

QED Special Interest Day 2026

Physical Health Monitoring and Management

#QEDPhysicalHealth

Tuesday 20 October 2026; 9:30 – 15:00 Via Zoom

[Register here!](#)

9.30 – 9.45	Welcome Emma Hagerty, Clinical Lead & QED Advisory Group Chair & Julie Salt, QED Carer Representative
9.45 – 10.00	Project Update QED Team
10.00 – 10.40	Monitoring Physical Health for Patients with Anorexia Nervosa in a Virtual Setting Claire Jackson, Specialist Mental Health Nurse, Isobelle Bird, Clinical Lead & Occupational Therapist, The Waterlily Inpatient Prevention Programme – Leicestershire Partnership NHS Trust
10.40 – 10.50	Break
10.50 – 11.30	Formulation-Based Health Assessments (FBHA): Moving Away From Protocol-Based Medical Monitoring in Eating Disorders Dr. James Leaver, GP, Adult Eating Disorders Service, S3 Outpatients – Cambridgeshire and Peterborough NHS Foundation Trust
11.30 – 12.10	Service Development in Nottinghamshire Eating Disorder Services: In-House Medical Monitoring and Implementation of the MEED Pathway Giedre Mohite, Advanced Clinical Practitioner, Dr. Faiba Jacob, Specialty Doctor & Emily Brewer, Advanced Clinical Practitioner, Nottinghamshire Eating Disorder Services – Nottinghamshire Healthcare NHS Foundation Trust
12.10 – 12.40	Lunch
12.40 – 13.10	Introducing the Eating Disorders Observations Monitoring Tool (EDOM): A Physical Health Monitoring Tool for Use in Adult Community Eating Disorders Services Diana Green, Advanced Nurse Practitioner, Hywel Dda University Health Board
13.10 – 13.50	The Role of the Physiotherapist in a Community Eating Disorders Service Anna Paterson, Physiotherapist, Aneurin Bevan University Health Board
13.50 – 14.00	Break
14.00 – 14.40	Discussion Space
14.40 – 15.00	Reflections & Close