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## NSW Workforce Development Update: Inpatient Management Training

In 2017, the roll out of Inpatient Management of Eating Disorders commenced. This has continued through 2018 with 167 health professionals from across NSW attending a practical skill training workshop on 25<sup>th</sup> or 26<sup>th</sup> September at Sydney University, preceded by an online module. The training consisted of two streams, one for children and adolescents and one for adults. Due to high demand, an extra workshop was held, doubling the number of participants able to attend.

The training was attended by professionals from 15 Local Health Districts, Sydney Children Hospital Network and St. Vincent's Health Network.



One hundred and eighty health professionals registered for the training and 167 (93%) attended. Of the 167 attendees over the two days, 75 attended the child and adolescent stream and 92 attended the adult stream. Attendees included Nurses (80%), Dietitians (13%), Psychologists (3%), Doctors (2%), two Psychiatrists and an Occupational therapist.



Of the total 142 respondents from both streams (Child and Adolescents and Adult) 85.9% identified the training as quite a bit or very relevant to their role, while 13.4% identified it as somewhat or partially relevant, while only one participant found it to be not at all relevant.

### *Change in attitudes*

The training resulted in changing participant's attitudes to treating people with ED and their understanding of the disorder with 79.6% of respondents reporting a significant or highly significant change in attitude, 19% a partial change, and only one respondent reported no change. A significant or highly significant increase in understanding of EDs was reported by 95.1% of respondents and 4.9% reported a slight increase in understanding. For 83.8% of respondents the training significantly or highly significantly improved their understanding of the importance of working with families and carers whereas a minority (13.4%) reported a partial gain.

### *Change in skills*

Three specific skills covered in the course, managing medical monitoring, managing meal supervision and managing distress and challenging behaviours were assessed for gain in confidence in those skills. Across all three skills 74.9% of respondents reported a significant or highly significant increase in confidence, while a further 23.0% reported a partial or small increase in confidence, and 1.9% reported no increase in confidence.

### *What are participants proposing to change?*

All participants were asked what they could work towards changing in their hospital setting as a result of attending this training. The top identified areas for change include:

- more training and developing skills with teams,
- adopting a more multidisciplinary treatment approach,
- setting guidelines,
- improving current treatment plans,
- involving family in treatment,
- bringing attitudinal changes in the way eating disorders are viewed/changing eating disorder perceptions, and
- introducing techniques to better manage patients in the ward.

Sixty-three per cent of participants who attended the training provided feedback. Most of them felt the training was comprehensive, insightful and increased their awareness about eating disorders.

Check out our suite of online trainings here: [insideoutinstitute.org.au/e-learning](https://insideoutinstitute.org.au/e-learning).

