

Communication toolkit: eating disorder online learning for dietitians, oral health teams and community pharmacy teams.

Updated: 10/11/2022

Overview

Eating disorders are common and Anorexia Nervosa has the highest mortality rate of any mental illness. However, people with eating disorders have better recovery rates and a reduced risk of relapse when they receive the right support as early as possible.

There is now [new eating disorder online learning for dietitians, oral health teams and community pharmacy teams](#) who do not have an eating disorder specialism or experience is available.

The short webinar series is designed to raise awareness of eating disorders for these healthcare teams and professionals as they are in a prime position to spot the early signs of an eating disorder.

There are three eating disorder webinars for each professional group which are delivered by a healthcare professional who outlines individuals' lived experience in varied settings. The webinars also direct the learner to further reading and it also reflects the Royal College of Psychiatrists' [new Medical Emergencies in Eating Disorders \(MEED\) guidance](#). Each webinar takes approximately 10-15 minutes to complete and can be undertaken at the learner's own pace.

HEE has supported training for eating disorders since 2017, including the commissioning of whole team training for Community Eating Disorders (CEDs) teams, Avoidant Restrictive Food Intake Disorder (ARFID) training, as well as additional eating disorder elearning programmes. By completing this training, the health and care workforce will have the knowledge and skills to ensure people with eating disorders have improved health outcomes.

This new learning forms a wider suite of training that has been developed and tailored for specific staff groups supporting patients and service users with eating disorders. Current training available is for medical students, foundation doctors, nursing workforce and GP and primary care clinicians as well as teams supporting medical monitoring on the [elearning for healthcare eating disorder programme webpage](#).

More information about the Beat eating disorder elearning programme and the additional resources needed to run the simulation training are available on the [Beat website](#). There are also 20+ [MindEd eating disorder sessions](#) for the wider health and care workforce and public.

All training has designed to ensure that health and care staff are trained to understand, identify and respond appropriately when faced with a patient with a

possible eating disorder. It is the result of collaboration between eating disorder charity Beat, Health Education England, NHS England and key partners.

Who is the learning for?

The full suite of online eating disorder learning includes learning for medical students and foundation doctors, nursing workforce, GPs and primary care clinicians, eating disorder teams and now webinars for dietitians, oral health teams and community pharmacy teams.

How can you share this learning?

You can use suggested assets below and share across your relevant communication and engagement channels, including:

- forums, meetings, events
- training sessions, webinars and workshops
- emails, newsletters, bulletins, websites and intranet
- physical settings e.g., staff rooms, education and training buildings
- social media
 - Twitter - mention [@NHS_HealthEdEng](#) [@NHSEngland](#) and [@beatED](#)
 - LinkedIn – tag [HEE](#) [NHSE](#) and [Beat](#)
 - Facebook – tag [HEE](#) [NHSE](#) and [Beat](#)
 - Instagram - tag [@Beatedsupport](#) [NHSEngland](#) and [@nhshee](#)

Assets available:

Digital and print assets

Access the social media cards, images, poster and slides in the [Stakeholder Communication Toolkit - Eating Disorder Webinars](#).

Suggested micro copy

New online eating disorder learning for dietitians, oral health and community pharmacy teams

HEE has worked in partnership with NHS England and the charity Beat to create a suite of eating disorder learning materials. Alongside a whole host of training materials for health and care professionals, the suite now contains [training materials on eating disorders specifically for dietitians, oral health teams and community pharmacy teams](#) which take the form of a series of pre-recorded webinars.

Suggested short copy

New online eating disorder learning for dietitians, oral health and community pharmacy teams

HEE has worked in partnership with NHS England and the charity Beat to create a suite of eating disorder learning materials for health and care staff. The suite now

contains training materials to raise the awareness of eating disorders specifically for dietitians, oral health teams and community pharmacy teams which take the form of a series of [pre-recorded webinars](#).

There are three eating disorder webinars for each professional group which are delivered by a healthcare professional who outlines individuals' lived experience in varied settings.

The webinars also direct the learner to further reading and also reflect the Royal College of Psychiatrists' [new Medical Emergencies in Eating Disorders \(MEED\) guidance](#).

Each webinar takes approximately 10-15 minutes to complete and can be undertaken at the learner's own pace.

Suggested long copy

New online eating disorder learning for dietitians, oral health and community pharmacy teams

Eating disorders are common and Anorexia Nervosa has the highest mortality rate of any mental illness. However, people with eating disorders have better recovery rates and a reduced risk of relapse when they receive the right support as early as possible.

The COVID-19 pandemic has also taken a huge toll on peoples' mental health and NHS staff have responded rapidly to support those who need care, including treating record numbers of children and adults with eating disorders.

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There are three eating disorder webinars for each professional group which are delivered by a healthcare professional who outlines individuals' lived experience in varied settings. The webinars also direct the learner to further reading and also reflect the Royal College of Psychiatrists' [new Medical Emergencies in Eating Disorders \(MEED\) guidance](#).

Each webinar takes approximately 10-15 minutes to complete and can be undertaken at the learner's own pace.

This new learning forms a wider suite of training that has been developed and tailored for specific staff groups supporting patients and service users with eating disorders. Current training available is for medical students, foundation doctors, nursing workforce and GP and primary care clinicians as well as teams supporting medical monitoring on the [elearning for healthcare eating disorder programme webpage](#).

To further increase the support for people with eating disorders, mental health services, including eating disorder services, will see an additional £2.3 billion every year as part of the NHS Long Term Plan ambitions and an expansion of community-based mental health care to provide support for 370,000 adults. NHS England have also set up a waiting time standard to ensure 95% of children with an eating disorder will receive treatment within one week for urgent cases and within four weeks for non-urgent treatment.

At the same time, additional investment was made in children and young people services to fund the expansion and transformation.

Alongside the expansion, NHS England and HEE are working in partnership to develop and deliver a comprehensive training programme. This programme will improve the support received by those with eating disorders, including training in NICE-recommended psychological therapies, whole team training and training for non-specialist staff to improve identification and support throughout the system.

To find out more, visit the [eating disorders elearning programme webpage](#). Additional mental health learning can be found on [HEE's mental health webpage](#) or contact mentalhealth@hee.nhs.uk.

Social Media Posts

HEE has launched a series of eating disorder webinars for dietitians, oral health teams and community pharmacy teams, which will assist them in caring for patients with an eating disorder. @beatED @NHSEngland

View the training here



<https://portal.e-lfh.org.uk/Component/Details/785008>

#EatingDisorder

A series of webinars specifically for dietitians, oral health teams and community pharmacy teams have been added to HEE's suite of eating disorder learning materials. @beatED

@NHSEngland

View the training here



<https://portal.e-lfh.org.uk/Component/Details/785008>

#EatingDisorder

It is vital that health and care staff are able to identify and care for patients with an eating disorder. A new series of webinars have been made available for dietitians, oral health teams and community pharmacy teams. View the training here

<https://portal.e-lfh.org.uk/Component/Details/785008>

@NHSEngland @beatED

#EatingDisorder

Calling dietitians, oral health teams and community pharmacy teams, a new series of webinars have been made available on the subject of eating disorders created by HEE @NHSEngland and @beatED

View the training here



<https://portal.e-lfh.org.uk/Component/Details/785008>

@NHSEngland
#EatingDisorder

Visit our new eating disorder webinars, designed for dietitians, oral health teams and community pharmacy teams. Visit the training here



<https://portal.e-lfh.org.uk/Component/Details/785008>

@NHSEngland @beatED
#EatingDisorder

Contact

If you have any questions or would like to find out more, please email mentalhealth@hee.nhs.uk.