

Improving Access and Treatment for

# Eating Disorders

## Towards Recovery

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

Thursday 17 October 2019 The Studio Conference Centre Birmingham



### Speakers Include:

**Hope Virgo**

*Person with Lived Experience of Eating Disorders*

**Dr Agnes Ayton**

*Vice Chair, Eating Disorders Faculty  
The Royal College of Psychiatrists  
& Consultant Psychiatrist  
Oxford Health NHS Foundation Trust*

**Dr Karina Allen**

*Senior Clinical Psychologist and  
FREED Network Lead,  
Eating Disorders Outpatients  
Service South London and  
Maudsley NHS Foundation Trust*

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This conference focuses on effective improving access and treatment for eating disorders, and embedding the NICE Quality Standard for Eating Disorders.

Discussing these National Quality Standard Dr Dasha Nicholls, Consultant Child and Adolescent Psychiatrist said: *"Eating disorders can be absolutely devastating for people and their families. If left without clinical attention, a person's condition has a tendency to become worse and harder to treat. We know people with eating disorders have better recovery rates when they receive early treatment and it is essential to have prompt assessment and referral schemes in place to help people get seen quickly."* NICE 21 September 2018

*"Eating disorders have among the highest mortality rates of any mental illness, yet people's chances of recovery are being subjected to a lottery and lives are at risk."*

Andrew Radford Chief Executive Beat Beating Eating Disorders, 18th June 2019

*"One estimate of the numbers of people with eating disorders in the UK is between 600,000 and 725,000. An alternative estimate suggests the figure is 1.25 million. Regardless of precise figures, it has been suggested that eating disorders may be one of the most common mental health problems. Accordingly the provision of effective treatment and services for people who have an eating disorder is a serious matter for society."*

Ignoring the Alarms follow-up: Too many avoidable deaths from eating disorders, UK Parliament 18th June 2019

The recent Parliamentary and Health Service Ombudsman report 'Ignoring the Alarms: how eating disorder services are failing Patients' recommended that the Department of Health and NHS England should review the existing quality and availability of adult eating disorder services to achieve parity with child and adolescent services. Dr Bill Kirkup Author of the report stated that *'I hope this report will act as a wake-up call to the NHS and health leaders to make urgent improvements to services for eating disorders so that we can avoid similar tragedies in the future'*.

Benefits of attending:

This conference will enable you to:

- Network with colleagues who are working to improve services, practice and treatment for people who are experiencing Eating Disorders
- Understand the national context, evidence base and NICE Quality Standard for Eating Disorders
- Reflect on the lived experience of Eating Disorders
- Develop your skills and improve competence in delivering Eating Disorders services
- Improve and reducing waiting times in both adult and child and adolescent services
- Learn from current best practice in treatment of Eating Disorders
- Learn from experts working in Eating Disorders services
- Ensure you are up to date with current consensus on exercise in eating disorders: treatment and practice
- Improve access and services for adults with Eating Disorders
- Reflect on established practice improving access to Eating Disorders services
- Ensure effective working with co morbidities such as diabetes and ensure an effective pathway for people with Bulimia Nervosa
- Improve the way you develop recovery focused care plans and assess risk on transition of care
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

## 10.00 Chair's introduction

## 10.10 OPENING ADDRESS: The Lived Experience of having an Eating Disorder

### Hope Virgo

*Lived Experience of Eating Disorders*

- how can we improve the lives of people with Eating Disorder?
- the journey to diagnosis
- understanding the impact of underlying trauma and mental health issues
- what does recovery mean to me?
- avoiding BMI as the sole indicator of access to treatment
- understanding the lived experience and regaining control

## 10.40 Embedding the National Quality Standard for Eating Disorders

### Ursula Philpot

*Dietitian, Course Leader/Senior Lecturer, Nutrition and Dietetics  
Leeds Beckett University, and Member of NICE Guidelines Development  
Group, Eating Disorders*

- monitoring adherence to the National Quality Standard
- assessing your service against the standards
- embedding the statements and standard in practice

## 11.10 Bridging the Gap through the Involvement of Carers

### Veronica Kamerling

*Experienced Carer  
Eating Disorders & Carers*

- early intervention and carers
- what is 'recovery' from a carer's perspective
- the importance of collaborative care

11.40 Question and answers, followed by tea & coffee

## 12.10 Improving access and early intervention

### Dr Sandeep Ranote

*Consultant Child & Adolescent Psychiatrist  
Director of Clinical Networks North West Boroughs Healthcare  
NHS Foundation Trust GM CAMHS Clinical Lead  
NHSE & GMHSC partnership*

- Improving accessibility to cut inappropriate out of area placements for children and young people
- early detection and treatment through specialist assessment, one-to-one support and family therapy
- working in partnership in partnerships to raise awareness and improve access to services

## 12.40 Early intervention: Developing a First Episode and Rapid Intervention for Eating Disorders (FREED)

### Dr Karina Allen

*Senior Clinical Psychologist and FREED Network Lead,  
Eating Disorders Outpatients Service  
South London and Maudsley NHS Foundation Trust*

*and Dr Sheryllin McNeil Chartered Clinical Psychologist,  
Specialist Eating Disorder Service, Forward Thinking Birmingham*

- the FREED Model
- implementing first episode and rapid early intervention for eating disorders in your service
- engaging patients in discussions about their options for psychological treatment
- spreading this service as a gold standard for eating disorders

12.10 Question and answers, followed by lunch at 13.20

## 14.00 Exercise: Consensus on Treatment & Practice

### Dr Caz Nahman

*Consultant Child and Adolescent Psychiatrist & CAMHS Eating Disorders  
Consultant, Sport and Exercise Special Interest Group  
Royal College of Psychiatrists*

- treating compulsive exercise as part of eating disorders
- how can exercise in moderation be incorporated into a treatment plan
- developing consensus on good practice
- panel discussion: approaches to exercise

## 14.30 What does a Gold Standard Eating Disorders Service look like?

### Dr Agnes Ayton

*Vice Chair, Eating Disorders Faculty  
Royal College of Psychiatrists  
and Consultant Psychiatrist,  
Oxford Health NHS Foundation Trust*

- what does recovery mean in your service: developing consensus
- 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
- extending implementation of the MARZIPAN guidance
- self assessment of your own service: Discussion

15.00 Question and answers, followed by tea & coffee at 15.10

## 16.00 Managing co morbidity Case Study: Diabulimia - Diabetes and eating disorders

### Fiona Kennon

*Diabetics With Eating Disorders*

- monitoring the impact of treatments using outcome measures for eating disorder patients presenting with a long term conditions such as diabetes
- different approaches in improving access, pathways, medication, care co-ordination and treatment for people with an eating disorder and diabetes

16.30 Question and answers, followed by close

# Improving Access and Treatment for Eating Disorders: Towards Recovery

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

#### Venue

The Studio Conference Centre, 7 Cannon St, Birmingham B2 5EP. A map of the venue will be sent with confirmation of your booking.

Date Thursday 17 October 2019

#### Conference Fee

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.  
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