

# THE DIFFERENCE I'M MAKING

## HELLO, MY NAME IS...

## BECKY

## MY ROLE IS...

Specialist Nurse Therapist in the Children and Young People's Community Eating Disorder Service (CYP-CEDS). I am part of a Multi-Disciplinary Team (MDT) consisting of Nurses, Psychiatrists, Psychologists, Dietitians and Therapists. In the team I am responsible for managing a caseload of children and young people for which I am the named care co-ordinator. This includes planning and delivering the care and treatment of children and young people with eating disorders, supported by the MDT, and liaising with other professionals and services as required e.g. acute paediatric units, inpatient units, and schools to provide joined up, safe and effective care.

## A TYPICAL DAY IS...

My day begins with the MDT Huddle. This is a brief team meeting (we aim for around 15 minutes) to discuss any urgent actions for the day ahead and to check in with colleagues. Following this I set about my day which can involve completing assessments with families whose children have been referred to the service, and providing physical health monitoring and various therapeutic interventions to children, young people and their families receiving ongoing treatment for an eating disorder including but not limited to: Anorexia Nervosa; Bulimia Nervosa; Binge



## This is OUR Time

# 2020

### #YearOfTheNurseAndMidwife

Eating Disorder and Avoidant Restrictive Food Intake Disorder (ARFID).

As a Specialist Nurse I am responsible for leading the initial eating disorders assessment which is supported by members of the MDT (Dietician, Psychological Therapist or Consultant) wherever possible. A full and comprehensive assessment includes a mental health assessment, physical examinations and investigations i.e. ECG, Bloods and Observations. The Intensity of treatment offered depends on individual requirements and can include crisis support, home treatment or paediatric admission for physical stabilisation. Following assessment ongoing treatment is family based and involves psychoeducation about the eating disorder; monitoring of weight, mental and physical health, including any risk factors. Family based treatment for eating disorders is recommended by NICE and aims to provide treatment with the family rather than treatment of the family to identify their strengths as a resource in helping the family to find solutions to support their child to recovery.

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MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU

# NURSING AT NHFT

## WHAT I ENJOY MOST ABOUT MY ROLE...

Coming from a School Nursing background I am passionate about improving the health and social outcomes of children and young people. Although eating disorders can develop at any age, the risk is highest for young people between 13 and 17 years. This occurs at one of the most significant transitions in life, existing within a developmental context characterised by a tremendous pace of biological, psychological, and social role change. This is why I feel strongly about the early identification and treatment of eating disorders that can make a real difference and reduce the risk of problems persisting into adulthood.

## WHAT SURPRISED ME ABOUT WORKING IN MY ROLE...

We don't hold a waiting list!  
We follow strict guidelines around timescales when a child or young person is referred to the service. Therefore all referrals are screened on the day they are received and categorised as either routine, urgent or emergency depending on severity of symptoms and identified risk. Routine referrals are offered an MDT assessment within four weeks, urgent within one week, and emergency within 24 hours. This is to ensure that children and young people with eating disorders receive treatment at the earliest opportunity, because evidence suggests that the sooner a child or young person with an eating disorder starts treatment the better the outcome. So my message to anyone who works with children and young people would be that if you are worried a child or young person may have an eating disorder, please don't delay and refer straight away.

