How to Manage: Eating Disorders – online

Programme

Date | 17 February 2027
Online platform | Zoom
Audience | Paediatric trainees, SAS doctors, Consultants, Dieticians, Nurses and Allied Health Professionals.

08:50	**Online registration for delegates**	
Chair: Dr Elizabeth Allison and Dr Darren Cutinha		
09:00 – 09:05	**Welcome and introduction**	**Dr Darren Cutinha** Consultant Child and Adolescent Psychiatrist, Royal Free London CAMHS Eating Disorder Service. Honorary Associate Professor, University College London (UCL)
09:05 – 09:45	**Physical Risk assessment**	**Dr Elizabeth Allison** Consultant Paediatrician and medical lead for eating disorders, Sheffield Children's Hospital
09:45 – 10:00	**Case Demonstration – MEED guidelines**	**Dr Elizabeth Allison and James Druce-Perkins**
10:25 – 10:45	**Meal Plans and the refeeding syndrome**	**James Druce-Perkins** Highly Specialist Dietitian, Cardiff & Vale University Health Board
10:45 – 11.00	Break	
11.00 – 11.45	**Diagnosis: Eating Disorders versus Disordered Eating**	**Dr Darren Cutinha**
11.45 – 12.35	**Looking after a patient on the paediatric ward and mealtime support**	**Dr Ian Rodd**Consultant Paediatrician, Hampshire Hospitals Foundation Trust **Stephanie Foster** Clinical Nurse Specialist in Eating Disorders, Sheffield Children's Hospital.
12:35 - 12.45	**AN - A Patient Perspective**	**Video**
12:45 – 13:30	**Lunch**	

13:30– 14:10	**Case presentation (10 mins) – case of AN requiring Mental Health Act and restraint for feeds** **Lecture on Mental Health Act, the law and restraint**	**Dr Rory Conn** Consultant Paediatric Liaison Psychiatrist, Devon Partnership Trust / Royal Devon and Exeter Hospital
14:10 – 14:30	**Case demonstration – Feeding under restraint (video)**	**Dr Rory Conn, Dr Sarah Fuller, Dr Natasha Sauven**
14:30 – 14:45	Break	
14:45– 15:20	**Therapeutic Approaches in Eating Disorders**	**Dr Darren Cutinha**
15:20– 15:50	**Q and A**	**All faculty**
15:50	**Final summary**	**Dr Elizabeth Allison**
16:00	**Close**	

Who is the course for?

This course is principally aimed at Paediatricians, Psychiatrists, General Practitioners, Dieticians and Senior Nursing staff involved in delivering care in medical outpatient and inpatient settings to patients under 18 years old with an eating disorder.

Why there is a need for it?

Eating Disorders are classified as mental health disorders which can result in serious and life- threatening short and long-term medical consequences and are increasingly common in day to day paediatric practice.

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 eating disorders.

What we hope to achieve.

To increase knowledge, skills and confidence in assessing and managing a child or young person with an eating disorder in outpatient and inpatient paediatric medical settings.

Learning aim of the course

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

Individual learning outcomes

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

- Recognise a young person with an eating disorder and understand the principles of management.
- Distinguish the important differences in diagnosis and management approach between eating disorders and other types of eating difficulties
- Develop a clinical approach to the risk assessment of sick patients under 18 with Anorexia Nervosa
- Gain a better understanding of and become more confident with the MEED guidance
- Understand the short and long-term medical complications of starvation and weight loss in children and adolescents with restrictive eating disorders
- Describe the medical approach to safe and effective refeeding
- Recognise, avoid and treat re-feeding syndrome
- Understand the principles of Family Therapy for Anorexia Nervosa (FT/AN) and develop an approach to collaborative working with the Community Eating Disorders Service for Children and young people
- Understand the psychiatric, ethical and legal aspects of managing eating disorders including application of the Mental Health Act

Pre-course material

Lecture: Biology of Starvation (40 mins)
1/ Understand the physiological responses to starvation and weight loss.
2/ Definition and assessment of malnutrition in children and young people (including calculation of percentage BMI)
3/ Physical and psychological consequences of starvation (short and long term) in children and young people with eating disorders

Other resources:

1. Documents on tube feeding under restraint – pre-course reading

2. Document on DSM 5 classification of eating disorders – to accompany lecture on 'Definitions and Epidemiology' in morning session

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 manager 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 2019 and 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.

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.