

Improving lives together



13th
February
2024

Perspectives on the Inpatient Eating Disorder Journey

**Eating Disorders Conference
Hosted by Cygnnet**

Royal College of Psychiatrists
21 Prescot Street, London E1 8BB

9:00am - 5:00pm

CPD[®]

The CPD Certification Service

Programme

Inter-Disciplinary Team Working on Inpatient Eating Disorder Wards, Featuring Sunrise Ward at Cygnet Hospital Ealing

Chaired by Dr Amit Mistry (Consultant Psychiatrist)

- 9:00 **Registration**
- 9:30 **Introduction on the Eating Disorder Unit Model of Care**
Dr Amit Mistry (Consultant Psychiatrist)
- 9:45 **Overview of Sunrise Ward's Journey**
Alison Pleszak (Hospital Director)
- 10:15 **What Do We Offer on Our Inpatient Ward?**
Jacqui Russon (Head of Occupational Therapy)
- 10:45 **Navigating the Inpatient Eating Disorders Journey: From Service User to Staff Member**
Emily Hale (Expert by Experience) and Raf Hamaizia (Expert by Experience Lead)
- 11:05 **Panel Question and Answer Session**
- 11:15 **Break**

Managing Co-morbidities within the Eating Disorder Setting

Chaired by Dr Amit Mistry (Consultant Psychiatrist)

- 11:30 **Neurodevelopmental Needs within the Eating Disorder Inpatient Setting**
Dr Caroline Fleming (Head of Psychology, Cygnet Hospital Ealing)
- 12:00 **Managing Unhealthy Exercise Patterns on Inpatient Eating Disorder Wards**
Dr Caz Nahman (Consultant Child and Adolescent Eating Disorder Psychiatrist and Sports Psychiatrist, Oxford Health NHS Foundation Trust)
- 12:30 **Lunch**
- 1:30 **Managing Eating Disorder Comorbidity in an Inpatient Eating Disorder Ward**
Dr Agnes Ayton (Consultant Psychiatrist at Oxford Health NHS Foundation Trust & Vice Chair of Faculty of Eating Disorders RCPsych)
- 2:00 **Panel Question and Answer Session**

Using Expertise: From Lived Experience to Commissioning

Chaired by Raf Hamaizia (Expert by Experience Lead)

- 2:15 **Co-production within Inpatient Settings**
Raf Hamaizia (Expert by Experience Lead)
- 2:30 **Expertise as the Carer**
Jenny Langley (New Maudsley Carer Skills Facilitator and Author)
- 3:30 **Break**
- 3:45 **Understanding the Commissioning Landscape for Adult Eating Disorder Services**
Fiona Lander and Kathryn Weaver (Operations Manager and Case Manager for CAMHS T4 and AED Provider Collaborative)
- 4:15 **Panel Question and Answer Session**
- 4:30 **Networking**
Conference Close