

**IAAH CONGRESS 2017: PRE-CONGRESS SKILLS BUILDING WORKSHOP 13**  
**Thursday October 26<sup>th</sup>**

<b>WORKSHOP TITLE</b>	<b>How to identify and treat eating disorders</b>
<b>RATIONALE</b>	<p>Eating disorders and under nutrition constitute an increasing public health issue, not only in developed countries but also in many countries from LMIC, where all situations of undernutrition cannot be attributed only to precarious living conditions or chronic /infectious diseases. Nearly half of Indian adolescents are undernourished but very few cases of eating disorders are reported in this country, probably due to insufficient screening.</p> <p>Early recognition and support are essential in eating disorders as they often are source of a great suffering and can quickly lead to severe and various complications.</p> <p>This workshop is designed to raise awareness about the eating disorders issues, and to provide participants with more skills to early recognize and adequately support adolescents with eating disorders.</p>
<b>Facilitator:</b>	<p>Dr Françoise Dominé          Pediatrician, Adolescent Medicine specialist          University of Liège, Belgium.          francoisedomine@yahoo.fr</p>
<b>Co Facilitator:</b>	<p>Dr Harish K Pemde          Professor of Paediatrics, Center for Adolescent Health Kalawati Saran Children Hospital and Lady Hardinge Medical College, new Delhi India.          harishpemde@gmail.com</p>
<b>Taking place:</b>	<b>Morning</b>
<b>Training objectives</b>	<ol style="list-style-type: none"> <li>1. Define the nutritional needs of adolescents of both sex, and the normal range of growth and body shape</li> <li>2. Review the epidemiology of undernutrition and eating disorders in various socio-economical and cultural contexts</li> <li>3. Identify each eating disorder, and remind about the link between dieting, disordered eating and eating disorders as a "continuum"</li> <li>4. Assess the clinical state (history, physical examination) of adolescents with eating disorders</li> <li>5. Develop an effective treatment and follow-up of adolescents with eating disorders</li> <li>6. Devise health promotion and preventive strategies regarding ED</li> </ol>
<b>Facilitation techniques</b>	<ul style="list-style-type: none"> <li>• Ask the main issues participants want to cover (VIPP cards and "icebreaker" tool)</li> <li>• Work on concrete clinical situations</li> <li>• Discussion in small group works on different issues and share of the conclusions of these exchange with all the audience</li> <li>• Report with slides, paper sheets, poster or board, to highlight important ideas</li> <li>• Role play if time allows for</li> </ul>