

THIRD IRISH NATIONAL EATING DISORDERS CONFERENCE 2018

EATING DISORDERS:
WORKING TOWARD RECOVERY
#EDCONF18

Trinity Gas Building, D'Olier Street, Dublin 2.

February 23, 2018.

Programme and Abstracts

In association with Conference Networking Ireland
(www.conferencenetworking.ie) and BODYWHYS
(www.bodywhys.ie)

Nine Truths About Eating Disorders

In the face of many myths, the Academy for Eating Disorders (www.aedweb.org) published "Nine Truths About Eating Disorders" in order to clarify public understanding.

Truth #1: Many people with eating disorders look healthy, yet may be extremely ill.

Truth #2: Families are not to blame, and can be the patients' and providers' best allies in treatment.

Truth #3: An eating disorder diagnosis is a health crisis that disrupts personal and family functioning.

Truth #4: Eating disorders are not choices, but serious biologically influenced illnesses.

Truth #5: Eating disorders affect people of all genders, ages, races, ethnicities, body shapes and weights, sexual orientations, and socioeconomic statuses.

Truth #6: Eating disorders carry an increased risk for both suicide and medical complications.

Truth #7: Genes and environment play important roles in the development of eating disorders.

Truth #8: Genes alone do not predict who will develop eating disorders.

Truth #9: Full recovery from an eating disorder is possible. Early detection and intervention are important.

Irish National Eating Disorders Conference

2018

Welcome to the third Irish National Eating Disorders Conference. Over the past few years, it has been heartening to receive generally positive feedback about previous conferences, and that feedback reflects the content of today's gathering. Aware of the need for continually updating our knowledge in the field of eating disorders, I am thankful to all who will be contributing to the conference today, bringing their many years of knowledge, expertise and research to our attention. The 'cost' of having an eating disorder is high, impacting the individual, families and friends in numerous, often hidden, ways. Many do not get adequate access to appropriate services, which are often under-funded and understaffed. Slowly, but surely, that picture is changing. The presenters today are delivering a message of hope that recovery is possible, even in the most challenging situations. I trust you will find the conference meaningful and engaging, and come away from the day with new and positive learning experiences. Your feedback is welcomed!

Gerard Butcher (Conference Organiser)

Irish National Eating Disorders Conference 2018

MORNING PROGRAMME

09:00 – Registration

09:30 – Welcome and Opening Remarks: Gerard Butcher;
Conference Organiser

09:45 – **Keynote Address:** Ivan Eisler, PhD; Emeritus
Professor of Family Psychology and Family Therapy, Joint
Head of Child and Adolescent Eating Disorders Service,
Maudsley Hospital, London

**Topic: Mechanisms of Change in Family Therapy for
Adolescent Anorexia Nervosa**

11:00 – Break

11:30 – Dr. Sara McDevitt, Consultant Child and Adolescent
Psychiatrist, HSE National Clinical Lead for Eating Disorders
Cork Kerry Community Healthcare

**Topic: 'Developing an evidence and values-based eating
disorder services: the HSE approach'**

12:10 – Harriet Parsons MA, MSc, Training & Development
Manager, BODYWHYS Ireland

**Topic: PiLaR Programme - Supporting Families: Combining
education, experience, skills and support: What we have
learned.**

12:50 – Lunch - Registration area

Irish National Eating Disorders Conference

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AFTERNOON PROGRAMME

14:00 – 16:00 Body Image Workshop; Main Lecture Theatre

Prof. Michel Probst, Professor of Rehabilitation in Mental Health, Faculty of Kinesiology and Rehabilitation Sciences at KU Leuven, Belgium and Head of the Department of Physical Therapy and Psychomotor Therapy at the University Psychiatric Center-KU Leuven, Kortenberg, Belgium.

Topic: “The body”: a challenge for patients with eating disorders and their therapists.”

OR

14:00 – 16:00 Families and Carers session

14:00 Prof. Ivan Eisler - ‘Working with families to facilitate changes in eating behaviours of the young person with an eating disorder’

15:00 Dr. Sara McDevitt - ‘HSE eating disorder services: what patients and families can expect under the new Model of Care’

16:05 – 16:30 Main Lecture Theatre - Final Discussion, Comments, Feedback

Keynote Address 09:45-11:00

Prof Ivan Eisler

Mechanisms of Change in Family Therapy for Adolescent Anorexia Nervosa.

Alongside of evidence for the efficacy of family therapy for adolescent anorexia nervosa (FT-AN) there is a fair degree of consensus (with some empirical supporting evidence) among experts in the field that the main driver of therapeutic change early on in treatment is behavioural change around eating facilitated by the parents. Less well understood is how a range of other factors might interact with this central mechanism and why a proportion of young people respond poorly to the treatment. The focus of this presentation is how these factors might operate at different stages of recovery and how they could be best evaluated. This will include consideration of factors that may provide the necessary context for change, factors that directly facilitate (or hinder) change as well as factors that may lead to generalization of change later in treatment and its maintenance post treatment.

Prof Ivan Eisler is Emeritus Professor of Family Psychology and Family Therapy and Joint Head of Child and Adolescent Eating Disorders Service, The Maudsley Hospital, London

Prof Eisler has had a longstanding interest in the development and evaluation of psychological treatments, and a special interest in family therapy and its integration with other psychotherapies. He has conducted numerous treatment trials evaluating psychological treatments, particularly in the treatment of eating disorders but also in addiction, depression and self-harm. He has published widely on these topics and the research he and his colleagues have completed in developing and evaluating treatments for child and adolescent eating disorders is widely acknowledged as a key part of the evidence base for current treatment guidelines in this area recommended by the National Institute for Health and Clinical Excellence in the UK and similar guidelines in other countries

Paper 1: 11:30-12:10

Dr. Sara McDevitt, Consultant and Adolescent Psychiatrist, HSE Clinical Lead for the National Clinical Programme for Eating Disorders.

'Developing an evidence and values-based eating disorder service: the HSE approach'

The HSE National Clinical Strategy and Programme Division aims to improve the quality, access and value of its services through the redesign and development of how it delivers care in the future, including for people with eating disorders. This involves the combination of research and expertise with an understanding of what is valued by patients and their families. The aim is person-centred and evidence-based care that will support clinical and personal recovery. This presentation will describe the development of the new **HSE Model of Care for Eating Disorder Services** and will also providing an overview of its key recommendations and of what lies ahead.

Dr Sara McDevitt

MB BCH BAO, MD, MD, MMedED

Sara is a Consultant Child and Adolescent Psychiatrist with a longstanding special interest in eating disorder care. She is currently HSE Clinical Lead for the National Clinical Programme for Eating Disorders and has led the development of the recently launched HSE Model of Care for Eating Disorder Services, which outlines the vision for the development of these services across Ireland over the next five years. Her other special interests include adolescent mental health, clinical risk management and patient safety, quality improvement and clinician education.

Paper 2: 12:10-12:50

Harriet Parsons, MA, MSc. – BODYWHYS Ireland

**'PiLaR Programme. Supporting Families.
Combining education, experience, skills and
support: What we have learned'**

Supporting families of people with eating disorders has always been central to the work of Bodywhys. The organisation itself was established and grew out of a support group set up by a number of parents to get and give support to one and other, and other families supporting a person. That group still runs today in Dublin city centre. In 2014, Bodywhys took this support a step further, and developed a 4-week programme for families of those with an eating disorder. This programme focuses on not only providing support, but also education, experience and skills. We listened to what parents were saying. We heard their need for understanding, education and practical skills to help them take perspective on their situation. We heard their need to get and give support to one another. This presentation will look at this family programme – the PiLaR Programme. What we have learned and where we are going.

Harriet Parsons (MA, MSc., Registered Practitioner, APPI.) has been working and studying in the area of counselling and psychotherapy for the last 14 years. Having completed a BA (Psychology), and an MA in Addiction Studies, Harriet went on to gain an MSc. in psychoanalytic psychotherapy with St. Vincent's Hospital School of Psychotherapy, Dublin (UCD). She has lectured on Psychoanalysis in Dublin Business School, and eating disorders in UCD, and Independent Colleges, TCD, as well as frequently giving public talks and talks to different relevant groups on how to understand eating disorders. Harriet is currently training and development manager with Bodywhys, The Eating Disorders Association of Ireland and has been working with the organisation since 2004. Harriet is a registered practitioner with APPI (The Association for Psychoanalysis and Psychotherapy in Ireland), served on its scientific committee from 2008-2015, and a member of the executive committee from 2013 – 2016, and chair of the organisation from 2014-2016.

Body Image Workshop: 14:00-16:00

Prof Michel Probst

“The body”: a challenge for patients with eating disorders and their therapists

Abstract

Patients with eating disorders have an intense fear of gaining weight and present with a negative body experience and disturbed body perception (weight, shape and size). Problematic activities (excessive exercise, drive for activity, hyperactivity, etc.) are considered to be secondary symptoms in the diagnosis of those with eating disorders and are characterized by a voluntary increase in physical activity, a compulsive urge to keep on the move and dissociation of fatigue. These characteristics are the two cornerstones for a specific (body image) therapy in children, adolescents and adults with eating disorders. The objectives are (1) rebuilding of a realistic self-concept, (2) curbing hyperactivity and (3) developing social skills. Different therapeutic interventions aimed at improving the body experience in patients with eating disorders can be utilised: postural training, relaxation training,

mindfulness, tai chi and yoga, breathing exercises, physical activities, sensory awareness and self-perception (mirror exercises and body awareness), guided imagery and metaphor. This workshop presents practical guidelines and is based upon more than 35 years of clinical experience. At the end of the workshop, the question "Do patients with eating disorders benefit from body image therapy?" will be elaborated upon and research evidence will be presented.

Based on clinical experience, the collaboration between the health care providers and the specific therapeutic techniques used, represent a potent clinical addition to available treatments of eating disorders. The workshop focus covers individual and group therapy for Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorders.

The goals of this workshop are that delegates explore new approaches to therapy, obtain new insights and improve therapeutic skills, learn from others by exchanging experiences, and discuss the therapeutic and practical implications, as well as the pitfalls in engaging in this therapeutic approach.

Prof Michel Probst, (michel.probst@kuleuven.be) a physiotherapist by profession, is Professor of Rehabilitation in Mental Health at the Faculty of Kinesiology and Rehabilitation Sciences at KU Leuven, Belgium and Head of the Department of Physical Therapy and Psychomotor Therapy at the University Psychiatric Center-KU Leuven, Kortenberg, Belgium.

Prof Probst has specialized in pioneering physiotherapy-based approaches in a psychotherapeutic manner in working with body image issues in eating disorders. He is founder and president of the International Organization of Physical Therapy in Mental Health (<http://www.wcpt.org/ioptmh> and www.icppmh.org), a subgroup of the World Confederation of Physical Therapy. He has published more than 175 research papers on physical therapy in mental health, psychomotor therapy, and eating disorders, in nine different languages. His research interests are mainly the body experience and movement behaviour in mental health.

Families and Carers Workshop 14:00-16:00

Prof Ivan Eisler

Working with families to facilitate changes in eating behaviours of the young person with an eating disorder.

Abstract

A central concept of eating disorders focussed family therapy is the notion that mobilizing the family as a resource is key in the process of recovery from an eating disorder. The presentation will focus on the initial target of treatment namely bringing about changes in behaviour around eating, countering the physical and psychological impacts of starvation and providing the foundation for the broader recovery process. The talk will provide an overview of the evolving concepts of how families can be supported to bring about this key change including the family meal or "lunch session" as it was originally termed at the Philadelphia Child Guidance Clinic in the 1970s and later modified in the early Maudsley studies in the 1980s and 1990s. In more recent years the family meal has evolved in the context of multifamily therapy and increasingly is also being used as part of day or residential treatments. The Maudsley Child and Adolescent Eating Disorders team has developed a number of

different ways of working with food and eating the choice of which depends on the stage of treatment and treatment setting. Participants will be invited to consider their own experiences of managing the, often difficult, situations around food and eating, the obstacles they have faced and means of overcoming them. Questions will be raised about how these early changes can be used to support the broader and more fundamental psychological and relational changes that are necessary for long term recovery.

Dr. Sara McDevitt

HSE eating disorder services: what patients and families can expect under the new Model of Care.

This workshop will focus on the future patient journey as it is envisaged under the upcoming HSE Model of Care for Eating Disorder Services, from the early stages of recognition through to recovery. From a patient and family perspective, it will explore how current challenges will be addressed. It will also outline our collaborative work with Bodywhys in the area of patient and family support.

Poster Presentations

Innovation & Nurturing of a Specialist Eating Disorder Day Service

Linn Dara CAMHS - National Clinical Programme for Eating Disorders

ABSTRACT

Eating disorders affect a young section of the population, are associated with the highest mortality rates of all mental illnesses and have huge socioeconomic cost burdens. The age of onset is reducing and currently there are no dedicated eating disorders services for young people under 18 years in Ireland. Early intervention and specialist intensive services have been shown to improve patient outcomes and reduce overall healthcare costs. The National Clinical Care Programme for Eating Disorders has been prioritised by the HSE in line with international service development and a stepped care

approach is central to service delivery. Linn Dara CAMHS are planning a dedicated eating disorder service, which will include a day programme, for children and adolescents in the community up to the age of 18 years. The vision for The Linn Dara CAMHS eating disorder service, which will embody the aims of the National Clinical Strategy and Programme Division, is to provide accessible, patient-centred, comprehensive, integrated and evidence-based care to children and young people with eating disorders so they feel supported towards individual recovery. Critical to the innovation and nurturing of this new service is effective team working, skilled workforce development and evaluation of effectiveness.

THE ACUTE MANAGEMENT OF A PATIENT WITH ANOREXIA NERVOSA WITH PRADER WILLI SYNDROME – A CASE REPORT

Dr. Siobhan MacHale, Consultant Liaison Psychiatrist, Beaumont Hospital, Dublin 9,
Email: siobhanmachale@beaumont.ie

ABSTRACT

Background: A 28 year old lady was admitted with severe weight loss secondary to an eating disorder on a background of Prader Willi Syndrome (PWS). Past history also included childhood obesity, subsequent dieting and restricted eating, with presenting symptoms of abdominal pain and an irregular bowel pattern. All investigations were normal and presenting weight was 36kgs, giving a body mass index (BMI) of 16kg/m². Weight history was 45-104kgs.

Methods: The patient was assessed by the multidisciplinary team (MDT) (liaison psychiatry, dietetics, medical social work, psychology, nursing and gastroenterology), consensual nasogastric feeding (NG) was commenced and a ten week management plan devised. This included progressive introduction of NG feeds to achieve a minimum weight gain of 1.0kg / week, twice weekly weights and agreed meal plans using the hospital menu. An individualised daily patient communication and

care plan record was developed to support the patient's management of her health journey. MDT update meetings were held weekly with the patient and her parents. Symptoms related to increased nutrition (e.g. ankle oedema, abdominal pain) were approached using sertraline and a bowel management programme (e.g. controlled use of buscopan and lactulose, Plain Film Abdomen to out-rule constipation). The supportive language of Irritable Bowel Syndrome was used to relay patient anxiety. NG feed composition was withheld with ethical approval.

Results: Following a two-month admission with intensive MDT input, weight was restored to 38.1kgs on discharge (BMI 16.9kg/m²). A healthy weight of 51.7 kgs (BMI 23kg/m²) was achieved within the subsequent 6 weeks and the compulsive hyperphagia associated with PWS was managed by a colour-coded healthy eating plan, with appropriate portion sizes and a regular exercise programme to achieve a healthy weight and lifestyle.

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Bodywhys is the national voluntary organisation supporting people affected by eating disorders. Our mission is to ensure support, awareness and understanding of eating disorders amongst the wider community as well as advocating for the rights and healthcare needs of people affected by eating disorders.

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