

How to Manage: Eating Disorders ARFID - online

Programme

Date: 18 February 2027

Online platform | Zoom

Audience | This course is principally aimed at Paediatricians, Dietitians, Psychiatrists, General Practitioners, Allied Health Professionals, and Senior Nursing staff involved in delivering care in paediatric settings to patients under 18 who present with ARFID.

08:50	Online registration for delegates Chair Morning session: Sarah Fuller	
09:00 – 09:10	Welcome and introduction	Dr Sarah Fuller Clinical Lead Dietitian for CAMHS, Northampton Healthcare NHS Foundation Trust, Research Dietitian at Imperial College London
09:10 – 09:30	Assessment and Diagnosis: ARFID	Dr Darren Cutinha Consultant Child and Adolescent Psychiatrist, Royal Free London CAMHS Eating Disorder Service. Honorary Associate Professor, University College London (UCL)
09:30 – 10:00	Role of the General Paediatrician: ARFID	Dr Elizabeth Allison Consultant Paediatrician Sheffield Children's Hospital
10:00– 10:45	Nutritional Approach: Macronutrients and Micronutrients: ARFID	Dr Sarah Fuller
10:45 – 11:00	Break	
11:00 – 11:30	Managing ARFID in children < 8 years	Dr Zuzanna Londt Consultant Paediatric Gastroenterologist, Sheffield Children's Hospital
11:30 – 11:50	Indications for Nasogastric Tube and PEG feeding in ARFID	Dr Zuzanna Londt Consultant Paediatric Gastroenterologist, Sheffield Children's Hospital

11:50 - 12:20	Q and A	All Faculty
12:20 - 3:10	Lunch Chairs afternoon session: Dr Darren Cutinha and Dr Elizabeth Allison	
13:10– 13:30	Role of the SALT and sensory adaptations	Ailish Harrison Speech and Language Therapist, Feeding Clinic, Sheffield Children’s Hospital
13:30 – 13:50	Role of the OT	Zac Brandon Advanced Specialist Occupational Therapist, Northamptonshire Healthcare NHS Foundation Trust
13:50 – 14:20	Current Psychological and Therapeutic Approaches in ARFID	Dr Darren Cutinha
14:20 – 14:40	Break	
14:40– 15:10	Managing a patient with ARFID on the Paediatric Ward (Case presentation)	Dr Elizabeth Allison
15:10 – 16:10	Interactive delegates session on ARFID: • Case Presentation • Q and A	Dr Sarah Fuller
16:10– 16:30	Lived experience (video)	Parents from ARFID Awareness UK
16:30	Final summary	Dr Darren Cutinha
16:40	Close	

Who is the course for?

This course is principally aimed at Paediatricians, Dietitians, Psychiatrists, Gastroenterologists, Allied Health Professionals, and Senior Nursing staff involved in delivering care in paediatric settings to patients under 18 who present with ARFID.

Why there is a need for it?

ARFID is increasingly encountered in day-to-day paediatric practice and can result in significant morbidity and even mortality. ARFID requires a different approach to other types of eating disorders

How is the course filling this need?

This course provides a clinical framework for the recognition, clinical risk assessment and management of children and young people with ARFID

What we hope to achieve.

To increase knowledge, skills and confidence in assessing and managing a child or young person with ARFID in paediatric settings.

Learning aim of the course

This study day will help delegates develop an approach to the management of children and young people with ARFID

Individual learning outcomes

By the end of this course, you will be able to:

- Develop a clinical approach to the recognition and management of patients with Avoidant Restrictive Food Intake Disorder (ARFID)
- Distinguish the important differences in diagnosis and management approach between ARFID and other types of eating difficulties/disorders
- Understand the role of the Paediatrician in the medical care of patients with ARFID
- Understand the role of the dietician and the nutritional approach in patients with ARFID
- Understand the role of Allied Health Professionals
- Gain a broader awareness of potential adaptations for neurodiverse patients

Pre-course material

- 1.** Document on DSM 5 classification of eating disorders
- 2.** PEG and paediatric admissions resources (Sarah Fuller)

Clinical leads

***Dr Elizabeth Allison** is a Consultant in Paediatrics and works as medical lead for eating disorders at Sheffield Children's Hospital NHS Foundation Trust. She is author and co-lead for the RCPCH online how to manage eating disorders course which she started with Dr Simon Chapman in 2021. She worked as a Consultant in a statewide tertiary referral centre for the treatment of Eating Disorders Paediatrics at Monash Children's Hospital in Melbourne, Australia between 2010 and 2014. She developed guidelines and meal plans for the management of sick patients with Anorexia Nervosa at Bradford and Airedale NHS foundation Trusts and published these in 'Education and Practice' edition of Archives of Disease in Childhood in 2017. She was an invited speaker on Eating Disorders at the European Society of Parenteral and Enteral Nutrition (ESPEN) in Madrid 2019 and Krakow 2020. She is honorary senior lecturer at Sheffield University and co-leads the Specialist Training and Education Programme in Adolescent Health for the Yorkshire and Humber region. In collaboration with Monash Children's Emergency Medicine colleagues, she is a co-founder of 'TrekMedic' a rural outreach clinic in Nepal.

***Dr Darren Cutinha** is a Consultant Child and Adolescent Psychiatrist, Family Therapist and Honorary Associate Professor at University College London (UCL). Darren has been a specialist in child and adolescent eating disorders since 2013. He returned to the Royal Free London CAMHS Eating Disorders Service in 2024, having previously been a consultant in the team from 2013-2016. In between, he led the Eating Disorder Clinic at the Maudsley Centre for Child and Adolescent Eating Disorders.

Darren has a dual academic role at UCL. He has been teaching and supervising research projects on the MSc in Eating Disorders and Clinical Nutrition since 2015. In addition, he is also a Personal Academic Tutor for UCL medical students.

***Dr Sarah Fuller** is the Clinical Lead Dietitian for CAMHS in Northamptonshire and a Research Associate at Oxford Health NHS Foundation Trust. Practicing since 2005, Sarah holds an MSc in Child and Adolescent Mental Health (2020) and a PhD centred on nasogastric tube feeding under physical restraint in mental health and paediatric settings. A leading voice on ethical care and reducing

restrictive practice, she contributed the dietetic aspects of the 2022 RCPsych *Medical Emergencies in Eating Disorders* (MEED) guidance. She holds honorary teaching appointments with UCL, the University of Northampton, and the RCPCH.

RCPCH has approved this activity for CPD in accordance with the current RCPCH CPD Guidelines.

Please note that due to unforeseen circumstances, sessions and presenters may be subject to change.