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Eating disorders audit CAMHS outpatients

Paola Bonaccorso

Northamptonshire Healthcare Foundation, UK

Eating disorders comprise a range of syndromes encompassing physical, psychological and social features. Acute physical complications of these disorders may provoke great concern in family members and health service staff; anorexia nervosa and bulimia nervosa are frequently chronic conditions with substantial long-term physical and social sequelae, from which recovery is difficult. The purpose of this audit was to compare the clinical practice of treating children and adolescents in the outpatient's setting with eating disorders with the NICE guidelines. The audit took place between 15th of September 2015 and 15th November 2015. A total of 42 patients from child and adolescent mental health services (CAMHS) with diagnosis of eating disorder were selected. Data was collected from IT system EPEX. Blood tests and BMI of the patients was calculated. The service broadly does not meet NICE guidelines, monitoring of patients was not consistent and although mental state and risk was nearly carried out in all the cases the systematic physical examination lacked requests on ECG, blood test in a huge proportion of cases was not done nor documented. The number of admission was high.

Biography

Paola Bonaccorso is a Doctor who works in Northamptonshire Healthcare, UK. She is a well-established Doctor in treating Eating Disorders comprising a range of syndromes encompassing physical, psychological and social features.

fabybona@yahoo.com

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