



Eating Disorders
Association of Canada
Association des troubles
de l'alimentation du Canada

Oral Presentation Series

Thursday February 28th, 2008
13:00pm – 13:30pm

Refeeding Severely Malnourished Adolescents with Anorexia Nervosa: An Interdisciplinary Approach

Authors:

- 1) Kennedy, Jaimie
 - 2) Katzman, Debra K.
 - 3) Demelo, Fallon
 - 4) Bordbar, Kamran
- The Eating Disorders Program
The Departments of Paediatrics and Psychiatry
The Hospital for Sick Children and University of Toronto
Toronto, ON

Synopsis:

Refeeding in severely malnourished children and adolescents anorexia nervosa may cause life-threatening complications. An interdisciplinary approach is recommended to prevent poor outcomes.

Measuring Up? An interface Between Professionals, Services and the Community

Authors:

- 1) Phillips, Suzanne (Program Co-ordinator, NEDIC)

Synopsis:

NEDIC is a unique Canadian eating disorder information and resource service. Using qualitative and quantitative data, we examine whether we measure up to the needs of our clients and what challenges and opportunities are faced.



Oral Presentation Series

A Readiness-Based Model of Service Delivery in the Eating Disorders

Authors:

- 1) Josie Geller
 - 2) Suja Srikameswaran
 - 3) Laird Birmingham
 - 4) Megan Jones
 - 5) Krista E. Brown
- St. Paul's Hospital Eating Disorders Program
University of British Columbia

Synopsis:

This presentation describes a collaborative readiness-based service delivery model that provides a menu of outpatient treatment options prior to inpatient treatment. Tailoring treatment to readiness status may result in improved outcomes and less costly care.

Thursday February 28th, 2008
13:45pm – 14:15pm

Clinical-Research-Teaching Integration at the Eating Disorders Program Of the Douglas Mental Health University Institute

Authors:

- 1) Bruce, Kenneth (Ph.D) (presenter)
- 2) Steiger, Howard (Ph.D) (regretfully unable to attend)
Eating Disorders Program, Douglas Mental Health University Institute
Department of Psychiatry, McGill University

Synopsis:

This presentation focuses on integration of clinical services, research, teaching and community outreach at the Douglas Institute's Eating Disorders Program, with specific examples of how such integration has enhanced treatment delivery and effectiveness.



Oral Presentation Series

Community Support Home Program with the Calgary Eating Disorder Program

Authors:

- 1) Lisa Scrivens CYCC Dip., Team Leader Community Support Home Program, Aspen

Synopsis:

Aspen offers community support homes to clients attending treatment in the Eating Disorders Program at the Alberta Children's Hospital. The benefits and rewards of this one of a kind program in Canada will be presented and discussed by Team Leader, Lisa Scrivens.

Family Intervention Across The Miles

Authors:

- 1) Rom, Marion, MSW, RSW
- 2) Roles, Patricia, MSW, RSW, BCATR
Children's and Women's Health Centre of British Columbia, Eating Disorders Program

Synopsis:

This presentation will highlight the different ways telehealth has been utilized for several years with adolescents struggling with eating disorders in family therapy, parent groups, and family/team/community meetings. You will hear discussion about the ways telehealth has been helpful, challenges, issues to consider, and future possibilities.



Oral Presentation Series

Thursday February 28th, 2008
14:45pm – 15:15pm

The Establishment and Development of Multiple Family Group Therapy as an Innovative Mode of Treatment in the Adolescent Eating Disorder Population in the Province of Ontario

Authors

- 1) Pinhas, Dr. Leora, Psychiatric Director, Eating Disorders Program, Hospital for Sick Children
- 2) McVey, Dr. Gail Ph.D. C.Psych Scientist, Community Health Systems Resource Group
- 3) Ross, Lindsay M.S.W. Eating Disorders Program, Hospital for Sick Children

Synopsis:

Multiple Family Group Therapy has recently been introduced as a promising form of treatment for adolescent eating disorders in the province of Ontario. First initiated in London and Dresden, its initial aim in Ontario was to help utilize resources effectively and efficiently during a time of lack of provincial funding. Today, multiple Ontario sites have collaborated together for the purpose of becoming trained in MFGT facilitation in order to launch MFGT into their own respective programs.

The Use of Reflecting Teams to Invite Change in the Treatment of Eating Disorders

Authors:

- 1) Lois McCormack, MSW, Calgary Eating Disorder Program
- 2) Keri Sullivan, MSc, RPsych
- 3) Lana Bentley, MSW

Synopsis:

This presentation discusses the use of reflecting teams in the treatment of eating disorders, specifically in the context of family therapy. A description of the approach, case examples, and a discussion, will be used to facilitate this learning.



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Oral Presentation Series

Involuntary Treatment of Pediatric Patients with Eating Disorders: The Ontario Legal Experience

Authors:

- 1) Bryden, Pier
- 2) Steinegger, Cathleen
Department of Psychiatry and Department of Paediatrics, The Hospital for Sick Children
Toronto, ON

Synopsis: This workshop will address the complexities surrounding consent and capacity in eating disordered patients. We will review how eating disorders uniquely affect the capacity to consent to treatment and how these issues have been dealt with in a legal framework. Cases from Ontario will be used to promote discussion and problem solving.

Thursday February 28th, 2008
14:45pm – 15:15pm

The Community Outreach Partnership Program: An Innovative Treatment Approach Developed Collaboratively Between Hospital and Community Services

Authors:

- 1) Williams, Kim, St. Paul's Hospital – Eating Disorders Program
- 2) Pearson, Miranda, Vancouver Coastal Mental Health
- 3) Hyland, Colleen, Vancouver Coastal Mental Health

Synopsis:

This workshop will introduce a unique and successful community-based program that utilizes key principles from the psychosocial rehabilitation model within a framework of harm reduction and motivational enhancement. We will describe how focusing on the client's quality of life is effective in engaging clients at different stages of change, from pre-contemplative to those with longstanding, enduring symptoms.



Oral Presentation Series

More Clients and Shorter Waitlists: Is it Really Possible? An Innovative Waitlist Management Approach and Service Delivery in a Community Outpatient Eating Disorders Program

Authors:

- 1) Bell, Alison;
 - 2) Bouttell, Shelagh;
 - 3) Frogley, Gaylene;
 - 4) Humphreys, Elspeth;
 - 5) Merrett-hiley, Anne
- Fraser South Eating Disorders Program

Synopsis:

The Fraser South Eating Disorders Program (FSEDP) is a community based out-patient program in the Lower Mainland of British Columbia which operates within Mental Health Services and is supported by the Fraser Health Authority and the Ministry of Children and Family Development. They provide a continuum of services to both youth and adult clients and their families who are dealing with anorexia nervosa and bulimia nervosa. Faced with a waitlist, at times in excess of two years, the Fraser South Eating Disorders program recently restructured its program resulting in a significant reduction in waitlist times.

Learning Together: Integrating a Structured Mental Health Eating Disorder Program on an Acute Medical Unit

Authors:

- 1) Bentzen, Carol RN Nurse Clinician, Calgary Health Region
- 2) Cram, Brian MD FRCPC, Calgary Health Region, Clinical Assistant Professor, Dept. of Psychiatry, University of Calgary

Synopsis:

Resources were added to an existing medical unit to create a therapeutic environment that would address the needs of our patients using a biopsychosocial approach. In this presentation participants will be exposed to the trials and tribulations of this integration between medicine and mental health.



Workshop Series

Friday February 29th, 2008
9:00am – 10:30am

The Research-Practice Gap in Psychotherapy for Eating Disorders: Finding Common Ground

Authors:

- 1) von Ranson, Kristin, Department of Psychology, University of Calgary
- 2) Laverty, Ann, Counselling Centre, University of Calgary

Synopsis:

Evidence suggests that most practitioners use different psychotherapeutic approaches for treating eating disorders than research findings suggest are maximally effective. How can we begin to bridge this divide? This workshop will provide participants the opportunity to discuss issues related to the selection of psychotherapeutic approaches for eating disorders with the aim of identifying common ground.

Didn't Know Susy's Sister Had an Eating Disorder!! Siblings Are the Invisible Casualties of an Eating Disorder

Authors:

- 1) Bjarnason, Sheila, MSW, RSW, Social Worker, Eating Disorder Program, Hospital for Sick Children
- 2) Dimitropoulos, Gina, MSW, PhD, RSW, Social Worker, In-Patient Eating Disorders Programme, University Health Network

Synopsis:

Very little is known about the experiences of siblings affected by an eating disorder. This workshop will focus on enhancing clinical knowledge and skills in working with siblings using a variety of treatment modalities. Participants will be able to work with children and adult siblings in the context of individual, family and multi-family group therapy.



Workshop Series

Setting a Realistic Healthy Target Weight for Adolescents with Eating Disorders

Authors:

- 1) Pinhas, Leora
- 2) Kennedy, Jaimie

The Eating Disorders Program, The Hospital for Sick Children, Toronto, ON

Synopsis:

The target weight should reflect the best estimate as to when a child will grow and develop normally while having normal dietary intake and normal activity levels. It may be determined for individuals using growth history. Body composition, menstrual history and population growth curves can provide additional information when growth history is lacking.

Friday February 29th, 2008

11:00am – 12:00pm

Treatment of Medical Complications of Anorexia Nervosa That Can Cause Death

Author:

- 3) Birmingham, C. Laird, MD BSc MHSc FRCPC FACP ABIM FAED
Professor and Director, Eating Disorders Program
University of British Columbia
Medical Director, Eating Disorders Program, St. Paul's Hospital
BC Provincial Director of Eating Disorders

Synopsis:

Dr. C. Laird Birmingham, co-author of the textbook, *Medical Management of Eating Disorders* published by Cambridge University Press, will lead a case-based discussion of the diagnosis and management of the major medical causes of death caused by anorexia nervosa.



Workshop Series

Therapeutic Connections: Applying Relational-Cultural Theory in Eating Disorder Treatment

Authors:

- 1) Ann Laverty, Ph.D., R.Psych. University of Calgary Counselling Centre
- 2) Sumerlee Samuels, M.A.

Synopsis:

Establishing and maintaining a healthy therapeutic relationship is essential in eating disorder counselling. Relational Cultural Theory, developed by feminist scholars, offers ways to engage such relationships in working with clients. This interactive presentation will apply this theory to eating disorder counselling contexts.

DON'T MAKE ME BLUSH: Exploring Sexuality in Group Therapy

Authors:

- 1) Young, Kelli
University Health Network- Toronto General Hospital, Eating Disorders Program
- 2) Tjeng, Debbi
University Health Network- Toronto General Hospital, Eating Disorders Program

Synopsis:

We are all sexual beings. Yet, discussion of the subject of sexuality frequently raises anxiety and discomfort for clients and therapists alike. The therapeutic factors inherent in a group make it an ideal forum for addressing this important topic. The presenters of this workshop have co-facilitated a "Sexuality Group" in the Eating Disorders Program at the Toronto General Hospital for the past 12 years. Using fun and interactive methods, they will present strategies and tools used in their group that participants can adapt for use in their own practice.



Workshop Series

Friday February 29th, 2008
13:00pm – 14:30pm

Multi-Family Group Therapy for Eating Disorders

Authors:

- 1) Jasper, Karin, Ph.D.
- 2) Bjarnason, Sheila, M.S.W.
- 3) Boachie, Ahmed, M.D., FRCP(C)
- 4) Heinmaa, Margus, Ph.D.
Eating Disorders Program, Hospital for Sick Children, Toronto

Synopsis:

Multiple family group therapy has historically been applied to such diverse conditions as schizophrenia, chronic medical illnesses, and substance abuse. It has recently been applied to the treatment of teens with eating disorders. This therapy integrates the theoretical and practice concepts of group and family treatments to create an environment in which parents are empowered to re-feed their children. Drawing on their experience with this approach, workshop leaders will bring the group process to life with a highly interactive presentation.

Drawing on Creativity: Group Art Therapy with Youth with Eating Disorders

Authors:

- 1) Roles, Patricia, M.S.W., R.S.W., BCATR Eating Disorders Program,
- 2) Elliott, Joanne, B.A., B.F.A., MC:AT
Student in Applied Psychology and Art Therapist
(Student Practicum at Children's and Women's Health Centre of British Columbia as above
06/07)

Synopsis:

This workshop will show how group art therapy can be therapeutic for children and youth struggling with eating disorders, and will draw on 12 years experience facilitating an art therapy group with this population. Clinical examples and an experiential demonstrate the process. The differences between individual and group modalities will be highlighted.



Workshop Series

Couple Therapy in the Treatment of Eating Disorders

Authors:

- 1) Lackstrom, Jan, MSW, RSW. Clinical Director Department of Psychiatry, University Health Network; Assistant Professor, Department of Psychiatry, University of Toronto.
- 2) Dimitropoulos, Gina, PhD, RSW, Social Worker, University Health Network
- 3) Woodside, D. Blake, MD. FRCP. Director In-Patient Eating Disorders Programme University Health Network; Professor, Department of Psychiatry, University of Toronto.

Synopsis:

It is becoming increasingly apparent that a number of individuals with eating disorders are entering into committed long-term relationships. This interactive workshop will focus on the use of Couple Therapy in the treatment of eating disorders. Participants can expect to be able to complete a couple's assessment following the workshop and will have an introductory knowledge of brief and long-term therapy.

Friday February 29th, 2008

15:00pm – 16:00pm

Treating Overexercise with Exercise: Developing a Graduated and Supervised Exercise Program for Adolescents with Eating Disorders

Authors:

- 1) Manley, Ronald, Psychologist, Provincial Specialized Eating Disorders Program for Children and Adolescents, Children's & Women's Health Centre of British Columbia; Clinical Assistant Professor, Department of Psychiatry, University of British Columbia;
- 2) Standish, Kit, Clinical Nurse Coordinator, Provincial Specialized Eating Disorders Program for Children & Adolescents, Children's and Women's Health Centre of British Columbia

Synopsis:

Overexercise is often a significant feature of an eating disorder and requires specific treatment. We have developed an approach to treating overexercise through a graduated approach to physical fitness programming. This workshop will enable participants to understand the rationale for and develop a graduated and supervised approach to exercise in their respective eating disorder programs.



Workshop Series

An Integrated Provincial Model for a Continuum of Eating Disorder Services in Newfoundland and Labrador: From Specialized Tertiary Intervention to Rural Community Capacity Building

Authors:

- 1) Heath, Olga. Memorial University, University Counselling Centre and Eastern Health, Eating Disorder Services
- 2) Maloney, Kelly. Eating Disorder Services, Eastern Health

Synopsis:

In Newfoundland and Labrador, an interprofessional, interprogram working group has developed a provincial model for a continuum of care for individuals with eating disorders and their families. We will present the process of the development of this model and the model itself which includes the proposed intensive day treatment program and the community capacity building project designed to address need for information and support for primary health care providers.

Disordered Eating along the Spectrum: Perspectives on Flourishing and Prevention

Authors:

- 1) O'Sullivan, Tara RSW, MSW, Calgary Health Region
- 2) Shalanski, Leah RN, MN, Calgary Health Region

Synopsis:

This prevention and promotion workshop will focus on mindbodyspirit wellness and the relationship between these principles and disordered eating along the continuum. Influences that negatively impact flourishing and result in fracturing within the self will be explored. Prevention strategies that address and protect against these issues will be discussed including the role of attachment and social messaging.



Poster Series

Thursday, February 28th, 2008

1

Responsiveness of the Eating Disorders Quality of Life Scale (EDQLS) in a Longitudinal Multi-Site Sample

Authors:

Adair Carol E.^{1,2}, Marcoux Gisele³, Cram Brian^{2,3}, Ewashen Carol J⁴, Pinzon Jorge^{5,6}, Gusella Joanne L⁷, Geller Josie^{6,8}, Scattolon Yvette⁹, Fergusson Patricia¹⁰, Cassin Stephanie E.¹¹, Brown Krista⁸.

1. Department of Community Health Sciences, University of Calgary
2. Department of Psychiatry, University of Calgary
3. Calgary Health Region, Calgary, Alberta
4. Faculty of Nursing, University of Calgary
5. Children's and Women's Health Centre of British Columbia, Vancouver BC
6. Faculty of Medicine, University of British Columbia
7. Dalhousie University, Halifax, NS
8. Providence Health Care, Vancouver, BC
9. Capital Health, QEII Health Sciences Centre, Halifax NS
10. University of Manitoba, Winnipeg, MB
11. Centre for Addiction and Mental Health Anxiety Disorders Clinic, Toronto ON

Synopsis:

A new condition-specific quality of life measure (the EDQLS) was shown to be responsive after 3 and 6 months in ED patients aged 14-60 years from 12 sites across Canada. Effect sizes from baseline to 3 months and baseline to 6 months were very good and the EDQLS showed better responsiveness than the Qoli and both subscales of the SF-12.

2

Supporting Staff and Families in the Prevention of Meal Support "Burn Out"

Authors:

- 1) Boachie, Ahmed, MBChB., MRCPSYCH, DCH, FRCP(C), Eating Disorder Program Southlake Regional Health Centre, Newmarket ON; Faculty of Medicine, Department of Psychiatry, University of Toronto, Day Treatment Program, Hospital for Sick Children, Toronto ON
- 2) Fraleigh, Jill RD Med, Eating Disorder Program, Southlake Regional Health Centre, Newmarket ON
- 3) La France, Adele, Eating Disorder Program, Southlake Regional Health Centre, Newmarket ON



Poster Series

- 4) Case, Tricia RD MSc, Eating Disorder Program, Southlake Regional Health Centre
- 5) Jackman Lindsay CYC (Cert.), Eating Disorder Program, Southlake Regional Health Centre

Synopsis:

This poster will identify the challenges that staff and families who provide meal support to adolescents on a long-term basis often face. You will also learn about how we at Southlake Regional Health Centre have adapted concepts from the Maudsley and Lock models to support our team and families in the prevention of potential “Meal Support Burn Out”.

3

Non-Exercise Activity Thermogenesis in Anorexia Nervosa

Author:

- 1) Birmingham, C. Laird, MD BSc MSc FRCPC FACP ABIM FAED
Professor and Director, Eating Disorders Program
University of British Columbia
Medical Director, Eating Disorders Program, St. Paul’s Hospital
BC Provincial Director of Eating Disorders

Synopsis:

Non exercise activity thermogenesis (NEAT) was measured in AN using triaxial accelerometers. NEAT may play an important role in the variability in energy requirement for weight gain in AN during refeeding.

4

Pilot Study of the Frequency of Arrhythmias in Anorexia Nervosa

Authors:

- 1) Birmingham, C. Laird, MD BSc MSc FRCPC FACP ABIM FAED
Professor and Director, Eating Disorders Program
University of British Columbia
Medical Director, Eating Disorders Program, St. Paul’s Hospital
BC Provincial Director of Eating Disorders
- 2) Harbottle, E. Jane
Medical Research Coordinator, Eating Disorders Program
Centre for Health Evaluation and Outcome Sciences, St. Paul’s Hospital, Vancouver,
Canada
- 3) Rodie, David, Eating Disorders Program, St Paul’s Hospital, Vancouver, Canada



Poster Series

- 4) Tung, Stanley, MD, FRCPC, Department of Cardiology, St. Paul's Hospital, Vancouver, Canada

Synopsis –Arrhythmias are the most common cause of medical death in AN. Long term cardiac event monitors were used to determine the time and frequency of arrhythmias in AN.

5

Une Approche des Troubles de la Conduite Alimentaire en Médecine de l'Adolescence

Authors:

- 1) Danielle Taddeo, pédiatre
- 2) Dominique Meilleur, PhD en psychologie
Section de médecine de l'adolescence, CHU Sainte-Justine, Université de Montréal

Synopsis :

Dans cet atelier sera présenté un modèle unique de traitement des troubles de la conduite alimentaire en milieu pédiatrique hospitalier dans une unité de médecine de l'adolescence. Il favorisera la discussion autour des alternatives de traitement en contexte de ressources limitées et de quelques données sur l'évolution de nos adolescentes en terme de survie et d'évolution au plan du TCA, gynécologique et obstétrical.

6

Evaluation of Meal Support Training Video for Family/Friends

Authors:

- 1) Cairns, J;
- 2) Styles L;
- 3) Leichner, P
BC Children's Hospital

Synopsis:

The purpose of this study is to evaluate a meal support training (MST) video and manual for family/friends of eating disordered youth. The MST resources and an evaluation form were given to parents or caregivers of 52 new referrals to a specialized eating disorder treatment centre. The MST video and manual is helpful for families/friends of eating disordered youth. It is a resource that families highly recommend to others involved with an eating disordered child or teen.



Poster Series

7

Lessons Learned in Trying to Connect, Educate and Support Parents: If We Build it Will They Come?

Authors:

- 1) Cairns, Jadine, MSc, RD,
- 2) Kathleen Standish RN, MA,
Children's and Women's Health Centre of British Columbia, Eating Disorders Program

Synopsis:

This poster will describe the lessons learned in trying to support families dealing with eating disordered youth in a group setting. Our current "Family Night" is weekly and alternates between parent support, parent skill-training and a 4-week psycho-education/connections series. Results of satisfaction questionnaires from the past 2 years have indicated that families have wanted reliable information and to be connected with other families going through the same thing.

8

The Asian Experience: Challenges of Working with Asian-Canadian Eating Disordered Youth

Authors:

- 1) Cairns, Jadine, MSc, RD
- 2) Jones, Shirley, RN
- 3) Roles, Patricia, MSW, RSW, BCATR
Eating Disorders Program, Children's and Women's Health Centre of British Columbia

Synopsis:

This poster will provide participants with the theoretical background, the current research findings and practical clinical considerations when working with Asian eating disordered youth and their families.



Poster Series

9

The Caregiving Experience of Families of Adults with Anorexia Nervosa: The Adverse Effect of Stigma

Author

- 1) Dimitropoulos, Gina, PhD, RSW, Social Worker, In-Patient Eating Disorders Programme, University Health Network

Synopsis:

Very little is known about the unique challenges and stressors associated with the experience of caring for adults affected by anorexia nervosa. Using a cross-sectional design, 120 family members of individuals with AN were recruited in the province of Ontario. Through the use of two hierarchical regression models, this study revealed that there were a number of important predictors of family functioning and caregiver psychological distress. Clinical implications are discussed to improve family functioning and the mental health of the caregiver.

10

The Visibly Invisible - The Experience of Eating Problems Among Women from Visible Minority Groups

Authors:

- 1) Renert, Hagar
- 2) Dr. Russell-Mayhew, Shelly
Division of Applied Psychology, Faculty of Education, University of Calgary

Synopsis:

This poster presentation will discuss the rationale for improving our understanding of the role of culture in the development of eating disorders. In addition, this presentation will describe a phenomenological study currently being conducted at the University of Calgary to investigate the experience of eating problems among women from visible minority groups.



Poster Series

11

The Girl With the Weight of the World in Her Hands: Eating Disorders as Social Justice Issues?

Author:

- 1) Russell-Mayhew, Shelly Dr., R. Psych., Assistant Professor, Division of Applied Psychology, University of Calgary

Synopsis:

Eating disorders are powerful exemplars of social problems being redefined within the individual. Eating issues serve to shift our gaze from the social conditions that produce them, to pathologizing the individual that carries the weight (literally) of our social plight. The purpose of this poster will be to explore social justice as a lens through which to inform our understand eating disorders. Four issues will be addressed including the complexity of the concepts, competing approaches, the focus on the individual, and culture-bound syndromes. Research results from a focus group with experts on this topic will be presented as an impetus for further discussion.

12

Images and Ideals: Counselling Women and Girls in a "Thin-is-in" Culture

Authors:

- 1) Saraceni, Reana, MC, PhD Student
- 2) Russell-Mayhew, Shelly, C. Psych,
University of Calgary, Division of Applied Psychology

Synopsis:

This study partially replicates and updates this work to determine whether there has been a definite shift in the idealized standard toward excessive thinness as portrayed in the media by analyzing the body measurements and weights of Playboy centerfolds across four decades. Results provide strong support for the cultural expectation that women's body standards continue to approach unrealistic proportions and has serious health implications for women who make comparisons to these ideals in terms of body dissatisfaction and eating disorders.



Poster Series

13

**Changing a Disordered Lifestyle: A Functional Approach
to the Concept of Change**

Author:

- 1) Elliot, Michelle, Calgary Eating Disorder Program, Alberta Children's Hospital

Synopsis:

For individuals working through recovery from an eating disorder, the idea of change can be daunting. Breaking down the process of engaging in change into thinking, talking, and doing, invites a manageable approach to this conversation. It also provides an opportunity to highlight a plan to work through the challenges and barriers which have prevented change from happening in the past.

14

**The Treatment of Eating Disorders as Addictions: The Success
of SACRED'S Eating Disorder Recovery Day Program**

Author:

- 1) Fawcett-Arsenault, Joelle, Society for Assisted Cooperative Recovery from Eating Disorders Treatment

Synopsis:

The Society for Assisted Cooperative Recovery from Eating Disorders (SACRED) offers an innovative Eating Disorders Recovery Day Program based on the 12- Step Addiction model of treatment in Edmonton, Alberta. This alternative treatment modality is a viable, highly successful and cost-effective treatment option for medically and psychiatrically stable individuals suffering from anorexia nervosa, bulimia nervosa and eating disorders not otherwise specified. Learn more about the methods and success of this alternative treatment modality.



Poster Series

Thursday, February 28th, 2008

1

Smoking Behaviour Among Adolescent Girls Under Treatment for an Eating Disorder

Authors:

- 1) Assanand, Sunaina; BC Centre of Excellence for Women's Health
- 2) Greaves, Lorraine; BC Centre of Excellence for Women's Health
- 3) Leichner, Pierre; BC Children's and Women's Hospital
- 4) Manley, Ronald S.; BC Children's and Women's Hospital

Synopsis:

The objective of this study was to determine smoking prevalence rates, levels of nicotine dependence, and barriers to change among inpatient and outpatient clients of a provincial, tertiary eating disorders program. The results suggest that it may be of benefit to implement smoking interventions into treatment programs for adolescents suffering from eating disorders.

2

Videoconferencing From the Ground Up – TELEMEDICINE & the EATING DISORDERS ASSOCIATION of CANADA

Authors:

- 1) Cheng Tsallis A., Telemedicine Program,
- 2) Dr. Pinhas, L, Eating Disorders Program,
- 3) Fontana Chow K., Telemedicine Program
The Hospital for Sick Children, Toronto, Ontario

Synopsis:

Developing a national organization of health care providers, researchers and academics that work in the area of eating disorders an important step in improving quality of care to an underserved population. Videoconferencing has provided the scaffolding to enable this organization to develop.



Poster Series

3

The Use of Sexual Maturity Rating at Time of Assessment for Eating Disorders

Authors:

- 1) Grewal, Seena, Hospital for Sick Children, Department of Psychiatry
- 2) Pinhas, Leora, Hospital for Sick Children, Dept of Psychiatry
- 3) Woodside, Blake, University Health Network, Dept of Psychiatry

Synopsis:

The use of sexual maturity rating (SMR) is an important tool in assessing the pubertal status in young people. Pubertal status is of particular concern in young people whose growth potential may be affected by their eating disorder. Findings from this study suggest that male pediatric patients do not regularly have SMR as part of their eating disorder assessment compared to the majority of female pediatric patients with eating disorders.

4

The Safety and Tolerability of Atypical Antipsychotics in the Treatment of Adolescents with Anorexia Nervosa

Authors:

- 1) Steinegger, Cathleen, Division of Adolescent Medicine, Department of Paediatrics
- 2) Pinhas, Leora, Division of Child and Adolescent Psychiatry, The Hospital for Sick Children and University of Toronto, Toronto, Ontario
- 3) Boachie, Ahmed, Division of Child and Adolescent Psychiatry, The Hospital for Sick Children and University of Toronto, Toronto, Ontario
- 4) Katzman, Debra, Division of Adolescent Medicine, Department of Paediatrics

Synopsis:

Atypical antipsychotic medications are increasingly being used in adolescents with eating disorders. This chart review finds that these medications are safe and well tolerated in the young eating disordered population. Time to recovery was shortened for patients prescribed an atypical antipsychotic vs. similar patients who were not given the medication.



Poster Series

5

A Feminist Perspective of Ethnic and Age Differences in Eating Disorder Symptomatology: Fitting These Differences into the Framework of Objectification Theory

Author:

- 1) Jennifer A. Boisvert, Ph.D., R. Psych., Population Research Laboratory (PRL), University of Alberta

Synopsis:

This poster presentation will explore how ethnic and age variation in women's manifestation of eating disorder symptomatology fits within the framework of Objectification Theory. This exploration, not yet undertaken in the literature, has particular relevance for intervention and prevention approaches. This poster presentation bridges theory, research and practice, as our society continues to place an inordinate value on thinness and beauty for girls and women.

6

Prevention From the Inside-Out

Author:

- 1) Quinn Cashion-Vosburgh, Jessie's Hope Society, B.C.

Synopsis:

Can prevention truly help people from developing unhealthy behaviours? Jessie's Hope Society has developed a prevention program that focuses on the root cause of most problem behaviours. Teachers, counselors, parents and community workers in BC are beginning to understand how this inside-out approach focuses on the innate resilience in themselves and their children/students.



Poster Series

7

Bridging the Concept-Measurement Divide: A Review of Concepts and Assessment Tools in the Body Image Literature

Authors:

- 1) Linder, Jordana, Department of Community Health Sciences, University of Calgary
- 2) McLaren, Lindsay, Department of Community Health Sciences, University of Calgary
- 3) Russell-Mayhew, Shelly, Division of Applied Psychology, Faculty of Education, University of Calgary
- 4) Adair, Carol E., Department of Psychiatry, University of Calgary

Synopsis:

There is general inconsistency about the conceptual definition of body image and its related concepts as well as how it should be measured. Towards resolving this inconsistency, the goal of this research was to map conceptual definitions to appropriate assessment tools. Difficulties were encountered, and implications are discussed.

8

Body Dissatisfaction and Weight Change Strategies in Adolescent Boys and Girls: Mechanisms of Peer Influence

Authors:

- 1) Linder, Jordana, Department of Community Health Sciences, University of Calgary
- 2) McLaren, Lindsay, Department of Community Health Sciences, University of Calgary
- 3) Russell-Mayhew, Shelly, Division of Applied Psychology, Faculty of Education, University of Calgary
- 4) Adair, Carol E., Department of Psychiatry, University of Calgary

Synopsis:

Many mechanisms of peer influence exist that appear to increase body dissatisfaction and weight change strategies in adolescent boys and girls. In the present research we identify the mechanisms through which these peer influences operate, focusing specifically on gender differences. This knowledge is important for developing effective prevention strategies.



Poster Series

9

Dietitians and Eating Disorders: An International Issue

Authors:

- 1) Drummond, Dianne RD, MSc, Regional Mental Health Program, Capital Health
- 2) Hare, M Suzanne, RD, MSc candidate, Caritas Health Group, Grey Nuns Community Hospital, Food & Nutrition Services

Synopsis:

The prevalence of eating disorders (ED) is higher in university nutrition faculties than in other college groups; however, little is known about what is being done to identify and support students with such concerns. This international study of nutrition education faculties has found that more than 75% feel ED are a problem in this group, but only 15% have policies in place to deal with this. Future work in this area is needed.

10

The Use of Body Management Behaviors among Canadian Varsity Athletes

Authors:

- 1) Kelemen, Nicole
Department of Sociology, University of Calgary

Synopsis:

This study examined varsity athletes' use of body management behaviors in order to succeed in sport. Differences in body image satisfaction and the type of body management behaviors used were found when comparing male versus female athletes and lean-sport versus non-lean sport athletes.



Poster Series

11

Monitoring Performance and Maintaining Accountability: A Framework for Evaluating an Eating Disorder Program for Youth and their Families

Authors:

- 1) Leichner, Pierre;
- 2) Styles, Lisa.
Provincial Specialized Eating Disorders Program, BC Children's Hospital,
Vancouver, BC

Synopsis:

Program evaluation is an integral part of facilitating continuous improvement within clinical programs. This poster will provide participants with a take-home structure to implement within any program; and with identifiable indicators, goals, and measures.

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A Qualitative Exploration of Administrative Discharge in an Inpatient Eating Disorders Program

Authors:

- 1) Masson, Philip, Department of Psychology, University of Calgary
- 2) Sheeshka, Judy, Department of Family Relations and Applied Nutrition, Guelph

Synopsis:

This poster presents findings from a study which examined issues around patients being asked to prematurely leave an inpatient eating disorders treatment program. The necessity, stress, and importance of consistency concerning this process is examined.



Poster Series

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Piece by Piece: Crafting Quilts to Support the Recovery Process

Author:

- 1) Newcomb, Melody, R.M.T., Adolescent Eating Disorders Service, Child and Adolescent Mental Health, Winnipeg, Manitoba

Synopsis:

Hand-painted blocks with a message: quilts are created as a reflection of the client in her recovery from an eating disorder in the Adolescent Eating Disorders Service Day Treatment Program in Winnipeg. Clients and staff work together to make these masterpieces for each client in the program.

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Recreation Therapy and Eating Disorders: Anxiety Reduction Through Knitting

Author:

- 1) Clave-Brule, Melissa, B. Rec. Admin, R.T. Eating Disorders Program, St. Paul's Hospital, Vancouver, Canada

Synopsis:

Recreational therapy promotes a healthy leisure lifestyle. Knitting, as a form of recreational therapy, has been demonstrated to have therapeutic effects in patients with chronic AN.