



Eating Disorders in Children, Adolescents and Young Adults

October 16, 2009

Frances C. Arrillaga Alumni Center, Stanford, CA

Optional Workshop – Family Based Treatment of
Adolescent Eating Disorders

October 17, 2009

Vaden Health Center, Stanford CA

Presented by the Comprehensive Eating Disorders Program of Lucile Packard Children's
Hospital and the Division of Adolescent Medicine at Stanford University School of Medicine

Sponsored by Stanford University School of Medicine

A Continuing Medical
Education Activity

Lucile Packard
Children's Hospital
AT STANFORD



STANFORD
SCHOOL OF MEDICINE
Stanford University Medical Center

Course Overview and Objectives

Eating Disorders are complex illnesses that are affecting children, adolescents and young adults with increasing frequency. Eating disorders are associated with serious biological, psychological and sociological morbidity and significant mortality. Prompt diagnosis is linked to better outcomes. The primary care practitioner can play an important role in diagnosing these illnesses early and in coordinating the multidisciplinary team of psychiatrists, nutritionists, and other professionals to successfully treat patients with eating disorders.

The goal of the course is to update the practitioner on recent advances in the etiology, diagnosis and management of eating disorders in children, adolescents and young adults.

Lectures with Q&A panels and an optional workshop will provide opportunity for learners to discuss practice dilemmas with their colleagues and the expert faculty.

Who should attend?

This conference is designed for physicians, dietitians, psychologists, nurse practitioners, nurses and interested allied health practitioners who provide care for children, adolescents and young adults.

Course Objectives:

- Distinguish how children and adolescents with eating disorders differ from adults with respect to diagnostic criteria and medical complications
- Recognize and advocate to prevent the negative clinical impact of pro-anorexia and pro-bulimia websites on young patients
- Identify and develop strategies to address medical complications of eating disorders in adolescents
- Utilize appropriate therapies to improve bone health in patients with eating disorders
- Identify the role of neurotransmitter abnormalities in eating disorders and evaluate the implications for treatment
- Evaluate current treatment options for young patients with eating disorders to best address their medical, nutritional and mental health
- Employ strategies to improve access to care for eating disordered patients

Program

Friday, October 16, 2009 – Frances C. Arrillaga Alumni Center

- 7:15-8:00 am **Registration and Continental Breakfast**
- 8:00-8:15 am **Welcome and Introduction**
Moderator: Neville H. Golden, MD
- 8:15-10:15 am **Diagnosis, Epidemiology and Prevention**
- 8:15-8:45 am ***Eating Disorders in Children and Adolescents: What Is Different about Them?***
Iris F. Litt, MD
- 8:45-9:15 am ***Surfing for Thinness: Internet Usage and Eating Disorders***
Rebecka Peebles, MD
- 9:15-9:45 am ***Does Prevention Work?***
C. Barr Taylor, MD
- 9:45-10:15 am ***Q & A Panel***
- 10:15-10:30 am Break
- 10:30-12:30 pm **Medical Concerns**
- 10:30-11:00 am ***Medical Complications of Eating Disorders in Adolescents***
Cynthia J. Kapphahn, MD, MPH
- 11:00-11:30 am ***Bone Health and Eating Disorders***
Neville H. Golden, MD
- 11:30-12:00 pm ***The Neurobiology of Eating Disorders: Brain Imaging and Neurotransmitter Abnormalities***
Walter H. Kaye, MD
- 12:00-12:30 pm ***Q & A Panel***
- 12:30-1:30 pm Lunch
- 1:30-5:00 pm **Treatment Issues**
- 1:30-2:00 pm ***A New Paradigm for Treating Children and Adolescents with Eating Disorders***
James D. Lock, MD, PhD
- 2:00-2:30 pm ***Psychopharmacology and Eating Disorders***
William Stewart Agras, MD
- 2:30-3:00 pm ***Treatment Issues in Young Adults***
Robyn S. Tepper, MD, FAAFP

- 3:00-3:15 pm Break
- 3:15-3:45 pm **Access to Care for Eating Disorders**
Russell D. Marx, MD
- 3:45-4:15 pm **From Confusion to More Confusion: A Parent's Perspective**
Roberta R. Katz, PhD, JD
- 4:15-5:00 pm **Q & A Panel**
- 5:00 pm Adjourn

Saturday, October 17, 2009 – Vaden Health Center

- 9:00-12:00 pm Optional Workshop – requires separate registration and additional fee

Family-Based Treatment of Adolescent Eating Disorders

James D. Lock, MD, PhD

Kathleen Kara Fitzpatrick, PhD

The workshop will focus on training participants in specific skills to implement Family-Based Treatment (FBT) for adolescent eating disorders based on manualized versions of this treatment approach. FBT has been studied for over 20 years in various settings. Results of these studies support that FBT is effective for adolescent anorexia nervosa (AN) and likely useful for adolescent bulimia nervosa (BN) as well. The workshop will illustrate key intervention strategies used in FBT including: agnostic stance, consulting stance, symptom focus, parental empowerment, and externalization. Case material and role plays will be used to illustrate key points. Future directions for research in FBT will be briefly considered.

Program subject to change.

Course Faculty

Faculty from Stanford University School of Medicine and Lucile Packard Children's Hospital at Stanford

Neville H. Golden, MD

The Marron and Mary Elizabeth Kendrick Professor in Pediatrics
Chief, Division of Adolescent Medicine
Course Director

William Stuart Agras, MD

Professor of Psychiatry and Behavioral Sciences, Emeritus

Kathleen Kara Fitzpatrick, PhD

Clinical Instructor, Psychiatry and Behavioral Sciences
Child and Adolescent Psychiatry and Child Development

Cynthia J. Kapphahn, MD, MPH

Clinical Associate Professor of Pediatrics (Adolescent Medicine)
Medical Director, Comprehensive Eating Disorders Program

Iris F. Litt, MD

Marron and Mary Elizabeth Kendrick Professor in Pediatrics, Emerita
Division of Adolescent Medicine

James D. Lock, MD, PhD

Professor of Child and Adolescent Psychiatry and Pediatrics
Psychiatric Director,
Comprehensive Eating Disorders Program

Rebecka Peebles, MD

Instructor, Division of Adolescent Medicine

C. Barr Taylor, MD

Professor of Psychiatry and Behavioral Sciences

Robyn S. Tepper, MD, FAAFP

Clinical Assistant Professor of Medicine
Director of Medical Services,
Vaden Health Center

Guest Faculty

Roberta R. Katz, PhD, JD

Chair, Board of Directors
National Eating Disorders Association (NEDA)

Walter H. Kaye, MD

Professor of Psychiatry
Psychiatrist & Director,
Eating Disorders Program
University California San Diego

Russell D. Marx, MD

Medical Director, Eating Disorders Program
University Medical Center at Princeton

Faculty Disclosure: Stanford University School of Medicine adheres to the Accreditation Council for Continuing Medical Education (ACCME) Essential Areas, Standards and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior to the activity. Speakers are required to openly disclose any limitations of data and/or any discussion of off-label, experimental or investigational uses of drugs or devices in their presentations.

About Lucile Packard Children's Hospital at Stanford

Lucile Packard Children's Hospital is devoted entirely to the care of children and expectant mothers. Providing pediatric and obstetric medical and surgical services and associated with the Stanford University School of Medicine, Packard Children's offers patients locally, regionally and nationally a full range of health care programs and services – from preventive and routine care to the diagnosis and treatment of serious illness and injury.

Information

Conference Location – Plenary Session, Friday, October 16

The Frances C. Arrillaga Alumni Center is located on the Stanford Campus at 326 Galvez Street, at the intersection of Campus Drive and Galvez Street. For a map and driving directions visit <http://ucomm.stanford.edu/cgi-bin/map/>. Galvez Field event parking is available and free for attendees on Friday, October 16, 2009 (entrance is from Campus Drive East).

Workshop Location – Saturday, October 17

Vaden Health Center is located at 866 Campus Drive. Parking is available on weekends at no charge in any permit spot (A or C).

Accommodations

Excellent accommodations are available with special conference rates at the Westin Palo Alto located within a five minute drive of the conference location. The Westin Palo Alto is located at 675 El Camino Real, Palo Alto, CA 94301. Please ask for the Eating Disorders in Children, Adolescents and Young Adults \$139 conference rate. Occupancy tax is 12% and a California tourism tax of 0.07% will be charged per room night. These taxes are not included in the room rate and are subject to change without notice. The Westin offers valet parking for \$15 per day or self-parking for \$10 per day. For reservations call 1-800-937-8461 or (650) 321-4422. Rooms will be guaranteed at the special rate until September 22, 2009 (subject to availability). Thereafter, the Westin will provide rooms on a space available basis and the group rate will no longer be guaranteed. Reserve early; space is limited.

Cancellation and Refund Policy – Course Registration

Registration fees, less a \$50 dollar administrative charge, are refundable if written cancellation is received prior to October 1, 2009. No refunds will be given for cancellations received after this date or for conference non-attendance. Lucile Packard Children's Hospital reserves the right to cancel or postpone any program if necessary. In such

case, full refund of registration fees will be given. We are not responsible for other costs incurred such as non-refundable airline tickets or hotel penalties.

Special Needs

Lucile Packard Children's Hospital is committed to making its activities accessible to all individuals. If you have needs that require special accommodations, including dietary concerns, please call the continuing medical education office at (650) 497-8554 before October 1, 2009.

Accreditation and Designation of Credits

Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Physicians: Stanford University School of Medicine designates this educational activity for a maximum of 10.25 *AMA PRA Category 1 Credits*[™] (Friday Plenary Session – 7.25 *AMA PRA Category 1 Credits*[™] and Saturday optional workshop – 3.0 *AMA PRA Category 1 Credits*[™]). Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: CME is accepted by the California Board of Psychology as meeting the continuing education requirements toward license renewal for California psychologists (self reporting required).

Nurses: The California State Board of Registered Nursing recognizes this accredited Category 1 course as acceptable toward continuing education requirements for license renewal by nurses. Lucile Packard Children's Hospital at Stanford is approved by the Board of Registered Nursing, provider number CEP 12570, to offer this symposium for 12 contact hours (Friday Plenary – 8.5 contact hours and Saturday optional workshop – 3.5 contact hours).

Dietitians: This program has been approved by the Commission on Dietetic Registration for 9.5 CPEUs (Friday Plenary – 6.5 CPEUs and Saturday optional workshop – 3.0 CPEUs).

Registration

Registration applications must be faxed or postmarked by October 1, 2009. Registration will re-open onsite on the day of the conference if space is available. An additional \$50 onsite registration fee will be added to all onsite conference registrations. All registrations are confirmed in writing. If you do not receive written confirmation, call (650) 497-8554 or email lpchcme@lpch.org. Please note that until you have received written confirmation, you are not officially registered for the conference.

Eating Disorders in Children, Adolescents and Young Adults – October 16-17, 2009

Please type or print:

Name _____

Degree and Specialty _____

Street Address _____

City _____ State _____ Zip _____

Business Phone _____ Fax _____

Email Address _____

Hospital/Professional Affiliation _____

Medical/Nursing License # (required for credit) _____

Include me on your mailing list for future educational activities.

Meal Preference: Regular Vegetarian

Payment for Course Registration:

Eating Disorders in Children, Adolescents and Young Adults

Friday, October 16, Frances C. Arrillaga Alumni Center, Stanford Campus

Fees include tuition, course materials, continental breakfast and lunch.

Early Bird – faxed/postmarked by 8/21/09 faxed/postmarked 8/22 to 10/1/09

Physician: \$150 \$200

Nurse/Allied Health: \$125 \$175

Stanford Student \$65 \$75

Optional Workshop: Family Based Treatment of Adolescent Eating Disorders

Saturday, October 17, Vaden Health Center, Stanford Campus

Fees include tuition, course materials and continental breakfast.

Early Bird – faxed/postmarked by 8/21/09 faxed/postmarked 8/22 to 10/1/09

All Practitioners: \$150 \$175

Type of Payment:

Credit Card (Amex, Visa and MasterCard only, circle one)

Card Number _____ Expiration Date _____

Printed Name (as appears on card) _____

Cardholder's Signature _____

Check made payable to Stanford University (LPCH CME)

Please complete form and fax or mail with payment to:

CME Office, Lucile Packard Children's Hospital

725 Welch Road, MC: 5517, Palo Alto, CA 94304

Phone: (650) 497-8554 • Fax: (650) 497-8585 • Email: lpchcme@lpch.org

Contact: Deborah Lee, Manager, CME

Tell a colleague; for an online brochure go to www.cme.lpch.org



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725 Welch Road, MC 5517
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Other Upcoming Activities

- **17th Annual Pediatric Update and Pre-Conference: Pediatric and Adolescent Sports Medicine**
July 16-18, 2009
Stanford, CA
 - **Popular Pediatric Clinical Topics 2009**
December 2-4, 2009
Mauna Lani Bay Hotel
Kohala Coast, Hawaii
- For more information visit
www.cme.lpch.org