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Implementing & Monitoring Adherence to the to the NICE Quality Standard for Eating Disorders Towards Recovery

Friday 5 April 2019 De Vere West One Conference Centre, London



Chair and Speakers Include:

Tom Quinn
Director of External Affairs
BEAT

Dr Darren Cutinha
*Consultant Child & Adolescent
Psychiatrist*
South London & Maudsley NHS
Foundation Trust

Prof Alan Currie
*Chair of Sport and Exercise
Psychiatry Special Interest Group*
Royal College of Psychiatrists

Supporting Organisations



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The New NICE Quality Standard for Eating Disorders was released on 21st September 2018

The Quality Statements focus on:

- Statement 1 People with suspected eating disorders who are referred to an eating disorder service start assessment and treatment within 4 weeks for children and young people or a locally agreed timeframe for adults.
- Statement 2 People with eating disorders have a discussion with a healthcare professional about their options for psychological treatment.
- Statement 3 People with binge eating disorder participate in a guided self-help programme as first-line psychological treatment.
- Statement 4 Children and young people with bulimia nervosa are offered bulimia-nervosa-focused family therapy (FT-BN).
- Statement 5 People with eating disorders who are being supported by more than one service have a care plan that explains how the services will work together.
- Statement 6 People with eating disorders who are moving between services have their risks assessed.

Discussing these statements 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. We are very excited to include a statement in the NICE quality standard emphasising this need to get children and adults seen by specialists as soon as possible and to recommend a suitable timeframe."*
NICE 21 September 2018

This conference focuses on effective implementation and adherence to the New NICE Quality Standard for Eating Disorders. The quality standard covers assessment, treatment, monitoring and care for children, young people and adults with an eating disorder. It describes high-quality care in priority areas for improvement. Attending this event will give you the opportunity to hear practical advice and tips on implementing changes to your service to ensure compliance with the new NICE Quality Standard for Eating Disorders.

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
- Learn from current best practice in 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
- Reflect on established practice improving access to Eating Disorders services
- Understand how to deliver a recovery focused service for Binge Eating Disorder
- 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 introductions

Tom Quinn Director of External Affairs BEAT

10.15 EXTENDED 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?
- understanding the lived experience and regaining control

10.50 Towards Recovery: What does a Gold Standard Eating Disorder Service look like?

Dr Darren Cutinha

Consultant Child and Adolescent Psychiatrist
South London and Maudsley 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
- meeting the waiting time standard
- self assessment of your own service: Discussion

11.20 Question and answers, followed by tea & coffee at 11.30

11.50 Monitoring Adherence to the 2018 Quality Standard

Ursula Philpot

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

- monitoring adherence to the National Quality Standard
- assessing your service against the standards
- how will we monitor adherence to the statements and standard in practice

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

Dr Amy Brown

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

- 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

13.10 Question and answers, followed by lunch at 13.20

14.00 Exercise: Consensus on Treatment & Practice

Prof Alan Currie

Chair of Sport and Exercise Psychiatry Special Interest Group
Royal College of Psychiatrists

- compulsive exercise and eating disorders
- how can exercise be incorporated into a treatment plan
- developing consensus on good practice
- panel discussion: approaches to exercise

14.30 Delivering effective recovery focused treatment for Binge Eating Disorder

Ursula Philpot

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

- meeting Quality Statement 3: Binge Eating Disorder
- ensuring guided self-help as first-line psychological treatment
- improving recovery outcomes: case studies in practice
- integration with other eating disorder services

15.00 Delivering effective recovery focused treatment for Bulimia Nervosa

Dr Mima Simic

Consultant Child and Adolescent Psychiatrist
South London and Maudsley NHS Foundation Trust

- engagement and development of the therapeutic alliance
- helping the family to manage the eating disorder
- exploring issues of individual and family development
- ending treatment, discussion of future plans and discharge

15.30 Question and answers, followed by tea & coffee at 15.40

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

Jacqueline Allan

Director Diabetics With Eating Disorders
PHD Student and Associate Lecturer Birkbeck University of London

- 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 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

17.00 Question and answers, followed by close

The NICE Quality Standard for Eating Disorders: Towards Recovery

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Venue

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A map of the venue will be sent with confirmation of your booking.

Date Friday 5th April 2019

Conference Fee

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