



# **Faculty of Psychiatry of Eating Disorders Psychiatry Spring Online Conference 2022**

**Thursday 19 May 2022**

@rcpsych #EDPsychSpring22

# Useful Information

## Registration

Please join at 8:55am ready for a prompt start at 9:00am

## Conference materials

View the [online resources](#) for this conference on the RCPsych website

View the [online poster gallery](#) for this conference on the RCPsych website.

## Twitter

If you wish to tweet about the conference use #RCPsychED22 and mention [@rcpsych](#)

## Accreditation

This conference is eligible for one CPD point per hour, subject to peer group approval.

## Certificates of attendance

Certificates of attendance will be emailed to delegates w/c 23 May 2022.

## Speaker presentations

Presentations will be available online within one week of the conference, for up to two months. All delegates will be sent details of this after the conference. Please be aware that these presentations are kindly provided by the speakers but on some occasions, it is not possible to make these publicly available.

## Watch on Demand

Recordings and conference materials for this conference will be made available to all delegates for 2 months after the conference. Recordings will be sent w/c 23 May 2022.

## Feedback

We would appreciate your [feedback](#). All comments received remain confidential and are viewed in an effort to improve future meetings.

# Conference Programme

<b>08.55</b>	<b>Event opens online</b>
<b>9.10am - 11.00am</b>	<b>SESSION ONE</b> Chair: Dr Agnes Ayton
<b>9.00am</b>	<b>Welcome and introduction</b> Dr Agnes Ayton
<b>9.10am</b>	<b>Medical Emergencies in Eating Disorders (MEED): How the guidance has developed over time</b> Professor Paul Robinson, Nutrition Science Group, Division of Medicine, University College London.
<b>9.30am</b>	<b>President's welcome</b> Dr Adrian James, President of the Royal College of Psychiatrists
<b>09.50am</b>	<b>Development of the MEED guidelines: the methodology and highlights</b> Dr Dasha Nicholls, Clinical Reader in Child and Adolescent Psychiatry, Imperial College London. James Downs, Lived Experience Advisor and Patient Representative from RCPsych Faculty of Eating Disorders.
<b>10.25am</b>	<b>Questions for the panellists</b>
<b>10.40am</b>	<b>Break and Virtual Poster Viewing</b>

<b>11.10am – 1.25pm</b>	<b>SESSION TWO</b> Chair: Dr Ruth Marshall
<b>11.10am</b>	<b>Type 1 Diabetes and Eating Disorders</b> Dr Carla Figueiredo Dr Marietta Stadler
<b>11.30am</b>	<b>Questions</b>
<b>11.45am</b>	<b>The Importance of MEED in the Emergency Department for both Patient and Carer</b>  Dr Vicky Vella, Retired Associate Specialist in Emergency Medicine at Worcestershire Royal Hospital and Lived Experience as a Carer.
<b>12.05pm</b>	<b>Medical Emergencies in Eating Disorders: When do you need a Physician?</b>  Dr Alastair McKinlay, Consultant Gastroenterologist with an interest in nutrition at the Aberdeen Royal Infirmary and President of the British Gastroenterology Society
<b>12.35pm</b>	<b>GP perspective on the new MEED guidelines</b>  Dr Ceri Laird, GP working with Hertfordshire CEDS, BEAT and with Lived Experience as a Carer for a child with an eating disorder
<b>1.05pm</b>	<b>Questions for the panellists</b>
<b>1.25pm</b>	<b>Lunch and Virtual Poster Viewing</b>
<b>2.00pm – 3.30pm</b>	<b>SESSION 3</b> Chair: Dr Matthew Cahill

<b>2.00pm</b>	<p><b>Nasogastric feeding under restraint: Update on national research</b></p> <p>Dr Jacinta Tan, Consultant Child and Adolescent Psychiatrist, Oxford Health NHS Foundation Trust; Senior Clinical Research Fellow, NIHR Oxford Health Biomedical Research Centre; Honorary Senior Clinical Research Fellow, Department of Psychiatry, University of Oxford</p> <p>Sarah Fuller Operational Lead – CAMHS Community Eating Disorders Service (CEDS) Advanced Specialist Eating Disorders and Research Dietitian</p>
<b>2.35pm</b>	<b>Questions for the panellists</b>
<b>2.45pm</b>	<p><b>Setting up a MEED service: Experiences from Northern Ireland</b></p> <p>Dr David Coyle, Consultant Psychiatrist, Regional Clinical Lead for Eating Disorders, Northern Ireland</p>
<b>3.20pm</b>	<b>Questions for the panellists</b>
	<b>Break and Virtual Poster Viewing</b>
<b>4.00pm – 5.00pm</b>	<b>SESSION 4</b>
<b>4.00pm</b>	<b>Panel discussion</b>
<b>4.50pm</b>	<b>Closing comments</b>
<b>5.00pm</b>	<b>End of Conference</b>

Please note additional speaker abstracts and biographies will be uploaded here in due course

## Speaker biographies and abstracts

**SESSION ONE – 8.55am – 11.00am**

**CHAIR** – Dr Agnes Ayton

**9.10am**

**Medical Emergencies in Eating Disorders (MEED): How the guidance has developed over time**

**Speaker:** Professor Paul Robinson

**Abstract:**

**Biography:**

**9.30am**

**President's welcome**

**Speaker:** Dr Adrian James, FRCPsych, President of the Royal College of Psychiatrists

**Biography:** Adrian was elected President in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates.

Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. He is a former Medical Director of Devon Partnership NHS Trust and Founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-2008).

He was the elected Chair of the South-West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity).

He was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South-West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organisation the Care Quality Commission (CQC).

He has chaired expert review groups on Integrated Care Systems, Cannabis, Prevent and Learning from Deaths. In addition, he set up the Quality Improvement (QI) Committee and Workforce Wellbeing Committee at the College.

His priorities as President are:

- Establishing a pathway to parity for mental health services

- Equality and diversity
- Sustainability
- Workforce Wellbeing

Adrian is a keen cyclist.

## 9.50am Development of the MEED guidelines: the methodology and highlights

**Speaker:** Dr Dasha Nicholls

**Abstract:**

**Biography:**

**Speaker:** James Downs

**Abstract:**

**Biography:** James is a mental health campaigner, peer researcher and expert by experience in eating disorders. He holds various roles at the Royal College of Psychiatrists, NHS England, and a number of universities and charities, all of which focus on developing collaboration across a range of professional and personal perspectives. James is also an Associate Lecturer with the Open University, a Trainee Counselling Psychologist, represents various UK mental health charities, and is a yoga and barre teacher. He has written extensively about his own experiences with the hope that those who read his work find comfort, affirmation, and hope.

## SESSION TWO – 11.10am – 1.25pm

**CHAIR – Dr Ruth Marshall**

**11.10am**

**Type 1 Diabetes and Eating Disorders**

**Speaker:** Dr Carla Figueiredo

**Abstract:**

**Biography:**

**Speaker:** Dr Marietta Stadler

**Abstract:**

**Biography:****11.45am Speaker:** Dr Vicky Vella**Abstract:****Biography:****President's welcome****12.05pm****Medical Emergencies in Eating Disorders: When do you need a Physician?****Speaker:** Dr Alastair McKinlay BSc (Hons), MB ChB, FRCP (Ed), FRCP (Glas), FRCP (Lon)

**Biography:** Dr McKinlay is President of the BSG. He was appointed President-Elect in 2018 and became President in June 2020 and will serve for 2 years until June 2022. As President, he chairs the Board of Trustees, the Executive and Council. He is a member of the Council of the Royal College of Physicians, London. Dr McKinlay is a Consultant Gastroenterologist with an interest in nutrition at Aberdeen Royal Infirmary. He is also physician to the Eden Unit at Royal Cornhill Hospital Aberdeen, the specialist inpatient eating disorders unit for North of Scotland Managed Clinical Network for Eating Disorders. His interests include complex enteral tube feeding, intestinal failure, the medical management of eating disorders and functional GI disease. He was the 2019 Pennington Lecturer at BAPEN's annual conference and is an Honorary Associate of the British Dietetic Association.

**12.40pm****GP perspective on the new MEED guidelines****Speaker:** Dr Ceri Laird

**Biography:** Dr Ceri Laird is a GP with a special interest in eating disorders. She works with her local CEDS in Hertfordshire and has been working with BEAT to develop HEE commissioned training for GPs in eating disorders. She has lived experience of caring for a child with an eating disorder and is a BEAT echo peer coach.

**SESSION THREE – 2.00pm – 3.00pm****CHAIR – Dr Matthew Cahill**



**Biography:** Dr Matthew Cahill

I am a Consultant Psychiatrist and have worked in psychiatry for 19 years and full time as a specialist in eating disorders for Cheshire and Wirral Partnership NHS Foundation Trust for over ten years. I am the Clinical Director for the Cheshire and Wirral Eating Disorder Service which incorporates six community clinics and a regional specialist inpatient unit. I work over both inpatient and community settings. I am a member of the Northwest MARSIPAN Group. I am an elected member of the Royal College of Psychiatrists Faculty of Eating Disorders Executive Board, where I have previously acted as Academic Secretary. I am the Clinical Lead of EmpowerED, the Northwest Adult Eating Disorder Provider Collaborative. I am an Honorary Lecturer at Liverpool University. I also work in the medicolegal setting and have been invited to act as an expert in several Court of Protection cases involving people with eating disorders.

**2.00pm****Nasogastric feeding under restraint: Update on national research****Speaker:** Dr Jacinta Tan and Sarah Fuller

**Abstract:** Nasogastric tube feeding under restraint represents the extreme end of a spectrum of how patients with eating disorders, or other disorders, can receive their nutritional needs. It involves the use of compulsory treatment, coercive measures, and invasive intervention, so it is controversial, emotive and can be traumatising for all concerned, whether patients, families or clinicians, and raises many ethical issues.

There is surprisingly little research or literature that underpin this practice, which can be lifesaving, but currently takes place with few national or best practice guidance. Sarah Fuller has been instrumental in development of the ground-breaking British Dietetic Association guidance for safe and ethical practice in the use of nasogastric tube feeding under restraint.

In this talk, we will briefly describe preliminary findings of a the first ever research survey of nasogastric tube feeding under restraint. This is a mixed methods NHSE-funded national research project on the extent and nature of nasogastric tube feeding under restraint in England, with the views of patients, parents and clinicians about this practice and its impact. We will then speak briefly about a case series we have conducted which gives some additional insights to some potential factors which can prolong the use of nasogastric tube feeding under restraint. Finally, we will offer some practical thoughts for safe and ethical practice and provide the opportunity for discussion of this complex and difficult issue.

**Please note:** *We are presenting unpublished data and would like to respectfully request that participants do not take screenshots or record any part of our presentation.*

### **Biography: Dr Jacinta Tan** MBBS MA MSc DPhil FRCPsych

I am a Consultant Child and Adolescent Eating Disorder Psychiatrist at the Oxford Health NHS Foundation Trust and Senior Clinical Research Fellow at the NIHR Oxford Foundation Biomedical Research Centre as well as Honorary Senior Research Fellow at the University of Oxford. I am a researcher and medical ethicist, a member of the Royal College's Professional Practice and Ethics Committee and until recently the Welsh representative for the Eating Disorders Faculty of the Royal College of Psychiatrists. I conducted the Welsh Government's Eating Disorder Service Review in 2018, and recently co-led the Scottish Government's Eating Disorder Service Review with two Scottish colleagues, which was delivered to the Scottish Government which in March 2021. Change in NHS eating disorder services is beginning in both Wales and Scotland as a result of the service reviews and I am very proud to have been part of that. I have also been profiled as one of the 25 Women in the Royal College of Psychiatrists.

### **Biography: Sarah Fuller**

Sarah is an eating disorders dietitian who has a special interest in both the management of veganism in anorexia and NGT feeding under physical restraint where she is currently researching at Imperial College London. Sarah has a number of publications to her name in this area and is passionate about delivering best practice and improving patient experience.

**2.45pm**

### **Setting up a MEED service: Experiences from Northern Ireland**

**Speaker:** Dr David Coyle

**Abstract:** Between our Regional Network Group, the Regional MEED Group and regular Clinical Network meetings we have quite a cohesive service delivery here in NI. Additionally, there is a drive in NI under the 10 Year Mental Health Strategy for a Regional Mental Health Service, for which the consistency of operational and clinical drive within Eating Disorder Services has been an exemplar. I am speaking today about the challenges, and the examples of good practice, that are perhaps unique to NI regarding both the dissemination and the application of the new MEED guidance.

**Biography:** I am a Consultant Psychiatrist and the clinical lead for eating disorders across four Trusts in Northern Ireland. My primary post is based in Belfast, where our service covers two Trust areas. My other work exists under a historic memorandum of understanding to provide supervision and assessment of complex patients.

**SESSION FOUR – 4.00pm – 5.00pm**

**CHAIR –**

**4.00pm**

**Panel Discussion [all speakers]**

**5.00pm: End of Conference**