Update on Factors Influencing the Course and Outcome of Eating Disorders: Are we Any Further Ahead?

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Are we any further forward in understanding how to influence outcomes?
Considering the larger context
Forecasting is challenging!

• *A number of patient factors are linked to outcome*

• *Need for targeted treatments for patients with severe illness*
Key points from Anna

Zooming out:

- Engagement Motivation
- Life Interference Sx Severity
- Medical Stability

Can information about these factors help us provide the most effective level of care?
Key points from Jenny

Early symptom change (ESC) and alliance predict outcome!

- **ESC:** older patients and behavioural focused tx
- **Alliance:** younger patients and non-behavioural tx
Key points from Jenny

Zooming out:

Outpatient

Intensive Treatment

Inpatient

How are we considering ESC and alliance across levels of care?
Key points from Glenn

Use Protocols!

• *Using evidence-based treatment matters*

• *Address poor outcomes by improving delivery of the protocol*
Do protocols matter across levels of care?

**Key points from Glenn**

Zooming out:

**Treatment Non-negotiables**

- *Sound rationale*
- *Consistency*
- *No surprises*
- *Maximize patient autonomy*
Are we any further forward in understanding how to influence outcomes?
Right Treatment
Right Patient
Right Time

British Columbia: Short Treatment Allocation Tool for Eating Disorders

Patient Journey

Focus: MEDICAL STABILIZATION
Hospital Admission

Focus: ENGAGEMENT
Engagement Motivation
Outpatient
Focus: RECOVERY

Focus: RECOVERY
High Intensity Day, Residential Inpatient
Focus: RECOVERY

Focus: QUALITY of LIFE
Outpatient with Inpatient Support
Integration

- Role of patient Factors (Anna)
  Helps to determine appropriate level of care
Patient Journey

Focus: MEDICAL STABILIZATION
Hospital Admission

Focus: ENGAGEMENT
Engagement Readiness

Outpatient
Focus: RECOVERY

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Focus: QUALITY of LIFE
Integration

- Role of patient Factors (Anna)
  Helps to determine appropriate level of care

- Therapeutic Alliance and early symptom change (Jennifer)
  Early therapeutic focus
Patient Journey

Focus: MEDICAL STABILIZATION
Hospital Admission

Focus: ENGAGEMENT
Outpatient

Focus: RECOVERY
Outpatient with Inpatient Support

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Engagement Readiness
Symptom Severity
Medical Stability

Jenny: ESC and Alliance
Integration

- Role of patient Factors (Anna)
  Helps to determine appropriate level of care

- Therapeutic Alliance and early symptom change (Jennifer)
  Early therapeutic focus

- Treatment Protocols (Glenn)
  Adherence to protocols results in better outcomes
Engagement

Readiness

Symptom Severity

Medical Stability

Hospital Admission

Focus: MEDICAL STABILIZATION

Outpatient

Focus: RECOVERY

Outpatient

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Glenn:
Treatment Protocol

Patient Journey