

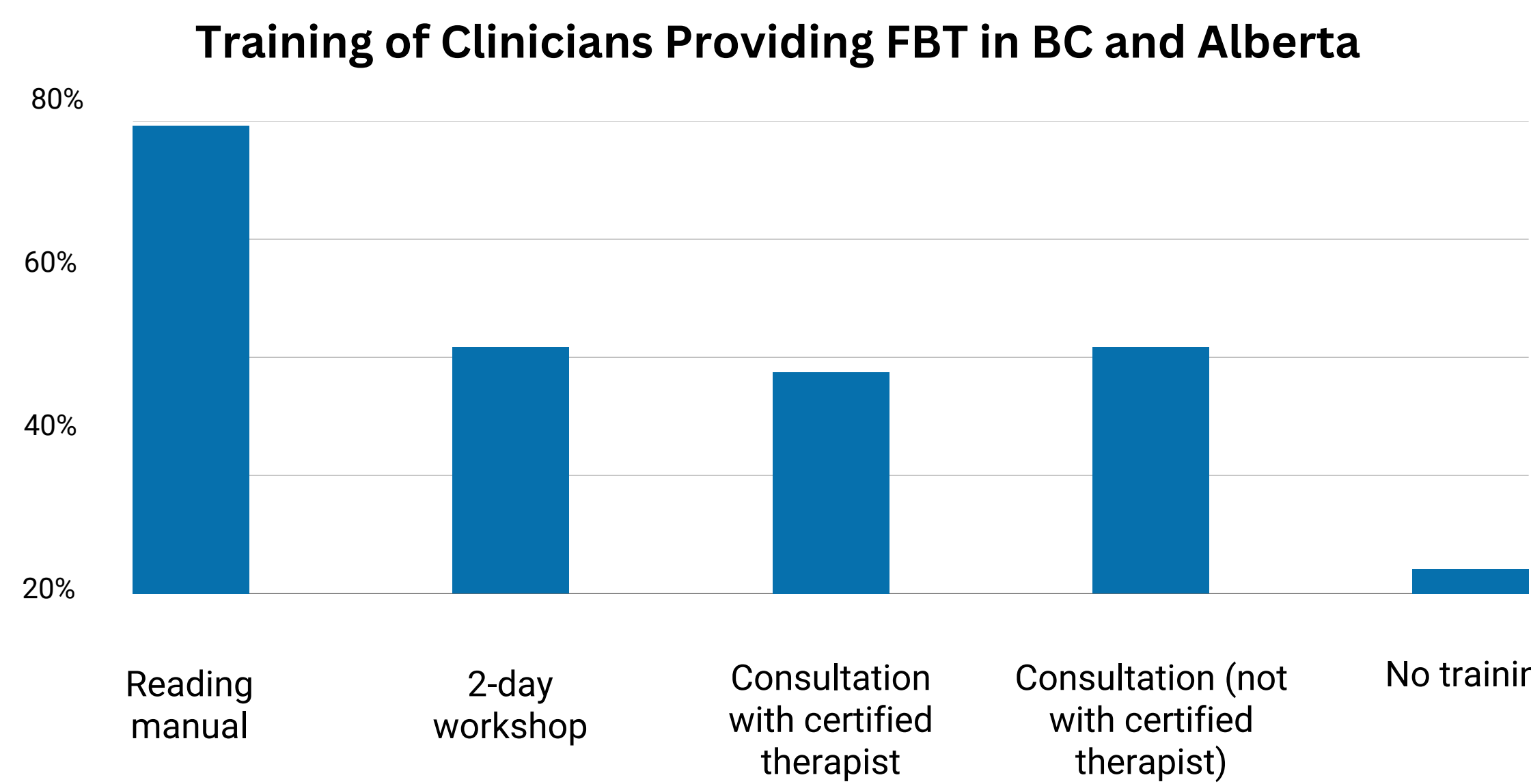
Work-In-Progress: Implementing Evidence-Based Training for Pediatric Eating Disorders Across British Columbia and the Yukon

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Introduction

- The prevalence of pediatric eating disorders (pEDs) have increased three-fold.<sup>1</sup>
- Clinicians for pEDs are reporting burnout, high turnover intention,<sup>3</sup> and lack of evidence-based training.<sup>4</sup>
- Survey data from our team suggests that only 50% of clinicians in BC and Alberta using family based treatment (FBT) had formal training.<sup>5</sup>



Intervention

Clinicians at BC Children’s Hospital Provincial Specialized Eating Disorder Program have launched a **Provincial Eating Disorders Training Hub**, which aims to improve capacity in the pED workforce by implementing a no-cost training and consultation in FBT in BC and the Yukon.

- Clinicians are eligible for this training if they are:
1. providing care for children and youth (<=18 years) with eating disorders
  2. employed by a public mental health service in BC or the Yukon

Study Progress

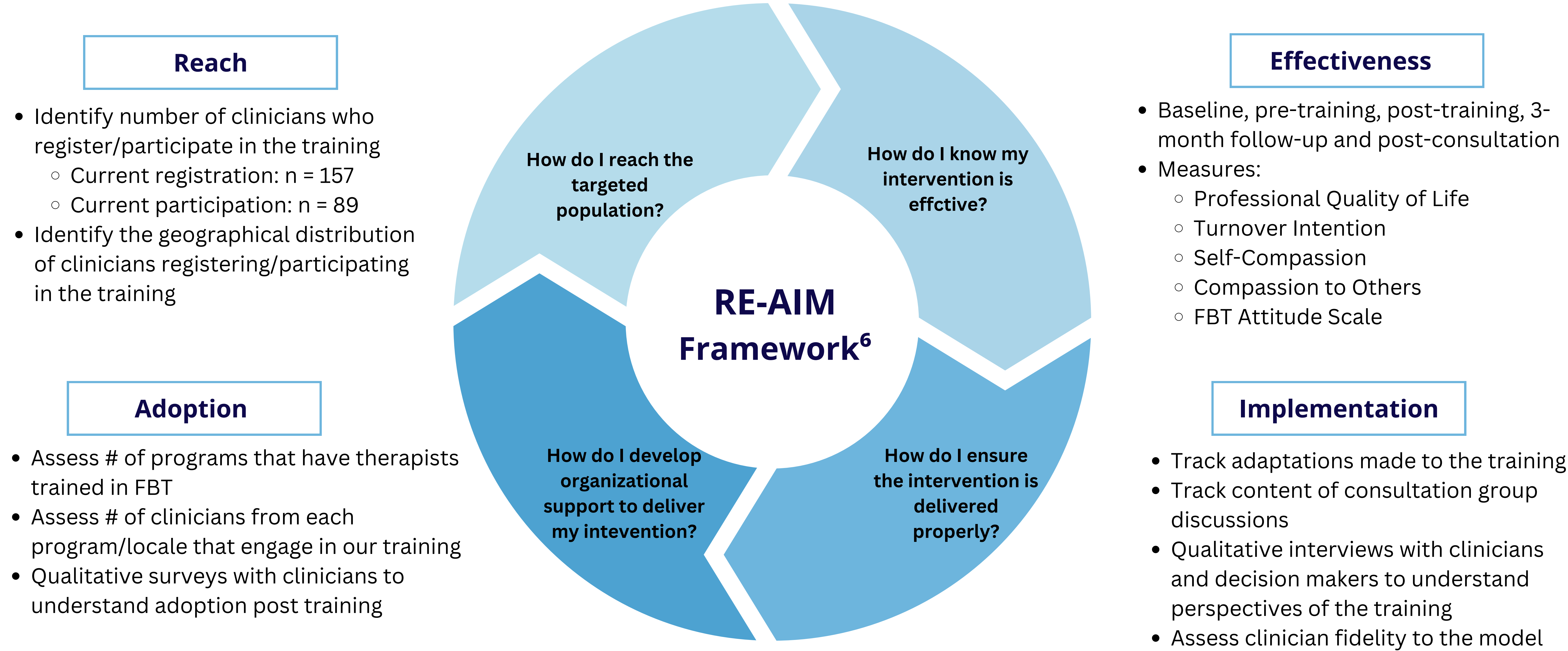
The implementation of the Training Hub is in progress. We aim to provide a status of the research project to date.



Accessible training and consultation in evidence-based healthcare practices can reduce costs and increase capacity.

Research Objectives

We will use the RE-AIM implementation framework to evaluate implementation processes and outcomes.<sup>6</sup>



Discussion

The Provincial Eating Disorders Training Hub has potential to transform the supports available for the pediatric eating disorder workforce in BC and the Yukon. This project will provide insight into the implementation of evidence-based trainings to support capacity building for healthcare workers. To date, many clinicians have expressed positive feedback regarding these trainings:

“I wish more of my colleagues could have taken part in this training! In order to support the growing presentation of eating disorders among youth, FBT needs to be more accessible and promoted for and amongst mental health providers”

“I thought the training was amazing and really gave a good glimpse into the importance and relevance of using FBT as a main treatment model for anorexia nervosa. I feel that there is a big need for this specialized care”

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