

Managing an Eating Disordered Patient in a General Adolescent Unit or developing an eating disorder unit or beds.

Signs and symptoms of Eating Disorders In children and Young people. Management and care planning of Children and Young people with eating disorders admitted to a general adolescent unit. Setting up an Inpatient eating disorders unit or creating beds for eating disorders.

Background:

Eating Disorders are any range of mental conditions in which there is persistent disturbance of eating behaviour and Impairment of physical or mental health. During the course of an eating disorder a child or young person's physical health can severely deteriorate and they can require admission to a CAMHS inpatient setting for weight restoration and to keep them safe. The care and management of these children can be very difficult for the clinical professionals in these settings as they are not specialist eating disorder units.

Our service is a nationally and internationally renowned for clinical and research evaluation of psychological treatments for eating disorders. Our treatment model places a strong emphasis on if a young person need an admission to the paediatric ward what is the purpose of the admission, how long should It be for and how to support the professionals on the paediatric ward.

Aims of this Programme:

- What is an eating disorder, diagnostic criteria, signs and symptoms.
- Physical risk and management of physical risk on the ward including refeeding syndrome.
- Supporting the young person to eat, NG feeding and restrictive practice.
- Management of compensatory behaviours such as exercise, vomiting, emotional distress
- Reflective practice and space to think about what the team is doing well and how they feel.
- Creating team guidelines around meals and how the team works together In management of eating disorders.
- Bespoke option to have some modules tailored to the teams need.

What the Programme Offers:

The training consists of an intensive programme across 1 full day with a combination of teaching slide and break out room discussion.

On request we can provide continuous supervision and consultation for teams trained as separate tariffs.

When:

Dates: Wednesday 22nd and Thursday 23rd November 2023

Time: 9:00am - 1:00pm each day

Where:

Online via video-conferencing

Programme Facilitators:

Hannah Creaven
Clinical Nurse Specialist

Shanay Dougan
Clinical Nurse Specialist





Key Outcome:

- At the end of the training participants will have the skills and competencies required to be able manage and care for eating disordered young people and young people in their own clinical setting. *Our trainings promote the development of a MDT approach ethos; therefore we encourage, and will prioritise, the attendance of more than one professional from each team. We recommend early booking to guarantee a place and thus avoid disappointment.*

Cost:

2 half days intensive programme

£300 per person – including online discount and materials

Teams who attend with 3 or more colleagues will receive an additional 15% discount per person.

If teams would like ongoing supervision following the training please contact MCCAEDtraining@slam.nhs.uk for availability and costs.

Who can Apply:

- Mental health nurses,
- Paediatric nurses,
- paediatric & Mental health dieticians,
- Allied health staff - family therapists, psychologists,,
- clinical support workers/health care support workers
- Medical professionals

Attending the Training:

This training will take place over video-conferencing. Links to the training sessions and all accompanying resources will be emailed to participants following sign-up. To attend the video-conference, participants will require a reliable Wi-Fi connection and access to Zoom.

*For enquiries or to apply please contact
the training administrator*

Email: MCCAEDtraining@slam.nhs.uk

Telephone: 020 3228 8141

Training Manager:

Stamatoula Voulgari,
Principal Systemic Family Psychotherapist

