

Beat
Eating disorders

CPD[®]
The CPD Certification Service

BEYOND THE SYMPTOMS

Commissioning Guide

beateatingdisorders.org.uk

ABOUT THE COURSE

Beyond The Symptoms is a **CPD accredited** training programme for healthcare professionals that aims to improve the early intervention rates for people with eating disorders. Delivered by eating disorder clinicians with extensive experience in the field, Beyond the Symptoms is suitable for GPs, nurses, dentists, cardiologists, and many other primary care staff or healthcare professionals. Designed for those who are not experts in eating disorders, it helps staff identify when a patient has an eating disorder and confidently intervene early.

IN PERSON

The training can be delivered in-person within a single day from 9:30–16:30. The seven hour session (including breaks) led by one of our trained clinicians is suited to a maximum of 17 delegates to ensure participants are able to receive specific feedback and support for their own training needs.

ONLINE

The training can be delivered online within a single day from 9:30–16:30, or split over two mornings, a week apart. The online seven hour session, or 2 x three and a half hour sessions, are suited to a maximum of 17 delegates to ensure participants are able to receive specific feedback and support for their own training needs.

PRICING

Various factors effect the price of the training, including, the chosen delivery format and setting for the sessions (e.g. venue hire). Our Public Sector Commissioning Team are happy to provide you with a quote if you are interested in commissioning Beyond the Symptoms. You can contact them via their email: PublicSectorCommissioning@beateatingdisorders.org.uk

"This is an excellent course, and the presenter was very knowledgeable and engaging. I would recommend it for any health professional who may encounter a patient with a suspected or confirmed eating disorder."

WHY UNDERSTAND EATING DISORDERS?

Eating disorders have serious potential side effects with widespread physical and psychological impacts – the digestive, cardiovascular, endocrine, respiratory and musculoskeletal systems can all suffer damage as the result of an eating disorder. It is not uncommon for someone to present to another area of the healthcare system before they seek help for, or even realise they have, an eating disorder.

It is crucial that healthcare professionals are able to recognise when the underlying cause of a problem is an eating disorder, and understand how to effectively and sensitively support their patient into treatment.

"It's been a week since I completed this training and I am still reflecting on this. It was the most informative and thought provoking training I have ever attended. The facilitators were fantastic, they were supportive, empathetic, and very knowledgeable. I will hold this training in my thoughts daily."



LEARNING OUTCOMES

- Spotting the early warning signs, risk management, and screening tools.
- The importance of early intervention.
- How to approach and conduct difficult conversations.
- Why someone might be resistant to treatment.
- Challenges you may experience in identifying and treating people with eating disorders.
- Signposting to treatment services.

CONTENT OVERVIEW

Beyond The Symptoms ensures delegates understand and can spot the signs and symptoms of eating disorders. It also focuses on giving the core tools required to provide effective support to aid early intervention. It focuses on the following areas:

Improved understanding of:

- The three main eating disorders – causes, prevalence.
- Physical, psychological, emotional, and behavioural signs and symptoms
- Effects of illness

Increased knowledge of risk management and treatment guidelines:

- Brief overview of medical and dental risks
- Learning from Beat Helpline feedback and Averil Hart tragedy
- MEED (Medical Emergencies in Eating Disorders) Guidelines

Improved understanding of:

- How to respond in your healthcare setting
- Setting appropriate boundaries
- Sensitivities associated with each condition
- How to access services

Improved confidence in:

- Making an empathic connection
- Approaching identified sufferers and/or carers
- Managing risks
- Ability to act, to make a referral or to support someone affected

"I would recommend the Beat training to any professional. Online sessions were informative, interactive and interesting. I have learned valuable communication skills when speaking about food habits as well as tools to help me assess risk and highlight these to specialists."

ABOUT EATING DISORDERS

Eating disorders destroy lives. They steal childhoods, devastate relationships and pull families apart. And they can be fatal. They are serious mental illnesses and include anorexia nervosa, bulimia nervosa and binge eating disorder. There are **1.25 million people in the UK** with an eating disorder at any one time, with around **130,000 falling ill each year**. While more women are affected than men, and eating disorders commonly emerge during adolescence, they affect people of all ages and genders.

On average, it takes someone over 3 years from falling ill before they seek treatment, followed by more than 6 years of waiting, therapy, semi-recovery and relapse before they get better. PwC estimates that this costs the NHS £4 billion per year. However, it doesn't have to be this way: if someone starts treatment early, they have a good chance of making a rapid and sustained recovery.

Parents, siblings and other family members are also seriously affected. They should be enabled to help their loved one into a quick and sustained recovery but they can only play their role if they have full understanding, are fully supported and engaged by the health services, and if their own wellbeing is protected. However, they commonly report not being given useful information when a loved one is diagnosed, so they can't stop things getting worse while waiting for treatment to start and they don't know how to support their treatment regime. Families and carers also find that supporting the sufferer has a negative impact on their own physical and mental health.

CONTACT US

Equip your staff with the knowledge and skills they need to make a real difference in the lives of those affected by eating disorders.

Contact us today to learn more and join us in the fight against eating disorders. Get in touch with our Training team if you have further questions about the content of the programme via email at training@beateatingdisorders.org.uk.

Get in touch with our Commissioning team if you would like to know our availability or receive a quote via email at PublicSectorCommissioning@beateatingdisorders.org.uk.

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