

ST2-AP-EPA4 – Bulimia nervosa 2

Area of practice	Adult psychiatry (Eating disorders)	EPA identification	ST2-AP-EPA4	
Stage of training	Stage 2 – Proficient	Version	v0.4 (EC-approved 24/07/15)	
<p>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.</p>				
Title	Assess and manage an adult with bulimia nervosa.			
Description Maximum 150 words	<p>The trainee will have proficient skills in assessing and developing an outpatient management plan and risk management plan for an adult with bulimia nervosa, addressing any psychiatric and medical comorbid disorders. The management plan will aim to help the patient gain control over bingeing, purging and other weight-control behaviour and apply an appropriate variety of psychological treatments to be utilised in an outpatient setting.</p>			
Fellowship competencies	ME	1, 2, 3, 4, 5, 6, 7	HA	
	COM	1, 2	SCH	
	COL	1, 2, 3	PROF	1, 2
	MAN			
Knowledge, skills and attitude required 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>Ability to apply an adequate knowledge base</p> <ul style="list-style-type: none"> • Identification and assessment of diagnostic features and medical sequelae of bingeing, purging and other weight-control behaviour, including history, physical examination and laboratory tests. • Knowledge of the common psychiatric comorbidities of bulimia nervosa and how these can be managed. • Knowledge of the evidence base for commonly used psychological interventions in bulimia nervosa. • Awareness of medical complications that might require intervention, including hospitalisation. • Knowledge of the evidence base for pharmacological interventions in bulimia nervosa. <p>Skills</p> <ul style="list-style-type: none"> • Proficient assessment of an adult with bulimia nervosa, including: <ul style="list-style-type: none"> - biopsychosocial assessment - physical assessment 			

	<ul style="list-style-type: none"> - risk assessment. • Proficient aetiological formulation of the biopsychosocial factors involved. • Development of a management plan informed by the formulation. • Ability to liaise with other professionals involved in the management of the patient (eg. GP, psychologist, drug and alcohol service, dietitian) and integrate elements of multidisciplinary care. • Appropriate monitoring and care of the patient as an outpatient. <p>Attitude</p> <ul style="list-style-type: none"> • Ethical and professional approach to the patient. • Collaboration with the patient, partner or other family members, as appropriate. • Non-judgmental approach to communication with the patient and others involved in their care.
Assessment method	Progressively assessed during individual and clinical supervision, including three appropriate WBAs.
Suggested assessment method details	<ul style="list-style-type: none"> • Mini-Clinical Evaluation Exercise. • Case-based discussion. • Observed Clinical Activity (OCA) – an assessment of a newly referred patient with bulimia nervosa for outpatient treatment. • Direct Observation of Procedural Skills (DOPS). • Professional presentation – eg. on the assessment and management of bulimia nervosa, including common psychiatric and medical comorbidities.
<p>References</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