



NEW BRIDGE

Treatment for eating disorders

Newbridge House
Masterclass series

Monday, March 14, 2016

Dr Sloane
Madden

Consultant Psychiatrist
leading Australia's largest
adolescent public eating
disorders service

You are invited to a day of training with an internationally recognised and widely published psychiatrist. There will be evaluation of the latest literature and what it means for clinical practice considering the themes of: outcomes from different treatments, managing medical risk and predictors of remission.

Newbridge House Masterclass series

Dr Sloane Madden

Date: Monday, March 14, 2016

Location: Fairlawns Hotel, Little Aston Road, Aldridge WS9 0NU

Time: Arrival, coffee and registration from 9.30am. Sessions begin at 10am and run up to 3.30pm

Suitable for: All professionals working with eating disorders patients.

Our trainer



Dr Sloane Madden, Consultant Psychiatrist at Sydney Children's Hospital Network, Australia's largest adolescent public eating disorders service

Dr Sloane Madden has been the director of the Eating Disorder Service at The Children's Hospital, Westmead for the past 15 years. He is now also the Coordinator of the Eating Disorder Service at the Sydney Children's Hospital Network, the largest public eating disorder service in Australia. His service has recently commissioned a State

Government funded Eating Disorder Day Program in collaboration with the Butterfly Foundation. This innovative program is the first adolescent specific eating disorder program in Australia.

Dr Madden has been a chief investigator on a number of national and international treatment trials. The first is a recently completed inpatient treatment trial of adolescent anorexia nervosa, the first randomised controlled trial (RCT) comparing different inpatient interventions in anorexia nervosa. The second is a multi-site, international RCT looking at an innovative psychological intervention for compulsive exercise in AN. He is the author of 100 peer-reviewed journal articles, published abstracts and book chapters on ED. He is on the editorial board of the International Journal of Eating Disorders, Journal of Eating Disorders and Advances in Eating Disorders, Theory, Research and Practice.

Programme overview

The day's programme will encompass the following themes and discussions:

The role of hospitalisation in adolescent anorexia nervosa: What does the literature tell us?

The role of hospitalisation in adolescent anorexia (AN) remains controversial and varies widely between countries and treatment centres, driven by financial and insurance concerns on the one hand and clinician belief on the other. Dr Madden will present findings from his recently published randomised controlled trial (RCT) comparing the effectiveness of different inpatient treatments in medically unstable adolescents with AN prior to outpatient Family Based Treatment (FBT) including outcomes to five years, discussing the implications for current treatment practices.

Managing medical risk and optimising refeeding outcomes in adolescent inpatients with anorexia nervosa

The impact of severe malnutrition in adolescents with anorexia nervosa on immediate health and long-term development underscores the need for safe and efficient methods of refeeding. Dr Madden will discuss the refeeding syndrome and present the outcomes of a recent RCT that demonstrate the potential and tolerability of more rapid refeeding to safely promote initial weight gain and medical recovery.

What to do in adolescent anorexia nervosa when evidence based treatment is not enough

Seven randomised controlled trials have demonstrated the efficacy of Maudsley Family-Based Treatment in adolescents with anorexia nervosa and it is the first line treatment for this group. Regardless, rates of remission remain low (31–49%). Dr Madden will discuss early predictors of remission, barriers to treatment response and novel interventions practiced by his team including family admissions, intensive outpatient treatments and a family based day programme.

Book your place

To book your place on this FREE eating disorders Masterclass, please email Amanda Deakin, Master Class administrator, providing your full contact details, at: Mandy.Deakin@newbridge-health.org.uk

Places at this event are strictly limited so please book early to avoid disappointment. Please arrive from 9.30am for registration and coffee, first session starts 10am. Lunch will be provided free of charge. The training takes place at the Fairlawns Hotel, Little Aston Road, Aldridge WS9 0NU.

The location, on the border of Sutton Coldfield and Staffordshire, is convenient for all road networks. Please see the hotel website for detailed directions from a range of different locations: www.fairlawns.co.uk/find-us.htm

Newbridge House

Newbridge House is located in a residential area of Streetly, Sutton Coldfield. We provide inpatient care for young people aged eight to 18 with severe anorexia and a range of outpatient therapies for adults and children. Newbridge House was purpose designed in 2008 to create a welcoming environment meeting the needs of young people. With growing demand for our services, further extensions took place in 2013 and 2015 to expand the therapeutic and educational space available.



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