

Disordered Eating: Dietetic support

ELFT's disordered eating pathway aims to improve support for people who are experiencing patterns of disordered eating, and their carers. We know that NHS mental health services can sometimes feel like a maze to those looking for support, and that early intervention is key in the treatment of disordered eating. Our aim is to catch those who may be falling through the gaps.

We support people who:

- Have been newly diagnosed with an eating disorder but are on a waiting list to be seen by specialist services.
- Are transitioning from children & young people's services to adult services.
- Would like help with disordered eating patterns or in managing their intake.

Within the team is our Advanced Eating Disorder Dietitian, who can offer support to individuals struggling with disordered eating or a diagnosed eating disorder. The general aim of the dietetic input is to re-establish a regular eating pattern and help individuals develop a better relationship with food. We also help to manage any existing comorbidities such as irritable bowel syndrome (IBS), type 2 diabetes (T2DM) or weight issues, informed by an understanding of Health at Every Size (HAES). We also work together to tackle 'fear food' and food avoidance, with food exposure work and psychoeducation on nutrition. We work with people as individuals, taking a person-centred, culturally sensitive approach.

People wanting support with their intake and help with managing symptoms for other associated illnesses, can self-refer or be referred to the dietitian by their neighbourhood team, GP or any ELFT service within the three East London boroughs. Once referrals are accepted, appointments are organised with the individual and consultations take place online. There will normally be 6-10 consultations but this can be adjusted if needed.

If you or someone you know would benefit from some disordered eating dietetic input please email the team on elft.disordereatingsupport@nhs.net and address the email to either Brian Sreenan or Colette West.