

At the Coal Face with Eating Disorders

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Statistics (NHS)

- Children accessing treatment for eating disorders is up by almost two thirds since before the pandemic.
- 10,000 children between April and December 2021 accessing treatment

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Presentations in school

- Restricted diets
- Unusual restrictions
- Negative self image
- Coping strategy
- Change in mood/friendships
- Weight/body size
- Sports
- Lunch time behaviours

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Referral and Treatment Process

- GP
- Monitoring
- Parents
- Supervised eating
- Academic performance
- Sports
- Safety planning
- Care planning
- SAPHNA toolkit

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Barriers to referral

- Hidden illness
- Mental illness
- Communication
- Normal weight
- Confidentiality/Gillick Competence

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Case study

- Year 9
- Concerns raised
- Vegetarian diet
- Fitness
- Pupil communicating with PE staff
- Delay
- GP – normal weight
- Not eating in school
- Increased concerns
- Communication breakdown
- GP and referral to ED
- Non consent for information sharing

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Practical steps

- Staff training
- Modelling by staff
- Language
- Policies
- PSHE
- Communication
- GP and ED team communication
- Support
- Safety plans for pupils
- Support for friends

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References

- [NHS Statistics](#)
- [NICE guidance](#)
- [SAPHNA toolkit](#)
- [Gillick](#)



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