

WEBVTT

NOTE duration:"00:29:59"

NOTE recognizability:0.933

NOTE language:en-us

NOTE Confidence: 0.9354944

00:00:08.840 --> 00:00:10.674 Hello everyone. My name is Rebecca Cammady,

NOTE Confidence: 0.9354944

00:00:10.680 --> 00:00:13.386 I'm a clinical psychologist and assistant

NOTE Confidence: 0.9354944

00:00:13.386 --> 00:00:15.676 professor with the Yale Child Study Center.

NOTE Confidence: 0.9354944

00:00:15.680 --> 00:00:17.612 And I'll be speaking in today's

NOTE Confidence: 0.9354944

00:00:17.612 --> 00:00:19.245 webinar on eating disorder care

NOTE Confidence: 0.9354944

00:00:19.245 --> 00:00:20.680 at the Child Study Center,

NOTE Confidence: 0.9354944

00:00:20.680 --> 00:00:24.616 focusing quite a bit initially on kind of

NOTE Confidence: 0.9354944

00:00:24.616 --> 00:00:26.356 the presentations of disordered eating

NOTE Confidence: 0.9354944

00:00:26.356 --> 00:00:28.872 that we see across levels of care.

NOTE Confidence: 0.9354944

00:00:28.872 --> 00:00:32.169 And then what the center has done to address

NOTE Confidence: 0.9354944

00:00:32.169 --> 00:00:35.410 that and what kind of hopes for things are.

NOTE Confidence: 0.9354944

00:00:35.410 --> 00:00:37.890 So whenever giving a talk on this topic,

NOTE Confidence: 0.9354944

00:00:37.890 --> 00:00:40.066 I start with this image of the silos

NOTE Confidence: 0.9354944

00:00:40.066 --> 00:00:41.969 of care and especially pediatric
NOTE Confidence: 0.9354944

00:00:41.969 --> 00:00:44.129 eating disorder care with other
NOTE Confidence: 0.9354944

00:00:44.129 --> 00:00:45.930 mental health comorbidities.
NOTE Confidence: 0.9354944

00:00:45.930 --> 00:00:46.397 Unfortunately,
NOTE Confidence: 0.9354944

00:00:46.397 --> 00:00:48.732 what's happened is receiving treatment
NOTE Confidence: 0.9354944

00:00:48.732 --> 00:00:51.157 and the research and program
NOTE Confidence: 0.9354944

00:00:51.157 --> 00:00:53.101 development that's often associated
NOTE Confidence: 0.9354944

00:00:53.101 --> 00:00:55.531 with eating disorder care becomes
NOTE Confidence: 0.9354944

00:00:55.601 --> 00:00:58.100 quite siloed from other child and
NOTE Confidence: 0.9354944

00:00:58.100 --> 00:01:00.275 adolescent mental health services and
NOTE Confidence: 0.9354944

00:01:00.275 --> 00:01:02.919 kind of thinking about those other
NOTE Confidence: 0.9354944

00:01:02.919 --> 00:01:05.059 presentations that we often see.
NOTE Confidence: 0.9354944

00:01:05.060 --> 00:01:07.148 Why is this the case that
NOTE Confidence: 0.9354944

00:01:07.148 --> 00:01:08.540 it's become so siloed?
NOTE Confidence: 0.9354944

00:01:08.540 --> 00:01:10.736 Eating disorders in the mental health,
NOTE Confidence: 0.9354944

00:01:10.740 --> 00:01:11.150 medical,

NOTE Confidence: 0.9354944

00:01:11.150 --> 00:01:14.020 social work kind of across different fields

NOTE Confidence: 0.9354944

00:01:14.020 --> 00:01:17.013 have become a a niche area throughout

NOTE Confidence: 0.9354944

00:01:17.013 --> 00:01:18.693 training and program development.

NOTE Confidence: 0.9354944

00:01:18.700 --> 00:01:21.696 And despite we often see the significant

NOTE Confidence: 0.9354944

00:01:21.696 --> 00:01:23.740 comorbidities that we often see,

NOTE Confidence: 0.9354944

00:01:23.740 --> 00:01:27.004 we still see it kind of separated out

NOTE Confidence: 0.9354944

00:01:27.004 --> 00:01:30.285 that makes providing the most kind of

NOTE Confidence: 0.9354944

00:01:30.285 --> 00:01:33.840 holistic and cohesive care quite challenging.

NOTE Confidence: 0.9354944

00:01:33.840 --> 00:01:35.646 So when thinking about how we

NOTE Confidence: 0.9354944

00:01:35.646 --> 00:01:37.719 really have to move that forward,

NOTE Confidence: 0.9354944

00:01:37.720 --> 00:01:39.533 I always invite folks to think about

NOTE Confidence: 0.9354944

00:01:39.533 --> 00:01:41.583 what images come to mind when you hear

NOTE Confidence: 0.9354944

00:01:41.583 --> 00:01:43.407 the term eating disorder and they think

NOTE Confidence: 0.9354944

00:01:43.407 --> 00:01:45.051 that the system of what perpetuates

NOTE Confidence: 0.9354944

00:01:45.051 --> 00:01:47.838 this more kind of siloed mentality of it.

NOTE Confidence: 0.9354944

00:01:47.840 --> 00:01:49.680 When you Google search it,
NOTE Confidence: 0.9354944

00:01:49.680 --> 00:01:52.596 the similar kind of images come up of slim,
NOTE Confidence: 0.9354944

00:01:52.600 --> 00:01:54.724 white young adult females.
NOTE Confidence: 0.9354944

00:01:54.724 --> 00:01:56.317 And in reality,
NOTE Confidence: 0.9354944

00:01:56.320 --> 00:01:57.884 we know that feeding,
NOTE Confidence: 0.9354944

00:01:57.884 --> 00:01:59.839 eating and weight disorders are
NOTE Confidence: 0.9354944

00:01:59.839 --> 00:02:01.662 actually very complex heterogeneous
NOTE Confidence: 0.9354944

00:02:01.662 --> 00:02:04.392 presentations that don't fit one mold.
NOTE Confidence: 0.9354944

00:02:04.400 --> 00:02:06.633 So when we actually think about what
NOTE Confidence: 0.9354944

00:02:06.633 --> 00:02:08.423 constitutes a feeding or eating disorder
NOTE Confidence: 0.9354944

00:02:08.423 --> 00:02:11.030 based on the DSM or a manual that we
NOTE Confidence: 0.9354944

00:02:11.030 --> 00:02:12.875 used to diagnose psychiatric diagnosis,
NOTE Confidence: 0.9354944

00:02:12.880 --> 00:02:14.985 it's characterized by a persistent
NOTE Confidence: 0.9354944

00:02:14.985 --> 00:02:17.090 disturbance of eating or eating
NOTE Confidence: 0.9354944

00:02:17.158 --> 00:02:19.209 related behavior results in an
NOTE Confidence: 0.9354944

00:02:19.209 --> 00:02:20.924 altered consumption of food and

NOTE Confidence: 0.9354944

00:02:20.924 --> 00:02:22.599 that significantly impairs physical

NOTE Confidence: 0.9354944

00:02:22.599 --> 00:02:24.459 health or psychosocial functioning.

NOTE Confidence: 0.9354944

00:02:24.460 --> 00:02:25.636 So in essence,

NOTE Confidence: 0.9354944

00:02:25.636 --> 00:02:27.596 it's disturbance with food that's

NOTE Confidence: 0.9354944

00:02:27.596 --> 00:02:28.950 clinically significant impacts relationship

NOTE Confidence: 0.9354944

00:02:28.950 --> 00:02:30.945 with food and how much we're eating

NOTE Confidence: 0.9354944

00:02:30.945 --> 00:02:32.657 and then impacts are functioning.

NOTE Confidence: 0.9354944

00:02:32.660 --> 00:02:35.089 And as you can imagine that that's

NOTE Confidence: 0.9354944

00:02:35.089 --> 00:02:37.373 quite broad in the range of youth,

NOTE Confidence: 0.9354944

00:02:37.373 --> 00:02:39.251 young adults who are requiring care

NOTE Confidence: 0.9354944

00:02:39.251 --> 00:02:41.180 for these kind of presentations.

NOTE Confidence: 0.929302700000001

00:02:43.570 --> 00:02:45.906 So I highlight here some of the issues

NOTE Confidence: 0.929302700000001

00:02:45.906 --> 00:02:47.759 related to diversity in disordered

NOTE Confidence: 0.929302700000001

00:02:47.759 --> 00:02:49.759 eating presentations that are often

NOTE Confidence: 0.929302700000001

00:02:49.759 --> 00:02:52.699 kind of not conceptualized in a lot of

NOTE Confidence: 0.929302700000001

00:02:52.699 --> 00:02:54.648 our more traditional models of care.
NOTE Confidence: 0.9293027000000001

00:02:54.648 --> 00:02:56.880 So we actually know that Bipoc youth and
NOTE Confidence: 0.9293027000000001

00:02:56.942 --> 00:02:59.378 young adults are less likely than their
NOTE Confidence: 0.9293027000000001

00:02:59.378 --> 00:03:01.923 white counterparts to be asked by doctors
NOTE Confidence: 0.9293027000000001

00:03:01.923 --> 00:03:03.728 about their eating disorder symptoms.
NOTE Confidence: 0.9293027000000001

00:03:03.730 --> 00:03:06.380 Even when they're self reporting
NOTE Confidence: 0.9293027000000001

00:03:06.380 --> 00:03:07.970 disordered eating symptoms,
NOTE Confidence: 0.9293027000000001

00:03:07.970 --> 00:03:09.722 Bipoc individuals are half as likely
NOTE Confidence: 0.9293027000000001

00:03:09.722 --> 00:03:11.710 to be diagnosed or receive treatment
NOTE Confidence: 0.9293027000000001

00:03:11.710 --> 00:03:13.610 than their counterparts with it,
NOTE Confidence: 0.9293027000000001

00:03:13.610 --> 00:03:15.506 the white counterparts with
NOTE Confidence: 0.9293027000000001

00:03:15.506 --> 00:03:16.928 an eating disorder.
NOTE Confidence: 0.9293027000000001

00:03:16.930 --> 00:03:18.810 Black individuals are less likely
NOTE Confidence: 0.9293027000000001

00:03:18.810 --> 00:03:20.690 to be diagnosed with anorexia,
NOTE Confidence: 0.9293027000000001

00:03:20.690 --> 00:03:23.350 but may experience the OR do experience
NOTE Confidence: 0.9293027000000001

00:03:23.350 --> 00:03:26.128 the condition for a longer period of time.

NOTE Confidence: 0.929302700000001

00:03:26.128 --> 00:03:28.958 In some ways related to these difficulties

NOTE Confidence: 0.929302700000001

00:03:28.958 --> 00:03:31.950 accessing the appropriate care,

NOTE Confidence: 0.929302700000001

00:03:31.950 --> 00:03:33.766 black teenagers and adolescents

NOTE Confidence: 0.929302700000001

00:03:33.766 --> 00:03:36.490 are more likely than white teenagers

NOTE Confidence: 0.929302700000001

00:03:36.564 --> 00:03:38.629 to exhibit binge purge eating.

NOTE Confidence: 0.929302700000001

00:03:38.630 --> 00:03:39.110 Similarly,

NOTE Confidence: 0.929302700000001

00:03:39.110 --> 00:03:41.510 Hispanic youth are more likely

NOTE Confidence: 0.929302700000001

00:03:41.510 --> 00:03:43.959 to experience bulimia and nervosa

NOTE Confidence: 0.929302700000001

00:03:43.959 --> 00:03:46.229 than their non Hispanic peers.

NOTE Confidence: 0.929302700000001

00:03:46.230 --> 00:03:49.065 And we know that Asian Americans experience,

NOTE Confidence: 0.929302700000001

00:03:49.070 --> 00:03:51.626 based on some nationally representative data,

NOTE Confidence: 0.929302700000001

00:03:51.630 --> 00:03:52.854 higher rates of restriction

NOTE Confidence: 0.929302700000001

00:03:52.854 --> 00:03:54.384 compared to their white peers,

NOTE Confidence: 0.929302700000001

00:03:54.390 --> 00:03:56.598 as well as some higher levels

NOTE Confidence: 0.929302700000001

00:03:56.598 --> 00:03:57.702 of body dissatisfaction.

NOTE Confidence: 0.9327744

00:04:00.330 --> 00:04:03.654 We see diversity in presentations based
NOTE Confidence: 0.9327744

00:04:03.654 --> 00:04:06.970 on gender and sexual minority identity.
NOTE Confidence: 0.9327744

00:04:06.970 --> 00:04:09.119 So we see higher rates of binge
NOTE Confidence: 0.9327744

00:04:09.119 --> 00:04:11.448 purging in gay men and adolescents,
NOTE Confidence: 0.9327744

00:04:11.450 --> 00:04:14.486 as well as increased likelihood of
NOTE Confidence: 0.9327744

00:04:14.486 --> 00:04:16.004 experiencing compensatory behavior.
NOTE Confidence: 0.9327744

00:04:16.010 --> 00:04:19.250 So fasting, vomiting, using laxatives,
NOTE Confidence: 0.9327744

00:04:19.250 --> 00:04:22.035 we see transgender college students
NOTE Confidence: 0.9327744

00:04:22.035 --> 00:04:24.263 reporting higher experiences of
NOTE Confidence: 0.9327744

00:04:24.263 --> 00:04:26.934 disordered eating as well as this
NOTE Confidence: 0.9327744

00:04:26.934 --> 00:04:28.538 really important component among
NOTE Confidence: 0.9327744

00:04:28.538 --> 00:04:30.879 individuals who identify as the gender
NOTE Confidence: 0.9327744

00:04:30.879 --> 00:04:33.093 minority of the role that disordered
NOTE Confidence: 0.9327744

00:04:33.162 --> 00:04:35.962 eating can play in a way of affirming
NOTE Confidence: 0.9327744

00:04:35.962 --> 00:04:38.970 one's body as a gender affirming tool.
NOTE Confidence: 0.9327744

00:04:38.970 --> 00:04:41.679 And that is where we see then often a

NOTE Confidence: 0.9327744

00:04:41.679 --> 00:04:44.972 tie in with more gender dysphoria and

NOTE Confidence: 0.9327744

00:04:44.972 --> 00:04:47.362 body dissatisfaction overlap and and

NOTE Confidence: 0.9327744

00:04:47.362 --> 00:04:49.490 impact disordered eating in this population.

NOTE Confidence: 0.9322455

00:04:52.890 --> 00:04:55.250 Among youth with eating disorders,

NOTE Confidence: 0.9322455

00:04:55.250 --> 00:04:57.825 we see a particularly high

NOTE Confidence: 0.9322455

00:04:57.825 --> 00:04:59.922 risk population among trans

NOTE Confidence: 0.9322455

00:04:59.922 --> 00:05:02.130 and gender diverse adolescents,

NOTE Confidence: 0.9322455

00:05:02.130 --> 00:05:04.610 so we know similarly.

NOTE Confidence: 0.9322455

00:05:04.610 --> 00:05:07.418 Based on prevalence data and a

NOTE Confidence: 0.9322455

00:05:07.418 --> 00:05:08.594 nationally representative sample

NOTE Confidence: 0.9322455

00:05:08.594 --> 00:05:10.690 of young adult of adolescents,

NOTE Confidence: 0.9322455

00:05:10.690 --> 00:05:13.112 we see that in trans use with

NOTE Confidence: 0.9322455

00:05:13.112 --> 00:05:14.970 youth with eating disorders,

NOTE Confidence: 0.9322455

00:05:14.970 --> 00:05:17.273 they're more than 20 times as likely

NOTE Confidence: 0.9322455

00:05:17.273 --> 00:05:19.272 to have attempted suicide in the

NOTE Confidence: 0.9322455

00:05:19.272 --> 00:05:20.925 past year than either cisgender
NOTE Confidence: 0.9322455

00:05:20.925 --> 00:05:23.690 female with the history of an eating
NOTE Confidence: 0.9322455

00:05:23.690 --> 00:05:26.073 disorder or trans use without a
NOTE Confidence: 0.9322455

00:05:26.073 --> 00:05:27.968 history of an eating disorder.
NOTE Confidence: 0.9322455

00:05:27.970 --> 00:05:30.886 And approximately 3/4 of trans use
NOTE Confidence: 0.9322455

00:05:30.886 --> 00:05:34.009 with an eating disorder have endorsed
NOTE Confidence: 0.9322455

00:05:34.010 --> 00:05:36.350 suicidal ideation or engaging in non
NOTE Confidence: 0.9322455

00:05:36.350 --> 00:05:38.888 suicidal self injury in the past year.
NOTE Confidence: 0.9322455

00:05:38.890 --> 00:05:42.190 So very high risk population.
NOTE Confidence: 0.9322455

00:05:42.190 --> 00:05:44.530 We also see diversity in terms
NOTE Confidence: 0.9322455

00:05:44.530 --> 00:05:46.090 of disabilities in individuals
NOTE Confidence: 0.9322455

00:05:46.158 --> 00:05:47.628 with disordered eating.
NOTE Confidence: 0.9322455

00:05:47.630 --> 00:05:49.530 So among with physical disabilities
NOTE Confidence: 0.9322455

00:05:49.530 --> 00:05:51.941 and young girls being more likely
NOTE Confidence: 0.9322455

00:05:51.941 --> 00:05:53.709 to develop disordered eating,
NOTE Confidence: 0.9322455

00:05:53.710 --> 00:05:56.338 we see high rates of disordered

NOTE Confidence: 0.9322455

00:05:56.338 --> 00:05:58.090 eating among individuals with

NOTE Confidence: 0.9322455

00:05:58.169 --> 00:06:00.829 neurodiversity or on autism spectrum.

NOTE Confidence: 0.9322455

00:06:00.830 --> 00:06:03.620 We see high rates of autism and a SD

NOTE Confidence: 0.9322455

00:06:03.620 --> 00:06:06.176 traits among individuals with eating

NOTE Confidence: 0.9322455

00:06:06.176 --> 00:06:09.710 disorders and high rates of EDHD as well.

NOTE Confidence: 0.9340912

00:06:12.710 --> 00:06:14.090 And despite the fact that we

NOTE Confidence: 0.9340912

00:06:14.090 --> 00:06:15.412 often think about these as

NOTE Confidence: 0.9340912

00:06:15.412 --> 00:06:16.828 presentations affecting young adults,

NOTE Confidence: 0.9340912

00:06:16.830 --> 00:06:18.870 we see much higher rates in

NOTE Confidence: 0.9340912

00:06:18.870 --> 00:06:20.230 children than adolescents Now.

NOTE Confidence: 0.9340912

00:06:20.230 --> 00:06:22.714 So in similarly some large national

NOTE Confidence: 0.9340912

00:06:22.714 --> 00:06:25.430 survey data and looking at school age,

NOTE Confidence: 0.9340912

00:06:25.430 --> 00:06:28.854 children see 42% of 1st to 3rd grade

NOTE Confidence: 0.9340912

00:06:28.854 --> 00:06:32.626 girls with a desire to be thin or thinner.

NOTE Confidence: 0.9340912

00:06:32.630 --> 00:06:35.942 Over 80% of 10 year old children in the

NOTE Confidence: 0.9340912

00:06:35.942 --> 00:06:38.796 survey reporting a fear of being fat.
NOTE Confidence: 0.9340912

00:06:38.800 --> 00:06:42.280 close to 50% of 9 to 11 year
NOTE Confidence: 0.9340912

00:06:42.280 --> 00:06:44.225 olds reporting being on a diet
NOTE Confidence: 0.9340912

00:06:44.225 --> 00:06:46.520 some of the time for themselves.
NOTE Confidence: 0.9340912

00:06:46.520 --> 00:06:50.340 And we see 35 to 57% of adolescents
NOTE Confidence: 0.9340912

00:06:50.340 --> 00:06:52.930 engaging in unhealth unhealthy disordered
NOTE Confidence: 0.9340912

00:06:52.930 --> 00:06:55.840 eating behaviors to control their weight.
NOTE Confidence: 0.9340912

00:06:55.840 --> 00:06:57.600 And over 90% of women,
NOTE Confidence: 0.9340912

00:06:57.600 --> 00:06:59.016 once they reach college,
NOTE Confidence: 0.9340912

00:06:59.016 --> 00:07:01.140 then trying to control their weight
NOTE Confidence: 0.9340912

00:07:01.203 --> 00:07:03.327 through different dieting behaviors.
NOTE Confidence: 0.9340912

00:07:03.330 --> 00:07:05.059 A really important piece too that I
NOTE Confidence: 0.9340912

00:07:05.059 --> 00:07:06.647 want to highlight here as you here.
NOTE Confidence: 0.9340912

00:07:06.650 --> 00:07:08.274 We're talking about just some of what
NOTE Confidence: 0.9340912

00:07:08.274 --> 00:07:09.729 may be developing at a younger age.
NOTE Confidence: 0.9340912

00:07:09.730 --> 00:07:12.250 But since the start of the pandemic,

NOTE Confidence: 0.9340912

00:07:12.250 --> 00:07:14.185 we've seen actually much higher

NOTE Confidence: 0.9340912

00:07:14.185 --> 00:07:15.733 rates of hospitalizations for

NOTE Confidence: 0.9340912

00:07:15.733 --> 00:07:17.279 medical complications associated

NOTE Confidence: 0.9340912

00:07:17.279 --> 00:07:18.929 with restrictive eating,

NOTE Confidence: 0.9340912

00:07:18.930 --> 00:07:21.012 especially in the younger skew to

NOTE Confidence: 0.9340912

00:07:21.012 --> 00:07:23.107 to being younger children who are

NOTE Confidence: 0.9340912

00:07:23.107 --> 00:07:25.045 requiring the highest level of care.

NOTE Confidence: 0.93903273

00:07:27.330 --> 00:07:29.486 So you know, important to consider despite

NOTE Confidence: 0.93903273

00:07:29.486 --> 00:07:32.123 the fact that we have this this kind of

NOTE Confidence: 0.93903273

00:07:32.123 --> 00:07:34.110 stereotyped idea of what it looks like

NOTE Confidence: 0.93903273

00:07:34.110 --> 00:07:36.166 to have an eating disorder that less

NOTE Confidence: 0.93903273

00:07:36.166 --> 00:07:38.870 than 6% of people with an eating disorder

NOTE Confidence: 0.93903273

00:07:38.939 --> 00:07:41.459 are actually diagnosed as underweight.

NOTE Confidence: 0.93903273

00:07:41.460 --> 00:07:43.938 Now this is with any clinically

NOTE Confidence: 0.93903273

00:07:43.938 --> 00:07:45.900 significant eating disorder, so not just

NOTE Confidence: 0.93903273

00:07:45.900 --> 00:07:47.900 anorexia where of course we do see much,
NOTE Confidence: 0.93903273

00:07:47.900 --> 00:07:49.634 much higher rates of being underweight
NOTE Confidence: 0.93903273

00:07:49.634 --> 00:07:52.019 given that's part of the diagnostic criteria.
NOTE Confidence: 0.93903273

00:07:52.020 --> 00:07:53.776 We think about clinically
NOTE Confidence: 0.93903273

00:07:53.776 --> 00:07:55.532 significant disordered eating that
NOTE Confidence: 0.93903273

00:07:55.532 --> 00:07:57.140 impacts somebody's functioning.
NOTE Confidence: 0.93903273

00:07:57.140 --> 00:08:00.796 We have this kind of as a society
NOTE Confidence: 0.93903273

00:08:00.796 --> 00:08:04.560 misrepresented idea of what that looks like.
NOTE Confidence: 0.93903273

00:08:04.560 --> 00:08:06.928 And yet there is a SWAG stereotype that
NOTE Confidence: 0.93903273

00:08:06.928 --> 00:08:09.075 exists that we talked about in the field
NOTE Confidence: 0.93903273

00:08:09.075 --> 00:08:11.240 of if you have an eating disorder,
NOTE Confidence: 0.93903273

00:08:11.240 --> 00:08:12.578 you're skinny, white,
NOTE Confidence: 0.93903273

00:08:12.578 --> 00:08:13.916 affluent girl when.
NOTE Confidence: 0.93903273

00:08:13.920 --> 00:08:16.020 And it's very problematic of not
NOTE Confidence: 0.93903273

00:08:16.020 --> 00:08:17.680 just societal views of it,
NOTE Confidence: 0.93903273

00:08:17.680 --> 00:08:19.810 but that current treatment models are

NOTE Confidence: 0.93903273

00:08:19.810 --> 00:08:22.000 based often on samples of affluent,

NOTE Confidence: 0.93903273

00:08:22.000 --> 00:08:23.560 young adult, cisgender,

NOTE Confidence: 0.93903273

00:08:23.560 --> 00:08:25.120 neurotypical white women,

NOTE Confidence: 0.93903273

00:08:25.120 --> 00:08:27.906 when there's quite a range of presentations

NOTE Confidence: 0.93903273

00:08:27.906 --> 00:08:30.520 of individuals who and youth who

NOTE Confidence: 0.93903273

00:08:30.520 --> 00:08:32.320 can experience these presentations,

NOTE Confidence: 0.93903273

00:08:32.320 --> 00:08:34.080 as Google Images shows us.

NOTE Confidence: 0.9300988

00:08:36.620 --> 00:08:37.658 So as I was saying there,

NOTE Confidence: 0.9300988

00:08:37.660 --> 00:08:40.335 there's a wide range of

NOTE Confidence: 0.9300988

00:08:40.335 --> 00:08:41.940 disordered eating presentations.

NOTE Confidence: 0.9300988

00:08:41.940 --> 00:08:44.034 Pika and rumination disorder are ones

NOTE Confidence: 0.9300988

00:08:44.034 --> 00:08:47.223 that I'll talk about in a moment that

NOTE Confidence: 0.9300988

00:08:47.223 --> 00:08:49.388 mostly affiliated or associated with

NOTE Confidence: 0.9300988

00:08:49.388 --> 00:08:50.846 neurodevelopmental disabilities in

NOTE Confidence: 0.9300988

00:08:50.846 --> 00:08:52.598 younger children avoidant restricted

NOTE Confidence: 0.9300988

00:08:52.598 --> 00:08:54.568 food intake disorder and anorexia,
NOTE Confidence: 0.9300988

00:08:54.570 --> 00:08:56.844 both resulting in lower weight bulimia
NOTE Confidence: 0.9300988

00:08:56.844 --> 00:08:58.970 nervosa and binge eating disorder,
NOTE Confidence: 0.9300988

00:08:58.970 --> 00:09:00.530 both associated with episodes
NOTE Confidence: 0.9300988

00:09:00.530 --> 00:09:02.480 of binge eating and bulimia
NOTE Confidence: 0.9300988

00:09:02.480 --> 00:09:04.569 with associated purge episodes.
NOTE Confidence: 0.92458117

00:09:06.670 --> 00:09:07.870 The challenge here,
NOTE Confidence: 0.92458117

00:09:07.870 --> 00:09:09.870 especially for children and adolescents,
NOTE Confidence: 0.92458117

00:09:09.870 --> 00:09:11.942 is, as anybody who has kids of their
NOTE Confidence: 0.92458117

00:09:11.942 --> 00:09:14.511 own or works of kids knows that things
NOTE Confidence: 0.92458117

00:09:14.511 --> 00:09:17.108 don't often nicely kind of fit into one box.
NOTE Confidence: 0.92458117

00:09:17.110 --> 00:09:18.535 And that happens with psychiatric
NOTE Confidence: 0.92458117

00:09:18.535 --> 00:09:19.390 presentations as well.
NOTE Confidence: 0.92458117

00:09:19.390 --> 00:09:22.155 We often see symptoms or elements of
NOTE Confidence: 0.92458117

00:09:22.155 --> 00:09:24.068 different presentations that are what
NOTE Confidence: 0.92458117

00:09:24.068 --> 00:09:26.072 we'd call trans diagnostic kind of

NOTE Confidence: 0.92458117
00:09:26.072 --> 00:09:28.138 crossing in and out of these boxes
NOTE Confidence: 0.92458117
00:09:28.140 --> 00:09:30.352 and to meet diagnosis for an eating
NOTE Confidence: 0.92458117
00:09:30.352 --> 00:09:32.379 disorder based on our DSM criteria.
NOTE Confidence: 0.92458117
00:09:32.380 --> 00:09:34.486 It's mutually exclusive.
NOTE Confidence: 0.92458117
00:09:34.486 --> 00:09:37.622 So having experiences with of
NOTE Confidence: 0.92458117
00:09:37.622 --> 00:09:38.910 symptoms of multiple presentations
NOTE Confidence: 0.92458117
00:09:38.910 --> 00:09:40.905 results in a lump sum diagnosis
NOTE Confidence: 0.92458117
00:09:40.905 --> 00:09:43.194 of something that we call Osfed or
NOTE Confidence: 0.92458117
00:09:43.194 --> 00:09:44.795 other specified feeding and eating
NOTE Confidence: 0.92458117
00:09:44.795 --> 00:09:46.565 disorder which is often what we
NOTE Confidence: 0.92458117
00:09:46.565 --> 00:09:48.260 see with children and adolescents.
NOTE Confidence: 0.9407477
00:09:51.600 --> 00:09:53.728 So here's a list of the types of
NOTE Confidence: 0.9407477
00:09:53.728 --> 00:09:55.193 eating disorders those that will
NOTE Confidence: 0.9407477
00:09:55.193 --> 00:09:56.951 be talking about requiring kind of
NOTE Confidence: 0.9407477
00:09:56.951 --> 00:09:59.352 our our highest level of care are
NOTE Confidence: 0.9407477

00:09:59.352 --> 00:10:00.720 most frequently anorexia nervosa,
NOTE Confidence: 0.9407477

00:10:00.720 --> 00:10:03.288 which is going to be having an unrealistic
NOTE Confidence: 0.9407477

00:10:03.288 --> 00:10:05.456 idea about body image and overvaluation
NOTE Confidence: 0.9407477

00:10:05.456 --> 00:10:07.634 of how important that is, right.
NOTE Confidence: 0.9407477

00:10:07.634 --> 00:10:09.758 It's one of the most fundamental
NOTE Confidence: 0.9407477

00:10:09.758 --> 00:10:11.816 important things to to an adolescent
NOTE Confidence: 0.9407477

00:10:11.816 --> 00:10:14.000 sense of self and this intense fear
NOTE Confidence: 0.9407477

00:10:14.060 --> 00:10:15.980 of gaining weight that results
NOTE Confidence: 0.9407477

00:10:15.980 --> 00:10:17.900 in significantly low body weight.
NOTE Confidence: 0.9407477

00:10:17.900 --> 00:10:20.225 The Lumia Nervosa are episodes
NOTE Confidence: 0.9407477

00:10:20.225 --> 00:10:21.620 of binge eating,
NOTE Confidence: 0.9407477

00:10:21.620 --> 00:10:23.520 so eating significantly large amounts
NOTE Confidence: 0.9407477

00:10:23.520 --> 00:10:26.150 of food with an experience of loss of
NOTE Confidence: 0.9407477

00:10:26.150 --> 00:10:28.179 control in a short amount of time,
NOTE Confidence: 0.9407477

00:10:28.180 --> 00:10:30.442 following by purging episodes or some
NOTE Confidence: 0.9407477

00:10:30.442 --> 00:10:32.540 other type of compensatory behavior.

NOTE Confidence: 0.9407477

00:10:32.540 --> 00:10:34.916 Sometimes excessive exercise,

NOTE Confidence: 0.9407477

00:10:34.916 --> 00:10:38.084 fasting, use of laxatives,

NOTE Confidence: 0.9407477

00:10:38.090 --> 00:10:40.316 binge eating disorder is bulimia without

NOTE Confidence: 0.9407477

00:10:40.316 --> 00:10:42.330 the compensatory behaviors are perching.

NOTE Confidence: 0.9407477

00:10:42.330 --> 00:10:45.768 So having those significant binge episodes,

NOTE Confidence: 0.9407477

00:10:45.770 --> 00:10:47.618 larger amount of food than somebody

NOTE Confidence: 0.9407477

00:10:47.618 --> 00:10:49.435 would typically eat in a short

NOTE Confidence: 0.9407477

00:10:49.435 --> 00:10:51.025 amount of time and experiencing a

NOTE Confidence: 0.9407477

00:10:51.025 --> 00:10:52.890 sense of loss of control and then

NOTE Confidence: 0.9407477

00:10:52.890 --> 00:10:55.728 an associated feeling of disgust or

NOTE Confidence: 0.9407477

00:10:55.728 --> 00:10:58.410 guilt with oneself after the fact.

NOTE Confidence: 0.9407477

00:10:58.410 --> 00:11:01.386 Rumination disorder is an experience when

NOTE Confidence: 0.9407477

00:11:01.386 --> 00:11:03.859 somebody swallows in the regurgitates

NOTE Confidence: 0.9407477

00:11:03.859 --> 00:11:07.107 the food and the re swallows and and

NOTE Confidence: 0.9407477

00:11:07.107 --> 00:11:09.847 pica is consuming non food objects.

NOTE Confidence: 0.9407477

00:11:09.850 --> 00:11:10.790 These two,
NOTE Confidence: 0.9407477

00:11:10.790 --> 00:11:14.080 as I mentioned are are often highly
NOTE Confidence: 0.9407477

00:11:14.080 --> 00:11:17.595 cooccurring with a number of other
NOTE Confidence: 0.9407477

00:11:17.595 --> 00:11:18.777 developmental presentations.
NOTE Confidence: 0.9407477

00:11:18.780 --> 00:11:20.836 Avoidant and restrictive food
NOTE Confidence: 0.9407477

00:11:20.836 --> 00:11:22.378 intake disorder is,
NOTE Confidence: 0.9407477

00:11:22.380 --> 00:11:23.748 as I mentioned previously,
NOTE Confidence: 0.9407477

00:11:23.748 --> 00:11:26.568 one of our other restrictive presentations.
NOTE Confidence: 0.9407477

00:11:26.568 --> 00:11:30.144 Whereas anorexia is focused on a
NOTE Confidence: 0.9407477

00:11:30.144 --> 00:11:33.268 body image concern or fed or another
NOTE Confidence: 0.9407477

00:11:33.268 --> 00:11:35.088 name for avoidant and restrictive
NOTE Confidence: 0.9407477

00:11:35.088 --> 00:11:37.644 food intake disorder is when a youth
NOTE Confidence: 0.9407477

00:11:37.644 --> 00:11:40.477 or an adolescent or a young adult
NOTE Confidence: 0.9407477

00:11:40.477 --> 00:11:43.032 forever is experiencing it severely
NOTE Confidence: 0.9407477

00:11:43.032 --> 00:11:44.892 restricts what they're eating for
NOTE Confidence: 0.9407477

00:11:44.892 --> 00:11:47.459 a non body image related reasons.

NOTE Confidence: 0.9407477

00:11:47.460 --> 00:11:49.605 So sometimes it's a sensitivity

NOTE Confidence: 0.9407477

00:11:49.605 --> 00:11:52.380 to to the experience of eating,

NOTE Confidence: 0.9407477

00:11:52.380 --> 00:11:54.935 sometimes not being aware of hunger cues,

NOTE Confidence: 0.9407477

00:11:54.940 --> 00:11:56.536 sometimes of a fear of pain,

NOTE Confidence: 0.9407477

00:11:56.540 --> 00:11:58.628 right of if they've had some type of

NOTE Confidence: 0.9407477

00:11:58.628 --> 00:12:00.065 medical complication that often leads

NOTE Confidence: 0.9407477

00:12:00.065 --> 00:12:01.500 to then significantly low weight.

NOTE Confidence: 0.93209463

00:12:04.810 --> 00:12:07.010 So with these different presentations,

NOTE Confidence: 0.93209463

00:12:07.010 --> 00:12:08.906 we can lump them together into

NOTE Confidence: 0.93209463

00:12:08.906 --> 00:12:10.911 these boxes that again don't quite

NOTE Confidence: 0.93209463

00:12:10.911 --> 00:12:12.927 fit nicely away from one another,

NOTE Confidence: 0.93209463

00:12:12.930 --> 00:12:14.970 but but do have some overlap.

NOTE Confidence: 0.93209463

00:12:14.970 --> 00:12:16.645 We have these presentations of

NOTE Confidence: 0.93209463

00:12:16.645 --> 00:12:17.650 restriction or overcontrol,

NOTE Confidence: 0.93209463

00:12:17.650 --> 00:12:19.250 which is what we would

NOTE Confidence: 0.93209463

00:12:19.250 --> 00:12:20.530 think about with anorexia,
NOTE Confidence: 0.93209463

00:12:20.530 --> 00:12:22.606 this regulation and loss of control
NOTE Confidence: 0.93209463

00:12:22.606 --> 00:12:24.416 with bulimia and binge eating
NOTE Confidence: 0.93209463

00:12:24.416 --> 00:12:26.206 and those related to anxiety,
NOTE Confidence: 0.93209463

00:12:26.210 --> 00:12:27.786 pain or sensory sensitivities.
NOTE Confidence: 0.93209463

00:12:27.786 --> 00:12:31.450 This is where we put our food or the pika.
NOTE Confidence: 0.93209463

00:12:31.450 --> 00:12:33.922 The challenge is that as we
NOTE Confidence: 0.93209463

00:12:33.922 --> 00:12:35.570 conceptualize these things different,
NOTE Confidence: 0.93209463

00:12:35.570 --> 00:12:37.410 what therapeutic treatment looks
NOTE Confidence: 0.93209463

00:12:37.410 --> 00:12:40.170 like is going to be different,
NOTE Confidence: 0.93209463

00:12:40.170 --> 00:12:41.892 but they don't fit nicely in those
NOTE Confidence: 0.93209463

00:12:41.892 --> 00:12:43.892 boxes and and so that's really where
NOTE Confidence: 0.93209463

00:12:43.892 --> 00:12:45.704 kind of providing the most effective
NOTE Confidence: 0.93209463

00:12:45.762 --> 00:12:47.247 treatment can be a challenge.
NOTE Confidence: 0.93079275

00:12:50.090 --> 00:12:52.526 So with regard to eating disorder prevalence,
NOTE Confidence: 0.93079275

00:12:52.530 --> 00:12:54.210 unfortunately their data overall

NOTE Confidence: 0.93079275

00:12:54.210 --> 00:12:56.454 is quite is a little outdated.

NOTE Confidence: 0.93079275

00:12:56.454 --> 00:12:59.154 So this is from the nationally representative

NOTE Confidence: 0.93079275

00:12:59.154 --> 00:13:01.779 prevalence data from NIMH looking at

NOTE Confidence: 0.93079275

00:13:01.779 --> 00:13:03.794 the lifetime prevalence of eating

NOTE Confidence: 0.93079275

00:13:03.794 --> 00:13:06.775 disorders by the time of reaching mature

NOTE Confidence: 0.93079275

00:13:06.775 --> 00:13:08.920 adolescence from about 20 years ago.

NOTE Confidence: 0.93079275

00:13:08.920 --> 00:13:11.728 And this was where we see close to

NOTE Confidence: 0.93079275

00:13:11.728 --> 00:13:15.170 4% of females and 1.5% of cisgender

NOTE Confidence: 0.93079275

00:13:15.170 --> 00:13:18.350 males meeting criteria for an eating

NOTE Confidence: 0.93079275

00:13:18.350 --> 00:13:21.997 disorder by the time that they turn 18.

NOTE Confidence: 0.93079275

00:13:22.000 --> 00:13:24.792 This is as as is clear from the

NOTE Confidence: 0.93079275

00:13:24.792 --> 00:13:26.771 dates of it you know very,

NOTE Confidence: 0.93079275

00:13:26.771 --> 00:13:28.119 very much pre pandemic.

NOTE Confidence: 0.93079275

00:13:28.120 --> 00:13:30.227 And so we already saw an increase

NOTE Confidence: 0.93079275

00:13:30.227 --> 00:13:32.290 happening over those those years of kind

NOTE Confidence: 0.93079275

00:13:32.290 --> 00:13:34.719 of the the early 2000s and 2000 tens
NOTE Confidence: 0.93079275

00:13:34.719 --> 00:13:37.191 when we see continue to see increase on
NOTE Confidence: 0.93079275

00:13:37.261 --> 00:13:39.721 body image pressures by society that
NOTE Confidence: 0.93079275

00:13:39.721 --> 00:13:41.992 have been really exacerbated by the
NOTE Confidence: 0.93079275

00:13:41.992 --> 00:13:43.858 pandemic and a very important piece
NOTE Confidence: 0.93079275

00:13:43.858 --> 00:13:46.457 to hit on as we're thinking about
NOTE Confidence: 0.93079275

00:13:46.457 --> 00:13:48.362 care for this patient population.
NOTE Confidence: 0.93079275

00:13:48.370 --> 00:13:50.792 So beginning at the at the beginning
NOTE Confidence: 0.93079275

00:13:50.792 --> 00:13:52.978 of the pandemic there was anticipation
NOTE Confidence: 0.93079275

00:13:52.978 --> 00:13:55.491 of kind of the impact on eating
NOTE Confidence: 0.93079275

00:13:55.565 --> 00:13:57.785 disorders that was significantly I
NOTE Confidence: 0.93079275

00:13:57.785 --> 00:14:00.402 think underestimated what we would
NOTE Confidence: 0.93079275

00:14:00.402 --> 00:14:02.186 actually see that the,
NOTE Confidence: 0.93079275

00:14:02.186 --> 00:14:04.622 the first publication was now two years
NOTE Confidence: 0.93079275

00:14:04.622 --> 00:14:06.935 ago of how medical admissions related
NOTE Confidence: 0.93079275

00:14:06.935 --> 00:14:08.900 to restrictive eating disorders among

NOTE Confidence: 0.93079275

00:14:08.964 --> 00:14:10.848 youth had increased significantly.

NOTE Confidence: 0.93079275

00:14:10.850 --> 00:14:12.806 Looking at pre pandemic to during

NOTE Confidence: 0.93079275

00:14:12.806 --> 00:14:14.987 the pandemic rates of youth requiring

NOTE Confidence: 0.93079275

00:14:14.987 --> 00:14:17.032 medical hospitalization to be stabilized

NOTE Confidence: 0.93079275

00:14:17.032 --> 00:14:19.510 and this has been replicated throughout

NOTE Confidence: 0.93079275

00:14:19.510 --> 00:14:21.495 the country and throughout Europe

NOTE Confidence: 0.93079275

00:14:21.495 --> 00:14:24.482 and at our own Children's Hospital

NOTE Confidence: 0.93079275

00:14:24.482 --> 00:14:26.674 seeing that significant increase.

NOTE Confidence: 0.93079275

00:14:26.680 --> 00:14:29.365 So what's exacerbated the prevalence

NOTE Confidence: 0.93079275

00:14:29.365 --> 00:14:30.439 and severity,

NOTE Confidence: 0.93079275

00:14:30.440 --> 00:14:32.288 There's a number of factors that

NOTE Confidence: 0.93079275

00:14:32.288 --> 00:14:33.760 we can contribute to it,

NOTE Confidence: 0.93079275

00:14:33.760 --> 00:14:35.780 a greater susceptibility to

NOTE Confidence: 0.93079275

00:14:35.780 --> 00:14:37.800 illness during the pandemic,

NOTE Confidence: 0.93079275

00:14:37.800 --> 00:14:39.895 psychological distress with a pandemic

NOTE Confidence: 0.93079275

00:14:39.895 --> 00:14:41.990 happening and then the uncertainty
NOTE Confidence: 0.93079275

00:14:42.048 --> 00:14:43.998 and social isolation that happens.
NOTE Confidence: 0.93079275

00:14:44.000 --> 00:14:45.620 We do know especially things like
NOTE Confidence: 0.93079275

00:14:45.620 --> 00:14:47.340 anorexia is a very isolating disease
NOTE Confidence: 0.93079275

00:14:47.340 --> 00:14:49.086 and so social connection is one
NOTE Confidence: 0.93079275

00:14:49.086 --> 00:14:50.920 of the most protective things.
NOTE Confidence: 0.93079275

00:14:50.920 --> 00:14:52.440 And so taking, you know,
NOTE Confidence: 0.93079275

00:14:52.440 --> 00:14:53.382 as was needed,
NOTE Confidence: 0.93079275

00:14:53.382 --> 00:14:55.580 but taking kids away from one another
NOTE Confidence: 0.93079275

00:14:55.644 --> 00:14:57.876 really increased kind of risk factor.
NOTE Confidence: 0.93079275

00:14:57.880 --> 00:14:59.962 There was almost nothing but virtual
NOTE Confidence: 0.93079275

00:14:59.962 --> 00:15:01.916 interaction staring at one another on
NOTE Confidence: 0.93079275

00:15:01.916 --> 00:15:03.940 the screen and then a lot more time
NOTE Confidence: 0.93079275

00:15:04.002 --> 00:15:05.927 spent on social media and the dangers
NOTE Confidence: 0.93079275

00:15:05.927 --> 00:15:07.684 that we know associated with that,
NOTE Confidence: 0.93079275

00:15:07.684 --> 00:15:10.257 with what youth are exposed to in terms

NOTE Confidence: 0.93079275

00:15:10.257 --> 00:15:12.756 of content and unrealistic body image ideals.

NOTE Confidence: 0.930951

00:15:15.140 --> 00:15:16.900 So then thinking specifically at

NOTE Confidence: 0.930951

00:15:16.900 --> 00:15:18.660 our Children's Hospital at Yale,

NOTE Confidence: 0.930951

00:15:18.660 --> 00:15:21.432 what we saw in the couple of years before

NOTE Confidence: 0.930951

00:15:21.432 --> 00:15:24.414 the pandemic to the first year and a half,

NOTE Confidence: 0.930951

00:15:24.420 --> 00:15:26.190 we saw a significant increase where

NOTE Confidence: 0.930951

00:15:26.190 --> 00:15:28.740 even in half of the time we saw more

NOTE Confidence: 0.930951

00:15:28.740 --> 00:15:30.988 cases in that first year and a half

NOTE Confidence: 0.930951

00:15:30.988 --> 00:15:32.758 of the pandemic increasing from 48

NOTE Confidence: 0.930951

00:15:32.758 --> 00:15:34.803 cases the year and a half before the

NOTE Confidence: 0.930951

00:15:34.803 --> 00:15:36.455 pandemic or the three years before

NOTE Confidence: 0.930951

00:15:36.455 --> 00:15:38.429 the start of the pandemic to just

NOTE Confidence: 0.930951

00:15:38.484 --> 00:15:40.220 the first year and a half of 60.

NOTE Confidence: 0.930951

00:15:40.220 --> 00:15:42.389 So as you can imagine and and our team

NOTE Confidence: 0.930951

00:15:42.389 --> 00:15:44.495 still needed to comb through that data,

NOTE Confidence: 0.930951

00:15:44.500 --> 00:15:46.439 we see more than a double increase
NOTE Confidence: 0.930951

00:15:46.439 --> 00:15:47.864 anticipated of what we've seen
NOTE Confidence: 0.930951

00:15:47.864 --> 00:15:49.219 in the similar time frame.
NOTE Confidence: 0.93904287

00:15:52.260 --> 00:15:54.294 So not only did we see an increase in
NOTE Confidence: 0.93904287

00:15:54.294 --> 00:15:56.340 the number of patients hospitalized,
NOTE Confidence: 0.93904287

00:15:56.340 --> 00:15:58.564 but an increase in the length of stay
NOTE Confidence: 0.93904287

00:15:58.564 --> 00:16:00.436 because of the severity of cases
NOTE Confidence: 0.93904287

00:16:00.436 --> 00:16:02.725 and the lack of appropriate kind of
NOTE Confidence: 0.93904287

00:16:02.725 --> 00:16:04.465 referral options for post discharge
NOTE Confidence: 0.93904287

00:16:04.465 --> 00:16:07.120 because of the crunch on the system,
NOTE Confidence: 0.93904287

00:16:07.120 --> 00:16:09.640 a much higher number of youth
NOTE Confidence: 0.93904287

00:16:09.640 --> 00:16:11.278 younger than the age of 13.
NOTE Confidence: 0.93904287

00:16:11.280 --> 00:16:13.716 This is consistent with now some
NOTE Confidence: 0.93904287

00:16:13.716 --> 00:16:16.071 recently published data that has come
NOTE Confidence: 0.93904287

00:16:16.071 --> 00:16:18.395 out kind of more nationally as well
NOTE Confidence: 0.93904287

00:16:18.395 --> 00:16:21.028 where we're continuing to see the the

NOTE Confidence: 0.93904287

00:16:21.028 --> 00:16:23.168 average age of hospitalization for

NOTE Confidence: 0.93904287

00:16:23.168 --> 00:16:24.880 restrictive eating concerns skewing

NOTE Confidence: 0.93904287

00:16:24.947 --> 00:16:27.032 younger and younger which unfortunately

NOTE Confidence: 0.93904287

00:16:27.032 --> 00:16:29.117 again are treatment care models.

NOTE Confidence: 0.93904287

00:16:29.120 --> 00:16:31.382 Kind of historically as a nation

NOTE Confidence: 0.93904287

00:16:31.382 --> 00:16:34.451 and as a society are not up to date

NOTE Confidence: 0.93904287

00:16:34.451 --> 00:16:36.772 with see a greater number of youth

NOTE Confidence: 0.93904287

00:16:36.772 --> 00:16:38.518 requiring medication intervention

NOTE Confidence: 0.93904287

00:16:38.518 --> 00:16:41.408 for psychiatric concerns because of

NOTE Confidence: 0.93904287

00:16:41.408 --> 00:16:43.353 the comorbidities and more patients

NOTE Confidence: 0.93904287

00:16:43.353 --> 00:16:45.325 requiring A discharge to a higher

NOTE Confidence: 0.93904287

00:16:45.325 --> 00:16:46.069 level of care.

NOTE Confidence: 0.93904287

00:16:46.070 --> 00:16:47.870 And this is consistent with other

NOTE Confidence: 0.93904287

00:16:47.870 --> 00:16:49.436 sites in Connecticut and then

NOTE Confidence: 0.93904287

00:16:49.436 --> 00:16:50.986 country and world more broadly.

NOTE Confidence: 0.9399057

00:16:53.030 --> 00:16:55.190 And so why are we worried, right,
NOTE Confidence: 0.9399057

00:16:55.190 --> 00:16:57.175 We're seeing this increase and
NOTE Confidence: 0.9399057

00:16:57.175 --> 00:16:58.525 we know of course that eating
NOTE Confidence: 0.9399057

00:16:58.525 --> 00:16:59.790 disorders can be significant,
NOTE Confidence: 0.9399057

00:16:59.790 --> 00:17:01.470 but really in terms of the severity,
NOTE Confidence: 0.9399057

00:17:01.470 --> 00:17:02.870 it's worth taking note just
NOTE Confidence: 0.9399057

00:17:02.870 --> 00:17:04.270 how severe they can be.
NOTE Confidence: 0.9399057

00:17:04.270 --> 00:17:06.070 So eating disorders are among
NOTE Confidence: 0.9399057

00:17:06.070 --> 00:17:07.510 the deadliest mental illnesses,
NOTE Confidence: 0.9399057

00:17:07.510 --> 00:17:11.310 second only to opioid overdoses.
NOTE Confidence: 0.9399057

00:17:11.310 --> 00:17:13.294 Relapse rate for anorexia,
NOTE Confidence: 0.9399057

00:17:13.294 --> 00:17:15.278 once somebody has experienced
NOTE Confidence: 0.9399057

00:17:15.278 --> 00:17:19.240 the disease approaches 50%.
NOTE Confidence: 0.9399057

00:17:19.240 --> 00:17:21.355 The standardized mortality ratio of
NOTE Confidence: 0.9399057

00:17:21.355 --> 00:17:23.640 somebody with anorexia is approximately 6,
NOTE Confidence: 0.9399057

00:17:23.640 --> 00:17:26.312 which means to somebody else there,

NOTE Confidence: 0.9399057

00:17:26.312 --> 00:17:28.189 same age, all other factors,

NOTE Confidence: 0.9399057

00:17:28.189 --> 00:17:30.304 they're six times as likely

NOTE Confidence: 0.9399057

00:17:30.304 --> 00:17:32.958 to have mortality of that age.

NOTE Confidence: 0.9399057

00:17:32.960 --> 00:17:34.720 Approximately one in five

NOTE Confidence: 0.9399057

00:17:34.720 --> 00:17:36.480 patients with anorexia develops

NOTE Confidence: 0.9399057

00:17:36.480 --> 00:17:38.960 a severe and protracted illness,

NOTE Confidence: 0.9399057

00:17:38.960 --> 00:17:41.840 which means we don't expect to

NOTE Confidence: 0.9399057

00:17:41.840 --> 00:17:43.760 necessarily experience any remission.

NOTE Confidence: 0.9399057

00:17:43.760 --> 00:17:46.304 And there is an estimated death

NOTE Confidence: 0.9399057

00:17:46.304 --> 00:17:48.732 almost every hour each each year

NOTE Confidence: 0.9399057

00:17:48.732 --> 00:17:50.196 attributed to eating disorders.

NOTE Confidence: 0.9273489

00:17:52.280 --> 00:17:55.120 Among individuals with anorexia specifically,

NOTE Confidence: 0.9273489

00:17:55.120 --> 00:17:57.409 we see 60% of the deaths attributed

NOTE Confidence: 0.9273489

00:17:57.409 --> 00:17:58.890 to the medical complications

NOTE Confidence: 0.9273489

00:17:58.890 --> 00:18:01.482 associated with it such as cardiac

NOTE Confidence: 0.9273489

00:18:01.482 --> 00:18:03.760 arrest and sudden organ failure,
NOTE Confidence: 0.9273489

00:18:03.760 --> 00:18:05.520 but as well as suicide.
NOTE Confidence: 0.9273489

00:18:05.520 --> 00:18:07.332 And we know that's overall suicide
NOTE Confidence: 0.9273489

00:18:07.332 --> 00:18:08.880 rates among individuals with eating
NOTE Confidence: 0.9273489

00:18:08.880 --> 00:18:10.320 disorders are quite high.
NOTE Confidence: 0.9322612

00:18:12.420 --> 00:18:14.364 So not only is there the
NOTE Confidence: 0.9322612

00:18:14.364 --> 00:18:15.336 individual health costs,
NOTE Confidence: 0.9322612

00:18:15.340 --> 00:18:17.278 but we do see a significant
NOTE Confidence: 0.9322612

00:18:17.278 --> 00:18:19.481 health costs in our our medical
NOTE Confidence: 0.9322612

00:18:19.481 --> 00:18:21.157 and healthcare systems costing
NOTE Confidence: 0.9322612

00:18:21.157 --> 00:18:23.460 about close to \$65 billion.
NOTE Confidence: 0.9322612

00:18:25.980 --> 00:18:27.950 Approximately 9% of people will
NOTE Confidence: 0.9322612

00:18:27.950 --> 00:18:29.920 experience some type of eating
NOTE Confidence: 0.9322612

00:18:29.984 --> 00:18:31.700 disorder in their lifetime.
NOTE Confidence: 0.9322612

00:18:31.700 --> 00:18:33.576 I think it's important to note here,
NOTE Confidence: 0.9322612

00:18:33.580 --> 00:18:36.766 this doesn't mean 9% people experiencing

NOTE Confidence: 0.9322612

00:18:36.766 --> 00:18:38.740 anorexia could be a number of those

NOTE Confidence: 0.9322612

00:18:38.740 --> 00:18:39.700 other presentations I mentioned.

NOTE Confidence: 0.9322612

00:18:39.700 --> 00:18:42.125 But that does mean clinically

NOTE Confidence: 0.9322612

00:18:42.125 --> 00:18:44.065 significant disordered eating where

NOTE Confidence: 0.9322612

00:18:44.065 --> 00:18:46.242 it's impacting somebody's daily

NOTE Confidence: 0.9322612

00:18:46.242 --> 00:18:48.124 life despite the prevalence and

NOTE Confidence: 0.9322612

00:18:48.124 --> 00:18:50.140 and kind of robustness that we

NOTE Confidence: 0.9322612

00:18:50.205 --> 00:18:52.240 see in society that therapeutic

NOTE Confidence: 0.9322612

00:18:52.240 --> 00:18:54.275 interventions have modest results and

NOTE Confidence: 0.9322612

00:18:54.338 --> 00:18:56.498 we actually don't have FDA approved

NOTE Confidence: 0.9322612

00:18:56.498 --> 00:18:58.580 medications except for an adults with

NOTE Confidence: 0.9322612

00:18:58.580 --> 00:19:00.180 binge eating disorder or bulimia.

NOTE Confidence: 0.9418834

00:19:02.340 --> 00:19:04.706 We often we also see high comorbidities

NOTE Confidence: 0.9418834

00:19:04.706 --> 00:19:06.460 in this patient population.

NOTE Confidence: 0.9418834

00:19:06.460 --> 00:19:09.332 So despite you know that that we imagine

NOTE Confidence: 0.9418834

00:19:09.332 --> 00:19:11.952 that these are the patients that need
NOTE Confidence: 0.9418834

00:19:11.952 --> 00:19:14.726 the the most cohesive and and holistic
NOTE Confidence: 0.9418834

00:19:14.726 --> 00:19:17.342 care because eating disorder care is
NOTE Confidence: 0.9418834

00:19:17.342 --> 00:19:21.190 often siloed out as when we started the
NOTE Confidence: 0.9418834

00:19:21.190 --> 00:19:23.496 presentation that it's difficult to to
NOTE Confidence: 0.9418834

00:19:23.496 --> 00:19:25.961 receive treatment for both at the same
NOTE Confidence: 0.9418834

00:19:25.961 --> 00:19:28.487 time and and having the psychiatric
NOTE Confidence: 0.9418834

00:19:28.487 --> 00:19:30.304 comorbidities are associated with
NOTE Confidence: 0.9418834

00:19:30.304 --> 00:19:32.256 greater negative longterm outcomes.
NOTE Confidence: 0.9418834

00:19:32.260 --> 00:19:35.004 We see over half of adolescence with
NOTE Confidence: 0.9418834

00:19:35.004 --> 00:19:37.740 anorexia display some type of mood disorder.
NOTE Confidence: 0.9418834

00:19:37.740 --> 00:19:39.948 The challenge here is it it's
NOTE Confidence: 0.9418834

00:19:39.948 --> 00:19:41.420 often hard to disentangle.
NOTE Confidence: 0.9418834

00:19:41.420 --> 00:19:43.856 Is that a result of the severe
NOTE Confidence: 0.9418834

00:19:43.856 --> 00:19:46.246 malnutrition or does the mood disorder
NOTE Confidence: 0.9418834

00:19:46.246 --> 00:19:48.376 predate the the eating disorder?

NOTE Confidence: 0.9291756

00:19:50.500 --> 00:19:53.020 One in four patients with

NOTE Confidence: 0.9291756

00:19:53.020 --> 00:19:55.540 anorexia have an anxiety disorder.

NOTE Confidence: 0.9291756

00:19:55.540 --> 00:19:57.932 We see one in four patients with anorexia

NOTE Confidence: 0.9291756

00:19:57.932 --> 00:19:59.819 experiencing a substance use disorder.

NOTE Confidence: 0.9291756

00:19:59.820 --> 00:20:02.330 Particularly cocaine and amphetamines are

NOTE Confidence: 0.9291756

00:20:02.330 --> 00:20:06.280 quite high and a high rate of comorbidity

NOTE Confidence: 0.9291756

00:20:06.280 --> 00:20:08.792 with OCD in individuals with anorexia.

NOTE Confidence: 0.9291756

00:20:08.792 --> 00:20:11.090 An important distinction here is that

NOTE Confidence: 0.9291756

00:20:11.148 --> 00:20:13.650 there are obsessive kind of tendencies

NOTE Confidence: 0.9291756

00:20:13.650 --> 00:20:15.780 associated with severe restrictive eating,

NOTE Confidence: 0.9291756

00:20:15.780 --> 00:20:18.156 and the cooccurrence of OCD requires

NOTE Confidence: 0.9291756

00:20:18.156 --> 00:20:21.166 the obsessions to be outside just the

NOTE Confidence: 0.9291756

00:20:21.166 --> 00:20:22.898 restrictive eating presentation themselves.

NOTE Confidence: 0.9275586

00:20:25.760 --> 00:20:28.160 Hitting further on the the importance

NOTE Confidence: 0.9275586

00:20:28.160 --> 00:20:30.871 of kind of conceptualizing that how high

NOTE Confidence: 0.9275586

00:20:30.871 --> 00:20:32.953 risk this patient publishing can be.
NOTE Confidence: 0.9275586

00:20:32.960 --> 00:20:34.852 In another nationally representative
NOTE Confidence: 0.9275586

00:20:34.852 --> 00:20:37.690 study that looked at prevalence rates
NOTE Confidence: 0.9275586

00:20:37.760 --> 00:20:40.114 among among adults with a diagnosis of
NOTE Confidence: 0.9275586

00:20:40.114 --> 00:20:42.479 an eating disorder in their lifetime,
NOTE Confidence: 0.9275586

00:20:42.480 --> 00:20:45.152 we saw elevated rates or we do see
NOTE Confidence: 0.9275586

00:20:45.152 --> 00:20:47.603 elevated rates of a lifetime and a
NOTE Confidence: 0.9275586

00:20:47.603 --> 00:20:49.714 suicide attempt that in individuals with
NOTE Confidence: 0.9275586

00:20:49.714 --> 00:20:52.170 a subtype of anorexia being over 40%.
NOTE Confidence: 0.9275586

00:20:52.170 --> 00:20:54.116 So despite the fact that we silo
NOTE Confidence: 0.9275586

00:20:54.116 --> 00:20:56.480 out and and separate eating disorder
NOTE Confidence: 0.9275586

00:20:56.480 --> 00:20:58.925 care from other psychiatric concerns,
NOTE Confidence: 0.9275586

00:20:58.930 --> 00:21:00.848 it it doesn't work as a treatment
NOTE Confidence: 0.9275586

00:21:00.848 --> 00:21:02.474 model because these things are so
NOTE Confidence: 0.9275586

00:21:02.474 --> 00:21:04.210 often Co occurring and leads to to
NOTE Confidence: 0.9275586

00:21:04.271 --> 00:21:05.927 poor care that can be delivered.

NOTE Confidence: 0.92717004

00:21:08.310 --> 00:21:10.683 So I painted this picture of the

NOTE Confidence: 0.92717004

00:21:10.683 --> 00:21:12.594 significance and severity of eating

NOTE Confidence: 0.92717004

00:21:12.594 --> 00:21:14.254 disorder presentations and the

NOTE Confidence: 0.92717004

00:21:14.254 --> 00:21:16.390 increase that we're continuing to see,

NOTE Confidence: 0.92717004

00:21:16.390 --> 00:21:18.148 that we're continuing to see it

NOTE Confidence: 0.92717004

00:21:18.148 --> 00:21:19.870 in younger and younger patients.

NOTE Confidence: 0.92717004

00:21:19.870 --> 00:21:22.586 And the reality is despite all this,

NOTE Confidence: 0.92717004

00:21:22.590 --> 00:21:24.400 our country continues to experience

NOTE Confidence: 0.92717004

00:21:24.400 --> 00:21:26.749 what we consider a crisis in care,

NOTE Confidence: 0.92717004

00:21:26.750 --> 00:21:28.326 in eating disorder care,

NOTE Confidence: 0.92717004

00:21:28.326 --> 00:21:29.508 especially in anorexia.

NOTE Confidence: 0.92717004

00:21:29.510 --> 00:21:31.533 And this is actually a paper from

NOTE Confidence: 0.92717004

00:21:31.533 --> 00:21:33.388 about two years ago now that was

NOTE Confidence: 0.92717004

00:21:33.388 --> 00:21:35.556 in some ways a call to action and

NOTE Confidence: 0.92717004

00:21:35.556 --> 00:21:37.386 it's published in Gym Psychiatry,

NOTE Confidence: 0.92717004

00:21:37.390 --> 00:21:39.580 the journal that highlights the
NOTE Confidence: 0.92717004

00:21:39.580 --> 00:21:41.770 number of reasons for that.
NOTE Confidence: 0.92717004

00:21:41.770 --> 00:21:44.226 So the major take home points is that
NOTE Confidence: 0.92717004

00:21:44.226 --> 00:21:46.394 really we continue to experience a
NOTE Confidence: 0.92717004

00:21:46.394 --> 00:21:48.626 crisis in care for patients with
NOTE Confidence: 0.92717004

00:21:48.695 --> 00:21:51.090 eating disorders and and especially
NOTE Confidence: 0.92717004

00:21:51.090 --> 00:21:53.050 anorexia that it's critical to
NOTE Confidence: 0.92717004

00:21:53.050 --> 00:21:54.530 improve eating disorder care.
NOTE Confidence: 0.92717004

00:21:54.530 --> 00:21:57.162 We continue to be in the systems
NOTE Confidence: 0.92717004

00:21:57.162 --> 00:21:59.234 where we are more kids,
NOTE Confidence: 0.92717004

00:21:59.234 --> 00:22:01.594 young adults requiring those higher
NOTE Confidence: 0.92717004

00:22:01.594 --> 00:22:03.488 levels of stabilization because
NOTE Confidence: 0.92717004

00:22:03.488 --> 00:22:05.513 there's not enough resources in
NOTE Confidence: 0.92717004

00:22:05.513 --> 00:22:07.874 the community and at lower levels
NOTE Confidence: 0.92717004

00:22:07.874 --> 00:22:10.205 of care that there's a need for
NOTE Confidence: 0.92717004

00:22:10.205 --> 00:22:11.860 more funding for research because

NOTE Confidence: 0.92717004

00:22:11.923 --> 00:22:13.947 eating disorders are significantly

NOTE Confidence: 0.92717004

00:22:13.947 --> 00:22:15.916 underfunded research field and

NOTE Confidence: 0.92717004

00:22:15.916 --> 00:22:18.592 the need to develop more effective

NOTE Confidence: 0.92717004

00:22:18.592 --> 00:22:21.102 interventions because both are are

NOTE Confidence: 0.92717004

00:22:21.102 --> 00:22:22.749 therapeutic and psychopharmacological

NOTE Confidence: 0.92717004

00:22:22.749 --> 00:22:24.945 or medication based interventions

NOTE Confidence: 0.92717004

00:22:24.945 --> 00:22:27.558 do have modest success thus far.

NOTE Confidence: 0.92717004

00:22:27.560 --> 00:22:30.038 But it's critical to improve training

NOTE Confidence: 0.92717004

00:22:30.040 --> 00:22:32.378 as again where I'd started as it's

NOTE Confidence: 0.92717004

00:22:32.378 --> 00:22:35.330 been such a niche area of our fields

NOTE Confidence: 0.92717004

00:22:35.330 --> 00:22:37.312 that that's a much smaller percentage

NOTE Confidence: 0.92717004

00:22:37.312 --> 00:22:39.160 of our mental health and medical

NOTE Confidence: 0.92717004

00:22:39.220 --> 00:22:40.870 providers are trained in eating

NOTE Confidence: 0.92717004

00:22:40.870 --> 00:22:42.840 disorder care than we actually need.

NOTE Confidence: 0.92717004

00:22:42.840 --> 00:22:44.821 There need to be more resources for

NOTE Confidence: 0.92717004

00:22:44.821 --> 00:22:46.360 treatment for patients and families.
NOTE Confidence: 0.92717004

00:22:46.360 --> 00:22:48.586 There are often long wait lists
NOTE Confidence: 0.92717004

00:22:48.586 --> 00:22:51.486 that allow the the disorder to to
NOTE Confidence: 0.92717004

00:22:51.486 --> 00:22:53.711 exacerbate or get worse before
NOTE Confidence: 0.92717004

00:22:53.711 --> 00:22:55.840 receiving care and we have to develop
NOTE Confidence: 0.92717004

00:22:55.840 --> 00:22:57.070 higher standards of care which
NOTE Confidence: 0.92717004

00:22:57.122 --> 00:22:58.610 just aren't available currently.
NOTE Confidence: 0.92880386

00:23:00.930 --> 00:23:03.054 So highlighting the severity,
NOTE Confidence: 0.92880386

00:23:03.054 --> 00:23:04.647 highlighting the need,
NOTE Confidence: 0.92880386

00:23:04.650 --> 00:23:07.794 what are we doing about it at Yale,
NOTE Confidence: 0.92880386

00:23:07.800 --> 00:23:09.360 what's been done to address
NOTE Confidence: 0.92880386

00:23:09.360 --> 00:23:10.920 the problem is you know,
NOTE Confidence: 0.92880386

00:23:10.920 --> 00:23:12.384 really acknowledging the reality
NOTE Confidence: 0.92880386

00:23:12.384 --> 00:23:14.580 of of the severity and increase
NOTE Confidence: 0.92880386

00:23:14.647 --> 00:23:16.077 of cases that we've seen.
NOTE Confidence: 0.92880386

00:23:16.080 --> 00:23:17.010 I highlighted the,

NOTE Confidence: 0.92880386

00:23:17.010 --> 00:23:19.180 you know what has happened with the

NOTE Confidence: 0.92880386

00:23:19.241 --> 00:23:21.076 numbers overall in the pandemic.

NOTE Confidence: 0.92880386

00:23:21.080 --> 00:23:23.344 I would say we're continuing to see that

NOTE Confidence: 0.92880386

00:23:23.344 --> 00:23:25.156 escalation while while it ebbs and flows,

NOTE Confidence: 0.92880386

00:23:25.160 --> 00:23:27.092 I know just recently we had five

NOTE Confidence: 0.92880386

00:23:27.092 --> 00:23:29.359 patients in the Children's Hospital with

NOTE Confidence: 0.92880386

00:23:29.360 --> 00:23:31.090 being hospitalized on the Pediatrics

NOTE Confidence: 0.92880386

00:23:31.090 --> 00:23:32.820 floor for the medical complications

NOTE Confidence: 0.92880386

00:23:32.875 --> 00:23:34.559 associated with restrictive eating.

NOTE Confidence: 0.92880386

00:23:34.560 --> 00:23:37.160 So we don't see this

NOTE Confidence: 0.92880386

00:23:37.160 --> 00:23:39.240 slowing down anytime soon.

NOTE Confidence: 0.92880386

00:23:39.240 --> 00:23:41.557 What we've done to address that need

NOTE Confidence: 0.92880386

00:23:41.560 --> 00:23:43.672 kind of given given the state of the

NOTE Confidence: 0.92880386

00:23:43.672 --> 00:23:45.663 field and and those different issues

NOTE Confidence: 0.92880386

00:23:45.663 --> 00:23:47.763 with resources that we have talked

NOTE Confidence: 0.92880386

00:23:47.829 --> 00:23:50.106 about of just kind of as a a field
NOTE Confidence: 0.92880386

00:23:50.106 --> 00:23:52.330 generally is trying to be creative
NOTE Confidence: 0.92880386

00:23:52.330 --> 00:23:54.300 and innovative in the collaboration
NOTE Confidence: 0.92880386

00:23:54.372 --> 00:23:56.280 with the Children's Hospital.
NOTE Confidence: 0.92880386

00:23:56.280 --> 00:23:57.788 So collaborations with the
NOTE Confidence: 0.92880386

00:23:57.788 --> 00:23:59.673 Pediatrics team for these youth
NOTE Confidence: 0.92880386

00:23:59.673 --> 00:24:01.730 that are medically hospitalized.
NOTE Confidence: 0.92880386

00:24:01.730 --> 00:24:04.082 So these patients are managed by our
NOTE Confidence: 0.92880386

00:24:04.082 --> 00:24:06.327 consultation liaison team who serve or
NOTE Confidence: 0.92880386

00:24:06.327 --> 00:24:08.282 youth that are medically hospitalized
NOTE Confidence: 0.92880386

00:24:08.282 --> 00:24:09.610 requiring psychiatric supports.
NOTE Confidence: 0.92880386

00:24:09.610 --> 00:24:11.400 There's weekly case rounds where
NOTE Confidence: 0.92880386

00:24:11.400 --> 00:24:13.190 the youth with eating disorders
NOTE Confidence: 0.92880386

00:24:13.253 --> 00:24:15.409 are rounded on by both the medical
NOTE Confidence: 0.92880386

00:24:15.409 --> 00:24:17.253 and psychiatric team as well as
NOTE Confidence: 0.92880386

00:24:17.253 --> 00:24:18.688 other members caring for them,

NOTE Confidence: 0.92880386

00:24:18.690 --> 00:24:21.010 including nursing child life,

NOTE Confidence: 0.92135006

00:24:23.130 --> 00:24:24.658 doing trainings, teaching didactics

NOTE Confidence: 0.92135006

00:24:24.658 --> 00:24:27.379 with the Pediatrics team as well as

NOTE Confidence: 0.92135006

00:24:27.379 --> 00:24:29.204 the consultation liaison team and

NOTE Confidence: 0.92135006

00:24:29.204 --> 00:24:31.010 educating on eating disorder care.

NOTE Confidence: 0.92135006

00:24:31.010 --> 00:24:32.420 And trying to revisit our clinical

NOTE Confidence: 0.92135006

00:24:32.420 --> 00:24:34.171 pathway that we use to care for these

NOTE Confidence: 0.92135006

00:24:34.171 --> 00:24:36.153 patients to try to keep it as up to date

NOTE Confidence: 0.92135006

00:24:36.153 --> 00:24:39.530 as possible to provide the best care.

NOTE Confidence: 0.92135006

00:24:39.530 --> 00:24:41.252 We've also done is the necessity

NOTE Confidence: 0.92135006

00:24:41.252 --> 00:24:42.694 of providing bridging plans for

NOTE Confidence: 0.92135006

00:24:42.694 --> 00:24:44.170 patients due to wait list there.

NOTE Confidence: 0.92135006

00:24:44.170 --> 00:24:47.563 As I had kind of started to allude to,

NOTE Confidence: 0.92135006

00:24:47.570 --> 00:24:49.579 there is a significant kind of dearth

NOTE Confidence: 0.92135006

00:24:49.579 --> 00:24:51.663 of resources in the community for this

NOTE Confidence: 0.92135006

00:24:51.663 --> 00:24:53.755 patient population that is in a lot
NOTE Confidence: 0.92135006

00:24:53.755 --> 00:24:55.441 of ways you know largely connected
NOTE Confidence: 0.92135006

00:24:55.441 --> 00:24:57.646 to that niche area that it's become.
NOTE Confidence: 0.92135006

00:24:57.646 --> 00:24:59.680 So often we have patients that
NOTE Confidence: 0.92135006

00:24:59.746 --> 00:25:01.408 once medically stabilized,
NOTE Confidence: 0.92135006

00:25:01.410 --> 00:25:03.042 they're still not the right next
NOTE Confidence: 0.92135006

00:25:03.042 --> 00:25:04.610 treatment for them immediately available.
NOTE Confidence: 0.92135006

00:25:04.610 --> 00:25:06.612 And so we're having to create these
NOTE Confidence: 0.92135006

00:25:06.612 --> 00:25:08.213 bridging plans to not unnecessarily
NOTE Confidence: 0.92135006

00:25:08.213 --> 00:25:10.265 keep them in the hospital people
NOTE Confidence: 0.92135006

00:25:10.265 --> 00:25:12.880 either without kind of access to
NOTE Confidence: 0.92135006

00:25:12.880 --> 00:25:15.530 necessarily an eating disorder mill you.
NOTE Confidence: 0.92135006

00:25:15.530 --> 00:25:17.650 We're working to create innovative
NOTE Confidence: 0.92135006

00:25:17.650 --> 00:25:19.346 and responsive treatment care
NOTE Confidence: 0.92135006

00:25:19.346 --> 00:25:21.089 models for complex patients.
NOTE Confidence: 0.92135006

00:25:21.090 --> 00:25:23.162 So as I had you know already said

NOTE Confidence: 0.92135006

00:25:23.162 --> 00:25:25.044 that the eating disorder very

NOTE Confidence: 0.92135006

00:25:25.044 --> 00:25:27.204 infrequently happens in the vacuum.

NOTE Confidence: 0.92135006

00:25:27.210 --> 00:25:29.128 And so we've more and more frequently

NOTE Confidence: 0.92135006

00:25:29.128 --> 00:25:31.170 see youth coming in with those concerns,

NOTE Confidence: 0.92135006

00:25:31.170 --> 00:25:32.790 but also having suicidality

NOTE Confidence: 0.92135006

00:25:32.790 --> 00:25:34.410 or other mood concerns.

NOTE Confidence: 0.92135006

00:25:34.410 --> 00:25:35.650 And because treatment models

NOTE Confidence: 0.92135006

00:25:35.650 --> 00:25:36.890 are often very separate,

NOTE Confidence: 0.92135006

00:25:36.890 --> 00:25:38.852 we have to think about how do we bridge

NOTE Confidence: 0.92135006

00:25:38.852 --> 00:25:40.808 that and provide more appropriate care,

NOTE Confidence: 0.93888307

00:25:42.890 --> 00:25:45.090 finding ways to provide training

NOTE Confidence: 0.93888307

00:25:45.090 --> 00:25:47.741 education to clinicians within the Child

NOTE Confidence: 0.93888307

00:25:47.741 --> 00:25:50.045 Study Center across levels of care.

NOTE Confidence: 0.93888307

00:25:50.050 --> 00:25:52.185 And that who are often working with

NOTE Confidence: 0.93888307

00:25:52.185 --> 00:25:53.965 these patients whether it be outpatient

NOTE Confidence: 0.93888307

00:25:53.965 --> 00:25:56.556 or in home services who are also
NOTE Confidence: 0.93888307

00:25:56.556 --> 00:25:59.066 coordinating with their medical teams.
NOTE Confidence: 0.93888307

00:25:59.070 --> 00:26:00.854 And then thinking about the goals for eating
NOTE Confidence: 0.93888307

00:26:00.854 --> 00:26:02.347 disorder care at the Child Study Center.
NOTE Confidence: 0.93888307

00:26:02.350 --> 00:26:03.850 Building on this work
NOTE Confidence: 0.93888307

00:26:03.850 --> 00:26:05.350 that's already been done,
NOTE Confidence: 0.93888307

00:26:05.350 --> 00:26:07.114 we're working to build more robust
NOTE Confidence: 0.93888307

00:26:07.114 --> 00:26:08.655 eating disorder care in partnership
NOTE Confidence: 0.93888307

00:26:08.655 --> 00:26:10.509 between the Child Study Center and
NOTE Confidence: 0.93888307

00:26:10.509 --> 00:26:12.510 Neil New Haven Children's Hospital.
NOTE Confidence: 0.93888307

00:26:12.510 --> 00:26:14.766 This is something that in in kind of
NOTE Confidence: 0.93888307

00:26:14.766 --> 00:26:16.701 moving those efforts forward has been
NOTE Confidence: 0.93888307

00:26:16.701 --> 00:26:19.102 primarily led by the Child Study Center
NOTE Confidence: 0.93888307

00:26:19.102 --> 00:26:21.720 and with mental health lead and with
NOTE Confidence: 0.93888307

00:26:21.720 --> 00:26:24.138 the interdisciplinary partnership with
NOTE Confidence: 0.93888307

00:26:24.138 --> 00:26:27.336 Pediatrics and nutrition with really

NOTE Confidence: 0.93888307

00:26:27.336 --> 00:26:30.120 that goal again not to shy away from

NOTE Confidence: 0.93888307

00:26:30.200 --> 00:26:32.960 those high risk complex presentations,

NOTE Confidence: 0.93888307

00:26:32.960 --> 00:26:34.845 really another goal addressing the

NOTE Confidence: 0.93888307

00:26:34.845 --> 00:26:36.353 limited community referral options.

NOTE Confidence: 0.93888307

00:26:36.360 --> 00:26:38.772 So that can be done in a number of

NOTE Confidence: 0.93888307

00:26:38.772 --> 00:26:40.668 ways through both increasing those

NOTE Confidence: 0.93888307

00:26:40.668 --> 00:26:41.889 outpatient services affiliated

NOTE Confidence: 0.93888307

00:26:41.889 --> 00:26:43.989 directly with Yale or through

NOTE Confidence: 0.93888307

00:26:43.989 --> 00:26:45.637 community partnerships and trainings.

NOTE Confidence: 0.93888307

00:26:45.640 --> 00:26:48.782 So again training of community providers

NOTE Confidence: 0.93888307

00:26:48.782 --> 00:26:51.314 within the Yale system and developing

NOTE Confidence: 0.93888307

00:26:51.314 --> 00:26:53.900 more of those bridging services,

NOTE Confidence: 0.93888307

00:26:53.900 --> 00:26:56.000 trying to think about and other goals

NOTE Confidence: 0.93888307

00:26:56.000 --> 00:26:57.832 of developing that streamline pathway

NOTE Confidence: 0.93888307

00:26:57.832 --> 00:27:00.466 from those youth requiring that medical

NOTE Confidence: 0.93888307

00:27:00.466 --> 00:27:02.419 inpatient stabilization to outpatient care.
NOTE Confidence: 0.93888307

00:27:02.420 --> 00:27:05.060 So once somebody is brought into the system,
NOTE Confidence: 0.93888307

00:27:05.060 --> 00:27:07.571 what are the steps to getting them back out
NOTE Confidence: 0.93888307

00:27:07.571 --> 00:27:09.780 safely knowing that it's not, you know,
NOTE Confidence: 0.93888307

00:27:09.780 --> 00:27:12.340 kind of one stop and then back out.
NOTE Confidence: 0.93888307

00:27:12.340 --> 00:27:14.290 This includes that aim of utilizing
NOTE Confidence: 0.93888307

00:27:14.290 --> 00:27:16.517 sites within the Yale New Haven
NOTE Confidence: 0.93888307

00:27:16.517 --> 00:27:17.816 Children's Hospital Network,
NOTE Confidence: 0.93888307

00:27:17.820 --> 00:27:21.105 including the initiative to begin to
NOTE Confidence: 0.93888307

00:27:21.105 --> 00:27:22.930 utilize places like Bridgeport Hospital
NOTE Confidence: 0.93888307

00:27:22.930 --> 00:27:25.160 for stabilization of these patients and
NOTE Confidence: 0.93888307

00:27:25.160 --> 00:27:27.290 ensuring the most robust supports there
NOTE Confidence: 0.93888307

00:27:27.290 --> 00:27:29.301 available that are needed to support
NOTE Confidence: 0.93888307

00:27:29.301 --> 00:27:31.173 this patient population that has been
NOTE Confidence: 0.93888307

00:27:31.180 --> 00:27:34.764 built up at our York Street campus.
NOTE Confidence: 0.93888307

00:27:34.770 --> 00:27:37.044 Really another goal of maintaining that

NOTE Confidence: 0.93888307

00:27:37.044 --> 00:27:39.444 mindset of the multiple systems level

NOTE Confidence: 0.93888307

00:27:39.444 --> 00:27:42.307 approach that is needed in partnership with

NOTE Confidence: 0.93888307

00:27:42.307 --> 00:27:44.409 colleagues throughout our departments.

NOTE Confidence: 0.93888307

00:27:44.410 --> 00:27:47.290 So given such a complex high

NOTE Confidence: 0.93888307

00:27:47.290 --> 00:27:48.730 risk patient population,

NOTE Confidence: 0.93888307

00:27:48.730 --> 00:27:50.098 not just think about who is

NOTE Confidence: 0.93888307

00:27:50.098 --> 00:27:51.410 directly caring for this patient,

NOTE Confidence: 0.93888307

00:27:51.410 --> 00:27:53.480 but where will this patient be

NOTE Confidence: 0.93888307

00:27:53.480 --> 00:27:55.632 going next And and really thinking

NOTE Confidence: 0.93888307

00:27:55.632 --> 00:27:58.400 about helping it to be as fluid a

NOTE Confidence: 0.93888307

00:27:58.470 --> 00:28:00.800 process for families as possible.

NOTE Confidence: 0.93888307

00:28:00.800 --> 00:28:02.768 And this is where we start with the

NOTE Confidence: 0.93888307

00:28:02.768 --> 00:28:05.089 need and the goal of prioritizing an

NOTE Confidence: 0.93888307

00:28:05.089 --> 00:28:06.854 ambulatory program that can provide

NOTE Confidence: 0.93888307

00:28:06.914 --> 00:28:08.370 that interdisciplinary support to

NOTE Confidence: 0.93888307

00:28:08.370 --> 00:28:10.554 a patient and their family when
NOTE Confidence: 0.93888307

00:28:10.560 --> 00:28:13.880 those concerns are emerging.
NOTE Confidence: 0.93888307

00:28:13.880 --> 00:28:16.248 And then of course one of the other,
NOTE Confidence: 0.93888307

00:28:16.250 --> 00:28:17.177 you know really,
NOTE Confidence: 0.93888307

00:28:17.177 --> 00:28:19.031 really crucial and I would say
NOTE Confidence: 0.93888307

00:28:19.031 --> 00:28:20.996 critical goals and priorities being
NOTE Confidence: 0.93888307

00:28:20.996 --> 00:28:22.986 a prioritizing training of fellows
NOTE Confidence: 0.93888307

00:28:22.986 --> 00:28:24.605 throughout the departments including
NOTE Confidence: 0.93888307

00:28:24.605 --> 00:28:26.927 the child study center in Pediatrics.
NOTE Confidence: 0.93888307

00:28:26.930 --> 00:28:28.406 To get away from this idea,
NOTE Confidence: 0.93888307

00:28:28.410 --> 00:28:31.194 from it being a niche area of training
NOTE Confidence: 0.93888307

00:28:31.194 --> 00:28:33.583 and really trying to focus on kind
NOTE Confidence: 0.93888307

00:28:33.583 --> 00:28:35.248 of broadening the exposure for
NOTE Confidence: 0.93888307

00:28:35.248 --> 00:28:36.580 trainees and professionals working
NOTE Confidence: 0.93888307

00:28:36.630 --> 00:28:38.010 with this patient population,
NOTE Confidence: 0.93888307

00:28:38.010 --> 00:28:40.768 this as it's critically needed for care.

NOTE Confidence: 0.93888307

00:28:40.770 --> 00:28:43.059 And so well the the Child City

NOTE Confidence: 0.93888307

00:28:43.059 --> 00:28:44.694 Center and Children's Hospital has

NOTE Confidence: 0.93888307

00:28:44.694 --> 00:28:47.054 done a lot to to work through some

NOTE Confidence: 0.932927846666666

00:28:47.124 --> 00:28:49.636 of these challenges and to be able to

NOTE Confidence: 0.932927846666666

00:28:49.636 --> 00:28:51.206 address this continued increasing need.

NOTE Confidence: 0.932927846666666

00:28:51.206 --> 00:28:53.700 There continues to be a lot of goals

NOTE Confidence: 0.932927846666666

00:28:53.700 --> 00:28:55.716 for those next steps and and as you

NOTE Confidence: 0.932927846666666

00:28:55.716 --> 00:28:57.512 know it's been highlighted throughout

NOTE Confidence: 0.932927846666666

00:28:57.512 --> 00:29:00.158 the field is where we're continuing to

NOTE Confidence: 0.932927846666666

00:29:00.158 --> 00:29:03.014 see the increase in need and trying

NOTE Confidence: 0.932927846666666

00:29:03.014 --> 00:29:05.723 to evolve dynamically as a center

NOTE Confidence: 0.932927846666666

00:29:05.723 --> 00:29:08.897 and a hospital system to meet that

NOTE Confidence: 0.932927846666666

00:29:08.897 --> 00:29:10.808 need for this patient population.

NOTE Confidence: 0.932927846666666

00:29:10.808 --> 00:29:13.608 And figuring out how to to to best

NOTE Confidence: 0.932927846666666

00:29:13.608 --> 00:29:15.384 serve a patient population that does

NOTE Confidence: 0.932927846666666

00:29:15.384 --> 00:29:17.414 pull on on resources quite a bit and
NOTE Confidence: 0.9329278466666666

00:29:17.414 --> 00:29:19.811 to be able to deliver the the best
NOTE Confidence: 0.9329278466666666

00:29:19.811 --> 00:29:21.431 care for that patient population.
NOTE Confidence: 0.9338283

00:29:24.960 --> 00:29:26.290 Thank you very much for
NOTE Confidence: 0.9338283

00:29:26.290 --> 00:29:27.354 for attending the webinar.
NOTE Confidence: 0.9338283

00:29:27.360 --> 00:29:29.664 I hope that you know the note that I
NOTE Confidence: 0.9338283

00:29:29.664 --> 00:29:31.746 really do want to end on is with the
NOTE Confidence: 0.9338283

00:29:31.746 --> 00:29:33.709 hope of despite us seeing the dire
NOTE Confidence: 0.9338283

00:29:33.709 --> 00:29:35.798 need in the field on the increase
NOTE Confidence: 0.9338283

00:29:35.798 --> 00:29:37.328 in severity and presentations that
NOTE Confidence: 0.9338283

00:29:37.328 --> 00:29:38.860 somewhere like the child study
NOTE Confidence: 0.9338283

00:29:38.860 --> 00:29:40.588 center you know New Haven Children's
NOTE Confidence: 0.9338283

00:29:40.588 --> 00:29:41.959 Hospital has the infrastructure and
NOTE Confidence: 0.9338283

00:29:41.959 --> 00:29:43.908 the right sports in place to meet
NOTE Confidence: 0.9338283

00:29:43.908 --> 00:29:46.624 that need and and the right vision
NOTE Confidence: 0.9338283

00:29:46.624 --> 00:29:49.274 to continue to innovate and move

NOTE Confidence: 0.9338283

00:29:49.274 --> 00:29:51.514 those move that process forward.

NOTE Confidence: 0.9338283

00:29:51.520 --> 00:29:51.960 Thank you.