

## Beat's definition of effective training on eating disorders

We recommend that teaching should be delivered either through lectures, small group teaching or e-learning modules and should take between 4 to 7 hours.

### Essential knowledge about eating disorders

1. Classification:
  - what are eating disorders? (In line with ICD-11 diagnostic guidelines)
  - definitions of each eating disorder
  - signs/symptoms of each eating disorder
2. Epidemiology:
  - incidence and prevalence across all ages, genders and ethnicities
  - natural course of eating disorders
3. The genetic, personality, environmental, biological and sociocultural factors that can: (1) predispose someone to an eating disorder, (2) perpetuate an eating disorder and (3) protect someone against an eating disorder
4. Common comorbidities (physical and mental illnesses) and differential diagnoses:
  - the range of potential physical presentations and possibility of a patient seeking help for a different, potentially related, condition
5. Complications to physical and psychological health caused by eating disorders (including the impact of starvation on the brain)
6. The importance of early interventions and referrals
7. Basics of treatment of eating disorders (in line with NICE/SIGN guidelines)

### Essential practical skills

1. History taking skills relating to eating disorders
2. Assessing risk
3. Examination skills:
  - physical health examination (including knowing that bloods and physical examination can be normal even when very unwell and when to seek specialist advice)
  - mental state examination
4. Specific communication skills required for this patient demographic:
  - barriers to communication (including patient fear, ambivalence and disengagement based on previous experiences)
  - how to discuss weight sensitively
5. Scenario-based/role-play session
6. Formulating an eating disorder diagnosis (to be confirmed by a specialist service)
7. Understanding the patient perspective – live or recorded interview from someone with personal experience

### Other

1. Welfare support for students (e.g. content warnings and signposting for support)

### Desirable

1. OSCE on eating disorders
2. Examination question on eating disorders

