips on implementing changes to your service to ensure compliance.

Your speakers on the day will be providing you with insight on a range of subject areas which have been highlighted as key points within the NICE Guidance, such as:

- pathways for eating disorders in children and young people
- service user experience
- comorbidities
- early intervention
- carer involvement
- commissioning

*“Eating disorders commonly have their origins in adolescence, but are often not identified or picked up by services until adulthood. Early intervention is strongly advocated (Treasure and 26 Russell, 2011). However, the necessary early identification and prevention or treatment of eating disorders is a difficult task, due to the low base rate of such cases and limitations in tools suggested for early identification and prevention. Even very underweight patients routinely go unidentified or their needs are not responded to by clinicians and non-underweight patients are likely to be missed by clinicians and families alike. Such patients are unlikely to self-report in the early years of the disorder. Furthermore, most eating disorders have low rates of spontaneous remission. Therefore, this guideline focuses substantially on the evidence as to how clinicians can effectively treat and manage eating disorders that might have been present for many years. Since the 2004 NICE guideline, two strands of evidence have emerged that necessitate a new eating disorders guideline in 2017. First, there is now far more evidence of efficacious treatments (both physical and psychotherapeutic), allowing for firmer guidelines to be developed. Second, it has become clear that clinicians vary substantially in their identification of cases and their delivery of the evidence-based treatments that are recommended (for reasons that are connected with therapists’ unawareness of the evidence, preferences, or lack of training and competence). Consequently, NICE and the Department of Health have concluded that it is necessary to produce this new guideline, to inform clinical practice and policy. The aim is to ensure that patients receive the best treatments possible, from clinicians who are knowledgeable and well trained.” Eating disorders: recognition and treatment NICE guideline: short version Draft for consultation, December 2016*

Follow the conference on Twitter #EatingDisorders

## 10.00 Chairman's Introduction

**Andy Roberts** *National Service and Commissioning Advisor* The National Collaborating Centre for Mental Health (NCCMH) for the Access and Waiting Time Standard for Children and Young People with an Eating Disorder Commissioning Guide Guideline Committee NICE

## 10.10 NICE update: Eating disorders - recognition and treatment

### Prof Ivan Eisler

*Core Member*

Eating disorders: treatment and recognition guideline Committee  
*Emeritus Professor of Family Psychology and Family Therapy*  
Kings College Institute of Psychiatry Psychology and Neuroscience  
*Consultant Clinical Psychologist and Joint Head of Child and Adolescent Eating Disorders Service*  
South London and Maudsley NHS Foundation Trust

## 10.35 New pathways for Eating Disorders in Children and Young People

### Speaker to be announced

- what does a gold standard eating disorder service look like?
- service models and pathways
- new resources for evidence based community eating disorder teams: elements of an effective community service
- looking forward to the waiting time standard for Eating Disorders due in 2017
- NHS England update

## 11.00 The Lived Experience of having an Eating Disorder

### Nicola Davis

*Lived Experience of Eating Disorders*  
Author My Super Sweet Recovery Cookbook

- how can we improve the lives of people with Eating Disorder?
- the journey to diagnosis
- understanding the lived experience and regaining control

11.25 Question and answers, followed by tea & coffee at 11.35

## 11.50 EXTENDED SESSION: Developing a First Episode and Rapid Early Intervention for Eating Disorders (FREED)

### Speaker to be announced

- the FREED Model
- implementing first episode and rapid early intervention for eating disorders in your service
- spreading this service as a gold standard for eating disorders

12.50 Question and answers, followed by lunch at 13.00

## 13.45 'First Step' addressing the needs of young people experiencing Eating Disorders in university

### Dr Nicola Mazey

*GP*  
Liverpool University

- lowering the barriers for young people transitioning into university to get help
- what are the triggers and tools
- best practice in care records for students, home GP or away?
- questions

## 14.15 The hidden minority: comorbidity: How do eating disorder patients present with comorbidity and the varied approaches in improving access, pathways, medication, care co-ordination and treatment in line with NICE guideline recommendations

This session will comprise of several short 20mins presentations, closing with an audience participation discussion

### 14.15 Diabulimia - Diabetes and eating disorders

#### Speaker to be announced

### 14.35 Understanding and managing eating issues on the autism spectrum

**Dr Elizabeth Shea** *Clinical Psychologist* Birmingham Food Refusal Services

### 14.55 Eating disorders and alcohol and drug abuse

**Dr Florian Kaplick** *Consultant Psychiatrist* Castle Craig

15.15 Question and answers, followed by tea & coffee at 15.25

## 16.00 Bridging the Gap through the Involvement of Carers

### Veronica Kamerling

*Group Facilitator*  
Eating Disorders & Carers

- the value of carers in collaborative working
- the importance of listening to Carers
- "The Triangle of Care" and improved recovery outcomes

## 16.25 Commissioning effective services for Eating Disorder

### Andy Roberts

*National Service and Commissioning Advisor*  
The National Collaborating Centre for Mental Health (NCCMH)  
for the Access and Waiting Time Standard for Children and Young People  
with an Eating Disorder Commissioning Guide Guideline Committee NICE

- commissioning gold standard Eating Disorder services
- rewarding service improvement
- the commissioning role in ensuring the national standards are met in practice
- moving forward and examples of good practice in commissioning

16.50 Question and answers, followed by close at 17.00

# Eating Disorders Summit

## Monday 3 July 2017

### De Vere West One London

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Please specify any special dietary or access requirements

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The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email [jayne@hc-uk.org.uk](mailto:jayne@hc-uk.org.uk)

#### Venue

De Vere West One, 9-10 Portland Place, London, W1B 1PR.  
A map of the venue will be sent with confirmation of your booking.

Date Monday 3 July 2017

#### Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.  
 £300 + VAT (£360.00) for voluntary sector / charities.  
 £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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