

June 2017
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NSW Workforce Development Update: Inpatient Management of Eating Disorders

In 2017, the roll out of Inpatient Management of Eating Disorders commenced. On 20th June, 130 health professionals from across NSW attended a practical skill training workshop in Sydney, preceded by an online module. The workshop consisted of 2 streams, 1 for children and adolescents and one for adults.

Of the 130 NSW health professionals that attended the workshop, 71 responded to our follow up survey. Of those who responded, 74% replied that the training had significantly increased their understanding of eating disorders and 95% agreed that their current practice had improved as a result of attending the training.

Ninety-five per cent of respondents to the survey said that their **current practice had improved** as a result of completing the training. They were asked what they would be working towards changing in their hospital setting as a result of attending the training. Responses were received from fifty-five participants including nurses (60%), dietitians (16%), medical doctors (15%), psychiatrists (5%) and a social worker and service manager. The top four nominated areas for change were:

- **increasing education and upskilling staff** (especially nurses) to have a better understanding and greater skill in caring for eating disorder patients,
- **better management and organisation of patient journey** through all stages of care through team work and introducing guidelines (including discharge),
- **improving meal supervision and other specialised care** for eating disorder patients in the hospital
- **increasing awareness of patients with eating disorders** and trying to decrease discrimination of these patients within the hospital. Psychiatrists and Paediatricians expressed concern about the acceptance and management of patients within the inpatient wards.

Most participants (88%) said that the training would be relevant to other clinicians. The evidence from the six months post survey indicates that Inpatient Management training is being applied and making a difference to how individual clinicians are delivering services.



This included more proactively working with families/ carers, an increase in their ability to medically monitor patients with eating disorders, and ability to manage meal supervision. Almost all (95%) of clinicians who had treated a patient with eating disorders since attending the training said that their ability to manage distress and challenging behaviours had increased since the training (24% large increase, 31% moderate increase, 40% small increase).

Another training workshop is planned for 2018.

The eating disorders Inpatient Management (Adult) and the eating disorders Inpatient Management (Child and Adolescent) Online courses both showed a self-rated increase in knowledge and skill of between 0.5 and one point across all seven attributes (significant at $p < 0.05$). The greatest change was seen for 'Knowledge of strategies to address challenging eating disorder behaviours'.

The specialised eLearning training packages *Children & Adolescents Inpatient Management* and *Adults Inpatient Management*, launched in 2017, have been well received with over 300 enrolments, and over 30% of completions for both eLearnings.

For more information about InsideOut's eLearning courses please visit the [eLearning](#) section at our Website.

