

## HSE National Clinical Programme for Eating Disorders

### **Recommended Eating Disorder Reference List**

#### **Patient Information and psychoeducation tools**

*(always review before recommending)*

1. Royal College of Psychiatrists- eating disorder section -leaflets which included case studies for patients to read ( [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk) )
2. [www.bodywhys.ie](http://www.bodywhys.ie) - Irish support organisation – sections on information and evidence base and some online support – *note: provider list does not include HSE and is not accredited or recommended by them, just advertised (Bodywhys.ie)*
3. YouTube: ‘*Teachers TV: Battling Anorexia*’ 1 hour documentary interviewing 3 teens in the UK with eating disorders- use clips in session/ with parents- review first for suitability.
4. <http://www.nhs.uk/Livewell/eatingdisorders/Pages/eating-disorders-advice-parents.aspx>
5. [www.kcl.ac.uk/ioppn/depts/pm/research/eatingdisorders/index.aspx](http://www.kcl.ac.uk/ioppn/depts/pm/research/eatingdisorders/index.aspx)  
KCL Eating disorder research group has some patient information section and clinician resources
6. Minnesota Starvation Experiment (The psychology of Hunger- [www.apa.org](http://www.apa.org) ) or equivalent, in order to illustrate physical risks of not eating- can be helpful

#### **Diagnosis and Best Practice Guidelines**

1. DSM V: The 2015 update to ED classification. [www.dsm5.org](http://www.dsm5.org) eating disorders factsheet.
2. ICD- 10: [www.who.int](http://www.who.int). Used outside of North America, but as it dates from 1992 and ICD-11 is due in 2017, DSM V is the most up to date in our understanding of eating disorder classification

3. Practice Parameters for the Assessment and treatment of Children and Adolescents with Eating disorders. AACAP. 2015
4. Clinical practice guidelines for the treatment of eating disorders (Royal Australian and New Zealand College of Psychiatrists. 2014). Most up to date adult and child guidelines
5. Practice guidelines for the Treatment of Patients with Eating Disorders. 3<sup>rd</sup> edition 2010. American Psychiatric Association
6. Eating Disorders in Scotland: recommendations for management and treatment. 2006 ( [www.healthcareimprovementscotland.org](http://www.healthcareimprovementscotland.org) )
7. NICE Guidelines CG9, 2004 (Due for updating- date to be confirmed)

### **FBT related**

1. Help your teenager to beat an eating disorder 2<sup>nd</sup> edition (Lock and Le Grange, 2015)- parent companion to the FBT Manual
2. Treatment Manual for Eating Disorders: A Family Based Approach, 2<sup>nd</sup> edition(Lock and le Grange, 2013)
3. FBT Papers included in the FBT Pack from the Training Institute to those who completed the 2 day training. [www.train2treat4ed.com](http://www.train2treat4ed.com)
4. Family Therapy for Adolescent Eating and weight Disorders- New applications. 2015. Edited by Loeb, Le Grange and Lock

### **CBT- E related**

1. Overcoming Binge Eating 2<sup>nd</sup> edition (Christopher Fairburn)- (BED- all/ BN- - Patient companion book to 2 below- Chapters 1,4,5 used with the CBT- E programme)
2. Cognitive Behaviour Therapy and Eating Disorders, 1<sup>st</sup> edition. (Christopher G Fairburn, 2008). The Clinician Manual.

3. [www.credo-oxford.com](http://www.credo-oxford.com): lots of clinician information, tips and tools on delivering CBT-E
4. The CBT- E online 'Library': access is available to those who were accredited during the HSE CBT-E training
5. 'CBT for eating disorders' 2<sup>nd</sup> edition 2014 (Glenn Waller) – psychoeducation material at the back of the book, and also some from his self help book 'Beating Your Eating Disorder' contain

### **Medical and Physical Risk Management**

1. MARSIPAN: Management of Really Sick Patients with Anorexia Nervosa. 2<sup>nd</sup> Edition, 2014. CR 189. Royal College of psychiatrists (available as download)
2. Junior MARSIPAN: Management of Really Sick Patients under 18 with Anorexia Nervosa. 2012. CR 168. Royal College of Psychiatrists.
3. MARSIPAN checklist (available as download on RCPsych website)
4. Medical Management of Eating Disorders. 2<sup>nd</sup> Edition 2010. Birmingham and treasure (For Psychiatrists and medical doctors involved in treating ED)
5. Medical Management of restrictive Eating Disorders in Adolescents and Young Adults (2015). Society of Adolescent health position paper.
6. Refeeding hypophosphatemia in Hospitalised adolescents with Anorexia nervosa. 2014. Society of Adolescent Health position paper.

### **Websites for Clinicians**

1. Academy of Eating Disorders (AED)- [www.aedweb.org](http://www.aedweb.org)
2. Royal College of Psychiatry- eating disorder section ([www.rcpsych.org](http://www.rcpsych.org))

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3. Any of the websites listed above