

AIMS

To have an awareness of Pica, the causes, health risks and treatments

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course you will:

- Know what an Eating Disorder is
- Know the names and characteristics of Eating Disorders
- Understand the effects of Eating Disorders
- Know some treatments for common Eating Disorders
- Know what Pica is
- Recognise warning signs and symptoms of Pica
- Know some risk factors for Pica
- Be aware of the health consequences of Pica
- Recognise ways to care for someone living with Pica
- Understand the treatments available for Pica
- Be aware of ways someone can help themselves with their Eating Disorder

LESSONS AND TOPICS

Eating Disorders

- What is an eating disorder?
- Facts and Statistics
- Types of Eating Disorder

Caring for Those Living with Pica

- Care and Support
- Risk Assessment
- Triggers

Common Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder (BED)

Recovery and Support

- Medical Therapy
- Recovery
- Talking to people they trust
- Look for Peer Support
- Managing relapses
- Dealing with other people's comments
- Coping with putting on weight
- Changing unhealthy routines
- Dealing with difficult times of year
- Staying safe online
- Useful Contacts

Other Eating Disorders

- Other Specified Feeding and Eating Disorder (OSFED)
- Orthorexia Nervosa
- Emotional overeating
- Rumination Disorder or 'chew and spit'
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Selective Eating Disorder (SED)

Pica

- What is Pica?
- What do people eat?
- Warning Signs
- Risk Factors
- Health Consequences
- PPE Ingestion