

**Meeting of the Executive Committee of the
Eating Disorders Section
on 9 July 2010**



MINUTES

Section Strategy. The Exec meeting was preceded by the Exec's annual strategy morning. It was agreed that much progress had been made, and rapidly, over the past year, and the Section was now well established. To maintain momentum and be able to take on new work, it would now be useful to draw in more involvement from others in the Section. Plans to do this, as well as strategic objectives and key tasks for the next year, are summarised in the Section's strategy document circulated with these minutes.

1. **Present:** Frances Connan, Sylvia Dahabra, Tony Jaffa, Adrienne Key, John Morgan, Dasha Nicholls, Lorna Richards, Paul Robinson, Susan Ringwood, Ulrike Schmidt, Jane Shapleske

Apologies: Jon Arcelus, Sarah Cassar, Val Yeung

2. **Presentation from Jacqueline Allan, Director of Diabetics with Eating Disorders.** JA informed the Exec about her new organisation, which aims to provide support via a helpline, raise awareness, reduce stigma and improve extent and quality of care. She asked for suggestions for people she could approach to join the board, as the organisation moves towards charity status; or to provide advice on content of awareness-raising materials the organisation produces. The Exec were supportive, and agreed that there was still inadequate recognition of the particular needs of this group, both in some eating disorders services, diabetic services, and in the wider healthcare system.

ACTION: Dasha Nicholls to consider feasibility of a working group to create guidance, similar to MARSIPAN, on treating diabetics with eating disorders. Potential members of this working group might be Hind Al-Khairulla, Russell Viner (academic paediatrician at UCL Institute of Child Health), and Khalida Ismail.

ACTION: All Exec members invited to send any suggestions to Jacqueline Allen (Director, Diabetics with Eating Disorders) for people to approach to join her Board/advise, at jacq@dwed.org.uk

3. **Minutes of previous meeting** on 23 April were approved, subject to insertion of "child and adolescent" before "competencies" in point 9.1.

4. 2 Ulrike Schmidt reported that work on **College Report 87** continued, now supported by a research assistant.

4.3 **MARSIPAN** will be published as a joint RCPsych/RCP Report at end-August. Next Exec meeting will consider effective dissemination.

4.4 Exec Elections 2011. The Exec will approach Council to ask that six of its members should stay on for an additional two years beyond the end of their elected terms in 2011. Ulrike Schmidt said she planned to demit, so it was agreed that John Morgan should be one of the six to ensure continuity among the officers. It was also agreed that people who will demit could be co-opted onto the Section to finish discrete pieces of work they are involved in. There were five further volunteers to stay on. It was agreed that Ulrike Schmidt should also consult absent Exec members and decide the final list, based on individuals' availability to attend meetings and the volume of the Exec's work they were currently managing.

ACTION: Ulrike Schmidt to gain Council approval for term extension for six Exec members.

4.5 Schools debate on EDs in December. Adrienne Keys and Susan Ringwood had approached Jo Swinson MP, who was willing to chair such an event. The Exec approved of their suggestion of a motion of "This house believes that the media are responsible for eating disorders".

ACTION: Alex Crowe to pass EDSECT proposals for a debate to Public Education Committee.

4.6 Eating Disorders in universities, medical schools and the workplace.

Besides the challenges faced by any student with an ED, there were particular issues for medical students with EDs around fitness to practice, and also discrimination. A GMC working group had been sent up last July, to which Dr Hayes, a GP from a Student Health Practice in the South West had recently (end of June 2010) made representations. Trainee teachers faced similar issues, and, more broadly, some employers (eg police) explicitly excluded people with EDs from their workforce. It was agreed that there might be scope for a position paper on EDs in the workplace, as advice for occupational health professionals and others.

ACTION: Ulrike Schmidt to ask Dr. Cilla Macquire-Sampson to report to Section Business meeting on 5 November on Dr Hayes' representations to GMC on fitness to practice and EDs.

??ACTION: John Morgan to consider possible scope/feasibility, consulting Dr Nita Mitchell-Heggs, Consultant Occupational Physician

4.7 Obesity. It was agreed that the recent BPS paper on obesity needed input from clinical and psychiatric perspectives.

ACTION: Lorna Richards to collate comments from Exec on BPS obesity paper and submit a response.

6.1 National Enquiry into deaths from EDs. John Morgan had met with the suicide national enquiry team. They had data on which suicides involved eating disorders (around 200 in the last 2 years), but were unable to collect wider data on deaths from EDs.

6.2 Position Statement on Gender Specific Services. It was noted that the QED standards supported gender specific services, so the statement needed an appropriate caveat. It was agreed it should be issued as an EDSECT statement, not an RCPsych position paper, which would involve further work and formal approval from the Central Policy Committee.

ACTION: John Morgan to get EDSECT statement on gender specific services published, after seeking Registrar's approval.

7.1 Section Conference.

ACTION: Frances Connan to organise dinner following the conference.

7.2 Joint Meeting with Child & Adolescent Faculty on 21 Jan 2011. It was agreed this should include a poster session. Possible themes could include working with families, and managing the transition to adult services. It could also be useful to discuss MARSIPAN with child and adolescent psychiatrists. It was agreed that a 50/50 split of profits/risks between EDSECT and CAF was probably appropriate, subject to reviewing profitability of recent CAF conferences.

ACTION: Dasha Nicholls & Frances Connan to agree format and theme with Child & Adolescent Faculty for the Jan joint meeting.

ACTION: Jane Shapleske to sign off financial agreement for joint EDSECT/CAF meeting, after consulting Tony James on likely profitability.

7.3 2011 Conference. Initial ideas for themes: public health and prevention; patents & parents; outcomes and commissioning. Frances Connan would begin substantive work on the event in January.

8. Outcomes scales for EDs. It was agreed that existing HoNOS scales did not fit easily with ED cases, and that it would be useful to have national consistency on how they should be applied.

ACTION: Ulrike to invite Janet Treasure, Nicky Kern and Simon Gowers to take this on.

9. Nasogastric Feeding. There were particular issues in ED cases not covered in the general guidance on NG feeding, and many trusts were keen to have clear policies.

ACTION: Frances Connan to consider scope/feasibility, consulting Paul Robinson & Tony Winston

10. Quality Assurance in Eating Disorders (QED). Draft standards were out for consultation until end July. Early implementation areas would start using them early in 2011. The Exec congratulated Tony Jaffa on progress.

There was discussion of whether to extend the consultation period, and whether to introduce a separate pilot/evaluation phase before roll-out began. It was agreed that the consultation would be extended if the levels of response showed this was necessary, and that it should be made clear that the Early Implementation areas would be part of a process of refining the standards. Further work was needed to encourage volunteers for early implementation. It was worth organising a big launch event for QED.

ACTION: Sylvia Dahabra to include advert in October newsletter inviting areas to volunteer as early implementers for QED; and on Section webpages, with links to QED website.

11. Finances. Jane Shapleske reported that the Section's balance was some £12,000. This was well over the widely accepted norm of 3x operating costs - the Section's annual spending and income had been roughly equal over the last two years at around £2,000. However, there was a risk of significant increases

in Section spending on travel, because of the decision (see Section strategy) to develop its regional representation. She would keep a close watch on this. It was agreed to try out teleconference participation at Exec meetings.

ACTION: Alex Crowe to set up teleconference arrangements for next Exec.

14. **Newsletter.** Next edition in October, with submission deadline of late Sept. It was agreed to put in an advert in asking for a volunteer to review books on behalf of the Section.

17. **Other business**

- Dasha Nicholls said the AED had asked for EDSECT help in disseminating a poster and pamphlet for A&E Depts on handling EDs. These might conflict with MARSIPAN.

ACTION: Dasha Nicholls to circulate AED pamphlet for A&E Depts to Exec for advice on dissemination, and consult Paul Robinson on its consistency with MARSIPAN.

- Beat has been invited to assist with an update of NHS Choices material on EDs, which will begin in August. The content for families is particular in need of revision.

ACTION: Susan Ringwood will contact EDSEC executive team members for comments and opinion when the draft materials are ready to review.

- The Exec agreed that it would be useful to have committee e-mails circulated such that all committee members' email addresses were visible (ie not "black copied"), to facilitate easy communication within the Exec.

Future meetings

- **Wednesday 13 October 2010**
 - Executive committee meeting, 11am, Dining Room, College
 - Presentation from Vanessa Cameron & Richard Burton: 1.30-2.30
- **Friday 5 November 2010** - Section scientific meeting
- **Friday 20 January 2011** - Exec meeting, 11am, College
- **Friday 15 April 2011** - Exec meeting, 11am, College
- **Friday 15 July 2011** - Exec meeting, 11am, College
- **Friday 14 October 2011** - Exec meeting, 11am, College