At the Coal Face with Eating Disorders

Victoria Wilson
Consultant Nurse and School Nurse
Girls Day School Trust

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
Presentations in school

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

Referral and Treatment Process

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

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

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
Practical steps

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

References

- NHS Statistics
- NICE guidance
- SAPHNA toolkit
- Gillick