

**ST3-AP-FELL-EPA15 – Bulimia nervosa 3**

<b>Area of practice</b>	Adult psychiatry (Eating disorders)	<b>EPA identification</b>	ST3-AP-FELL-EPA15	
<b>Stage of training</b>	Stage 3 – Advanced	<b>Version</b>	v0.3 (EC-approved 24/07/15)	
The following EPA will be entrusted when your supervisor is confident that you can be trusted to perform the activity described at the required standard without more than distant (reactive) supervision. Your supervisor feels confident that you know when to ask for additional help and that you can be trusted to appropriately seek assistance in a timely manner.				
<b>Title</b>	<b>Assessment and comprehensive management of an outpatient adult with bulimia nervosa.</b>			
<b>Description</b> Maximum 150 words	The trainee will have advanced skills in assessing, developing and implementing an outpatient management plan for an adult with bulimia nervosa, addressing any psychiatric and/or medical comorbid disorders. The management plan will aim to help the patient gain control over bingeing and purging behaviour and apply an appropriate variety of psychological treatments in an outpatient setting. A risk management plan should be developed if necessary.			
<b>Fellowship competencies</b>	<b>ME</b>	1, 2, 3, 4, 5, 6, 7	<b>HA</b>	
	<b>COM</b>	1, 2	<b>SCH</b>	
	<b>COL</b>	1, 2, 3	<b>PROF</b>	1, 2
	<b>MAN</b>	2		
<b>Knowledge, skills and attitude required</b> The following lists are neither exhaustive nor prescriptive.	<p>Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.</p> <p><b>Ability to apply an adequate knowledge base</b></p> <ul style="list-style-type: none"> <li>• Identification and assessment of diagnostic features and medical sequelae of bingeing and purging, including history, physical examination and laboratory tests.</li> <li>• Detailed knowledge of the psychiatric comorbidities of bulimia nervosa and how these can be managed.</li> <li>• Detailed knowledge of the evidence base for psychological interventions used in bulimia nervosa.</li> <li>• Detailed knowledge of medical complications that might require intervention, including hospitalisation.</li> <li>• Detailed knowledge of the evidence base for pharmacological interventions in bulimia nervosa.</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Comprehensive assessment of an adult with bulimia nervosa including: <ul style="list-style-type: none"> <li>– biopsychosocial assessment</li> </ul> </li> </ul>			

	<ul style="list-style-type: none"> <li>- physical assessment</li> <li>- integrated risk assessment and management of identified risks.</li> <li>• Comprehensive aetiological formulation of the biopsychosocial factors involved.</li> <li>• Development and implementation of a management plan informed by the formulation.</li> <li>• Ability to liaise with other professionals involved in the management of a patient with bulimia nervosa (eg. GP, psychologist, drug and alcohol service, dietitian) and to coordinate that care where appropriate.</li> <li>• Skilled delivery of evidence-based psychological interventions in patients with bulimia, such as cognitive-behavioural therapy or another suitable psychological therapy.</li> </ul> <p><b>Attitude</b></p> <ul style="list-style-type: none"> <li>• Ethical and professional approach to the patient.</li> <li>• Collaboration with partners or other family/carers, if appropriate.</li> <li>• Non-judgmental approach to communication with the patient and others involved in their care.</li> </ul>
<b>Assessment method</b>	Progressively assessed during individual and clinical supervision, including three appropriate WBAs.
<p><b>Suggested assessment method details</b></p> <p><i>(These include, but are not limited to, WBAs)</i></p>	<ul style="list-style-type: none"> <li>• Mini-Clinical Evaluation Exercise.</li> <li>• Case-based discussion.</li> <li>• Observed Clinical Activity (OCA).</li> <li>• Direct Observation of Procedural Skills (DOPS) - undertaking psychological therapy for bulimia.</li> <li>• Professional presentation – on the assessment and management of bulimia nervosa, including common psychiatric and medical comorbidities.</li> </ul>
<p><b>References</b></p> <p>HAY P, CHINN D, FORBES D et al. Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders. <i>Aust NZ J Psychiatry</i> 2014; 48: 977–1008.</p>	

COL, Collaborator; COM, Communicator; HA, Health Advocate; MAN, Manager; ME, Medical Expert; PROF, Professional; SCH, Scholar