QI 1292 Improving Junior Doctor Confidence in Managing Patients with Eating Disorders

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Project Lead: **Dr Eleanor Brookes, ST5**

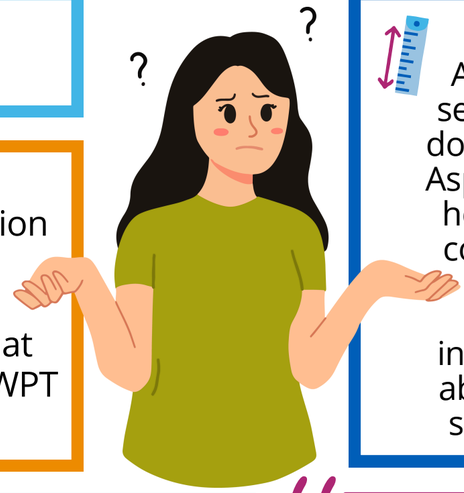
October 2024

NHS
Coventry and Warwickshire Partnership
NHS Trust

Project Aim: To improve doctors' confidence in managing physical complications of eating disorders in inpatients at the Aspen Centre (specialist eating disorders unit) out of hours.

Summary:

Patients with severe anorexia nervosa are often medically complex due to the consequences of malnutrition and compensatory behaviours. The Managing Medical Emergencies in Eating Disorders (MEED) guidance was published with the aim of increasing awareness and knowledge of clinicians across care settings. Despite this, medical school teaching on eating disorders is still sparse with studies consistently finding that doctors outside of the sub-speciality lack confidence in managing eating disorders. Resident doctors at CWPT provide medical cover for the Aspen Centre out of hours, but anecdotally describe anxiety in doing so.



Measures:

An online survey sent to all resident doctors covering the Aspen Centre out of hours showed low confidence levels. 65% had not received any induction sessions about covering the specialist ED unit.

QI Tools:

A *Driver Diagram* was used to capture staff feedback and potential change ideas.

PDSA Cycles were used to test change ideas out in practice.

Change Ideas:

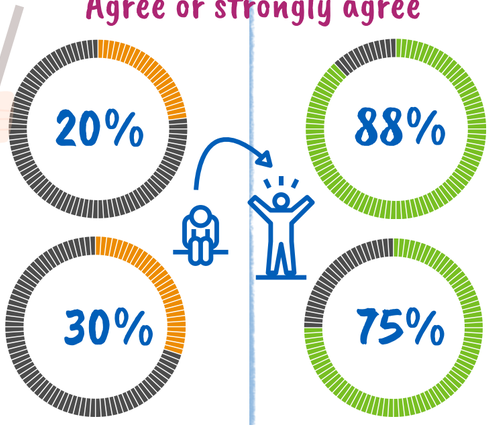
1) Out of hours handbook developed covering key issues and signposting to MEED guidance.

2) Eating disorder specific teaching in induction for the August intake of junior doctors.

Outcomes Achieved:

"I am confident if/when asked to assess and manage complications of a patient's eating disorder when on-call"

"I feel confident managing physical health complications in patients with eating disorders"



75% of doctors who provided feedback felt that the out of hours handbook was a helpful resource

Next Steps:

~ Teaching slots to continue to be included in future inductions.

~ Repeat the initial survey in 1 year to see if improvements are maintained.

The Improvement Team
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