

Pennine GP Learning Group

Minutes of meeting

Date: Tuesday 5th February 2019

Time: 7.30 - 9.30pm (2 hours)

Topics: Eating Disorders: An Overview by Dr Rukhsana Hussain, **Working in Ireland and Videodoc** by Dr Susi Harris

Members present: Aisha Bhatti, Susi Harris, Ann Holmes, Rukhsana Hussain, Chichi Ireogbu, Mark Wilshire

1. Dr Harris talked to us about her work in Ireland and highlighted the differences between the working environments in UK and in Ireland. She also informed us about Videodoc and how it works.
2. Dr Hussain presented **"Eating Disorders: An Overview"**. We reviewed the NICE Guidance on the Recognition and Treatment of Eating Disorders. Dr Hussain raised awareness of the CONNECT: West Yorkshire and Harrogate Adult Eating Disorders Service and signposted the group to helpful resources for patients/carers provided by BEAT – The UK's Eating Disorder Charity.

We learned that early referral and intervention is key especially in the first 3 years of illness and that there is a rapid intervention service for 18-25 year olds with a suspected Eating Disorder of less than 3 years onset.

Dr Hussain informed the group that there is a "Dual Diagnosis service" available to those who have an eating disorder as well a substance misuse disorder.

Urgent referral criteria to the Eating Disorders service were outlined and requirements prior to referral including, Lying and Standing BPs, Pulse, temperature, bloods, BMI and ECG.

We also learned that NICE recommend that GPs offer a physical and mental health review at least annually to people with anorexia nervosa who are not receiving ongoing treatment for the eating disorder.

3. General catch up

Action Plan

1. Dr Hussain will upload the presentation and minutes to the website and share the link with the WhatsApp group.
2. The next meeting has been booked for **Tuesday 5th March 2019** which will be the BLS/CPR updated. The training will be delivered by SPTraining Solutions.