

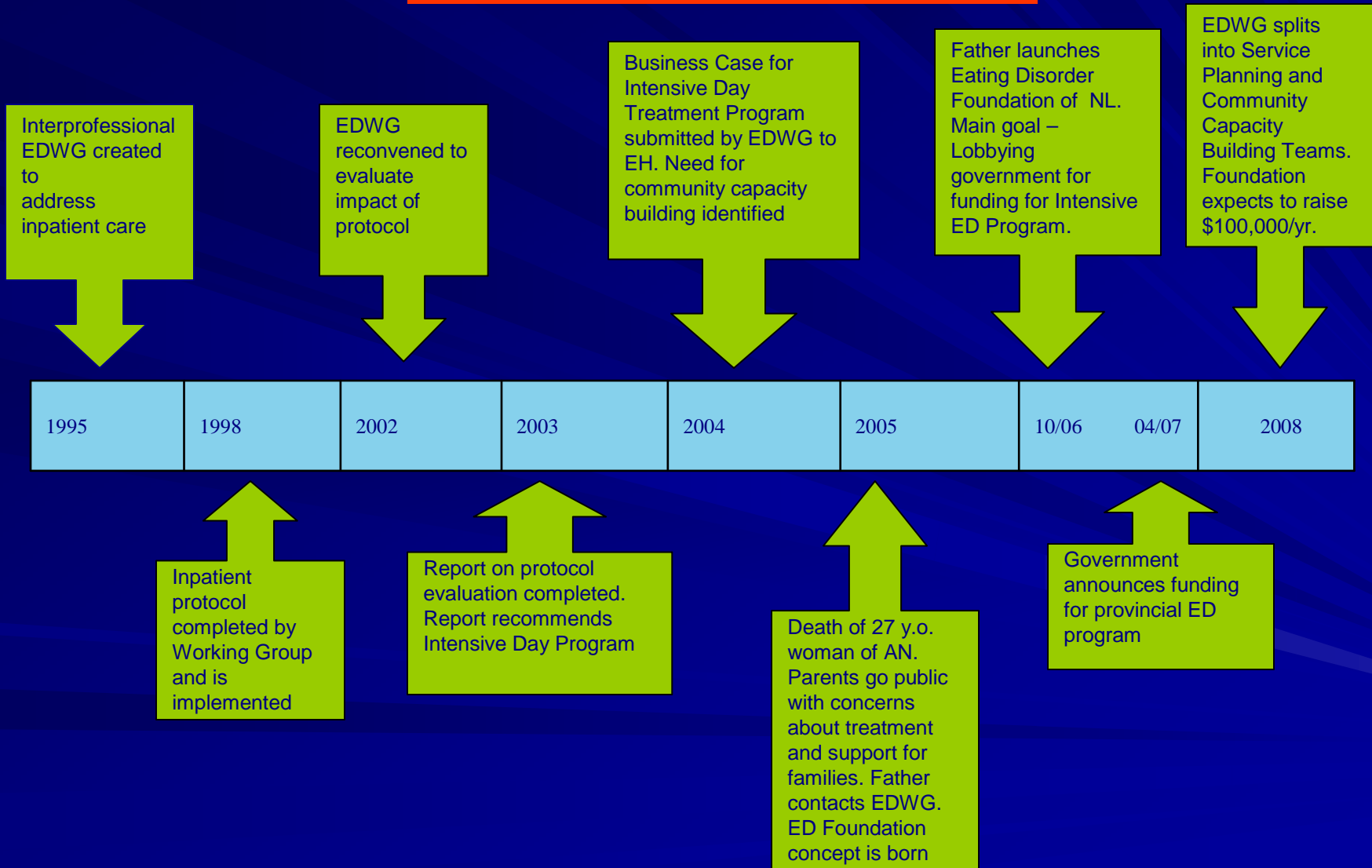
# **Helping Families: Fitting in to the Provincial Model for Services for Eating Disorders**

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## ED Service Development Timeline



# Need for Community Capacity Building

- Intensive Day Treatment Program not able or appropriate to meet all ED needs
- Recognition of ability of professionals other than specialists to provide effective intervention with appropriate education and support



# Education and Support

- Need for education on a large scale for interested non-specialized professionals
- Need for packaged educational programs for clients and families
- Need for ongoing access to education and consultation



# Community Capacity Building Project – Education - Structure

## ■ Tool Structure

- Learning Objectives
- PowerPoint combined with vignettes which demonstrate key points
- References
- Exercises to consolidate learning



# Community Capacity Building Project – Education - Content

- **Content - six sections**
  - **Prevention** (schools)
  - **Identification**
  - Importance of **interprofessional involvement**
  - **Early and uncomplicated intervention**
    - Packaged education and support programs for clients and families
  - **Referral to specialized services** -timing and process
  - **Follow-up**



# Community Capacity Building Project – Education – Family Content

- Designed to be used as a professionally led psycho-education group for families
- Question – answer format with expert interprofessional team members on DVD
- Supplemented by handbook on developing and facilitating an ongoing support group for families



# Community Capacity Building Project - Support

- Access for professionals to an **email distribution group** through which educational material is made available
  - **Journal articles** and other materials of interest (e.g. Treatment Guidelines)
  - Access to materials in an **Eating Disorder Resource Centre**
- Access to **telephone specialist consultation** on a monthly basis
- Resource packages developed for:
  - Families
  - Clients
  - Professionals
  - Students
- Poster for community use: health fairs, public information sessions



# Community Capacity Building Project

## ■ Process

- Pilot the program in Corner Brook
  - Evaluate and revise program as necessary



# Community Capacity Building Project

- **Post pilot** dissemination of material to rural communities
  - **Invite rural communities** through regional health and school authorities to participate
  - **Identify professionals** willing to serve as **facilitators (at least one per community)** for the program
- **Evaluation** is an integral part of all community involvement

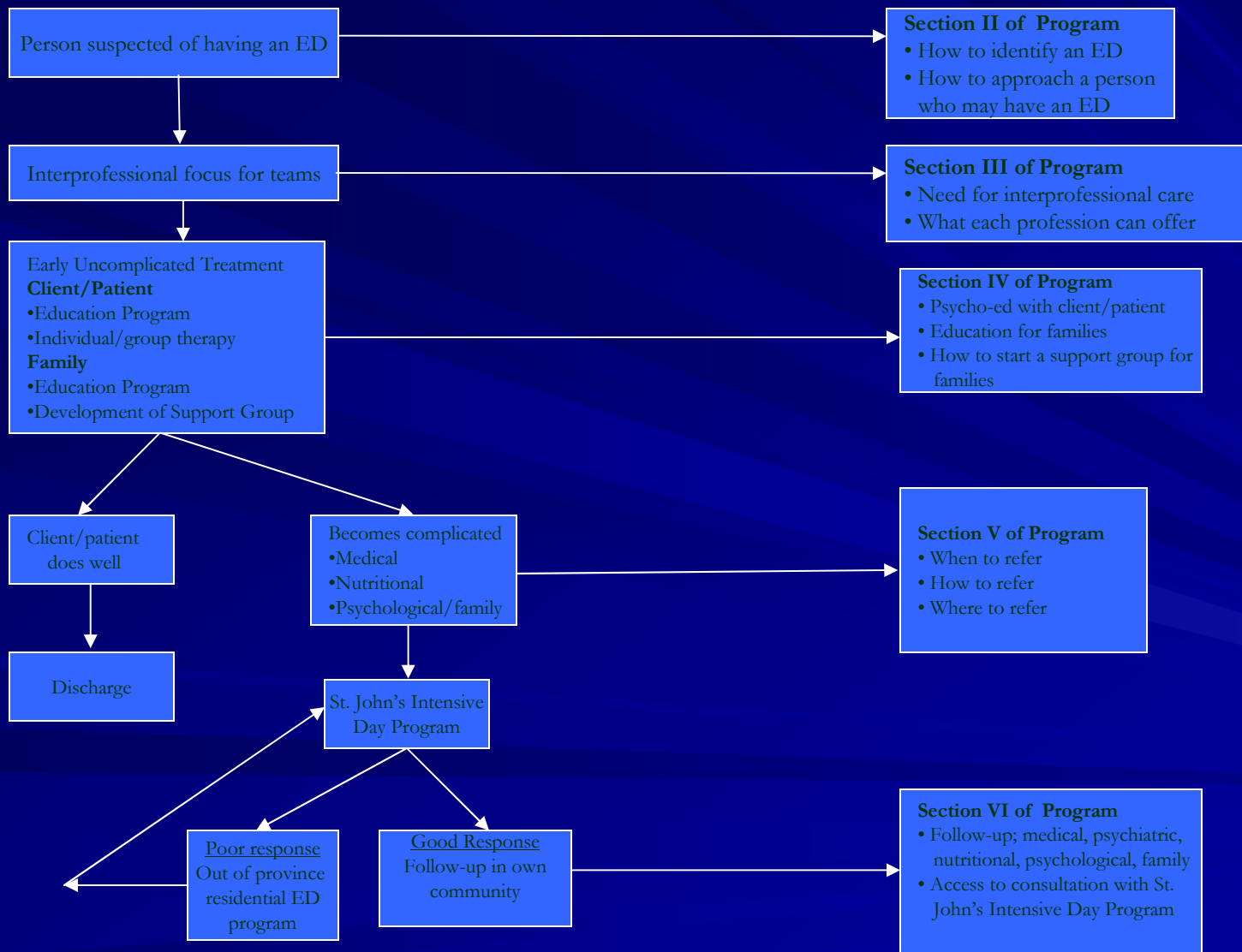


# Community Capacity Building Project

- **Facilitator to develop a community team which is interprofessional;** must have a physician or a Nurse Practitioner and mental health practitioner
- **Train the Trainer model.** Each team provided with copy of program
  - Expectation to train others

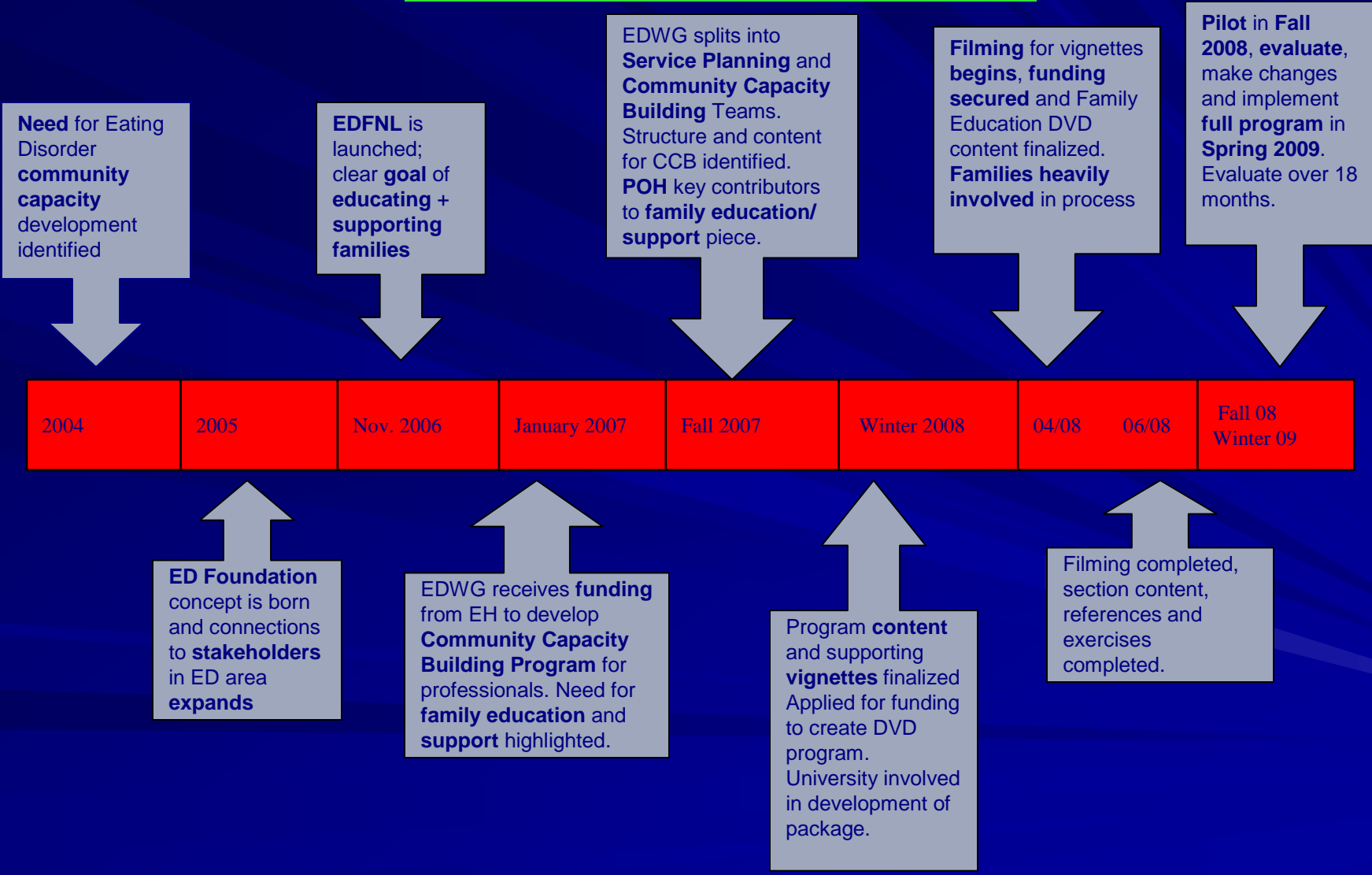


# Provincial Model for ED Services



# Community Capacity Building Project

## Timeline



# Evaluation - Quantitative

## ■ Number of communities:

- interested in participating where there is a facilitator and physician/NP willing to be involved
- in which patient/client educational program is used
  - number of participants (demographics)
- in which family education program is used
  - number of participants (demographics)
- in which the family support group is developed
  - number of participants (demographics)
- number of professionals accessing consultation services (demographics)

# Evaluation- Quantitative

## ■ Pre-post measures

### – **Facilitators and community professionals**

- Perception of need for interprofessional care for EDs
- Knowledge about and confidence in ability to handle clients with Eating Disorders
- **Perception of need for family education**
  - Confidence in ability to provide group family education
- **Perception of need for ongoing support for families**
  - Confidence in ability to provide ongoing group support for families

# Evaluation- Quantitative

## ■ Pre-post measures

### – Client/patient

- Knowledge about eating disorders
- Knowledge about how to manage your eating disorder

### – **Family members**

- Knowledge about eating disorders
- Knowledge about approaching someone you care about who may have an ED
- Knowledge about need for self care

# Evaluation - Quantitative

- Post program implementation measures
  - Professional Satisfaction with the program
  - Client/patient satisfaction
    - Client education group
  - Family member satisfaction
    - Coordination of referral to Specialized Services
    - Family Education Group
    - Family Support Group

# Evaluation – Qualitative

## ■ Facilitator & community professionals

- Focus groups

- Questions related to process and content of program and success from a community capacity building perspective

## ■ Clients/families

- Focus groups/interviews about changes in services in community

# Summary: Community Capacity Building in Provincial Service Delivery

- Developing professional community capacity is critical to providing a continuum of care
- Large spread of sparse population of professionals requires innovative approach to educating and supporting Eating Disorder service provision

# Thanks

- EDWG members
- Eastern Health
- Memorial University of Newfoundland
- Parents of Hope (POH)
- EDFNL (Eating Disorder Foundation of NL)
- Government of Newfoundland & Labrador

# EDWG Members:

## Eastern Health

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