



NEDA CONFERENCE 2009

September 10-12
Minneapolis, MN

*Reshaping Our Future:
A Vision for Recovery, Research,
Attitudes and Action!*

Professional Learning Day: Innovations in Care

Host: *Park Nicollet Melrose Institute**

DATE AND TIME: Thursday, September 10, 2009; Noon to 5:00 pm

COST: Free to anyone registered for the '09 NEDA Conference

CAPACITY: 125

LOCATION: Park Nicollet Melrose Institute (*formerly Methodist Hospital Eating Disorders Institute*)

TRANSPORTATION: Shuttles to and from the Hilton provided

CMEs: This activity has been approved for AMA PRA Category I Credit

CEUs: This program is designed to meet the Minnesota Board of Nursing requirements

Noon: Complimentary buffet lunch

12:30 p.m.: Grassroots efforts and innovations in care

This session will provide an insider's view of innovation and change within an organization and the process of involving payers as partners, while assuring quality care with fair reimbursement rates.

2:30 p.m.: Focuses in care

Children age 13 and under. Children ages 13 and under are more at risk for eating disorders than ever before. Experience has taught us the importance of incorporating families into treatment for children and adolescents. Family focused care allows for addressing how eating disorders affect the entire family. This session will provide a detailed discussion of a family-based treatment model.

Athletes When the pressures of athletic competition are added to an existing cultural emphasis on thinness, the risks increase for athletes to develop disordered eating. This session will highlight assessment and treatment programs for athletes at all levels of competition, including input from an exercise physiologist and physical therapist.

Evidence-based treatment Forming and maintaining a treatment alliance is difficult when severe nutritional deficiencies, emotional dysfunction and motivational challenges can threaten to disrupt this process. This session will discuss cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT) and family-based therapy. The selection criteria and treatment approaches across levels of care will be described. The use of medical checklists by a multidisciplinary team to improve communication and treatment outcomes will also be discussed.

Adults older than age 30 Today, up to 40 percent of eating disorders patients are adults older than age 30, a dramatic shift from less than 10 percent a decade ago. Nearly 95 percent are female. Some have struggled with eating disorders in the past; for others, the struggle is new. Melrose will highlight the unique challenges for this population with targeted treatment to meet their individual needs.

Bariatric surgery For many, the choice to have bariatric surgery can start a journey toward a healthier life. Unfortunately for others, the struggle to achieve healthy eating behaviors continues long after their surgery. Treatment of this post-surgery population who present with eating disorders will be addressed.

4 p.m.: Eating Disorders and diabetes

Eating disorders paired with diabetes can be an extremely life-threatening combination. Diabetes researchers estimate people who have **type 1 diabetes** (formerly "juvenile-onset diabetes") have twice the risk of developing an eating disorder. Review and discussion of treatment options and work being done by an international consensus conference team on dual diagnosis will take place.

5 pm: Adjourn. Shuttle back to Hilton Downtown

**Park Nicollet Melrose Institute is hosting this free Learning Day as a part of the Host Committee for the conference and as part of their Silver Sustaining Sponsorship of NEDA*

National Eating Disorders Association