



Application for approval of training

Evidence-informed dietetic practice for eating disorders

The National Framework for Eating Disorders Training: A guide for training providers (The Framework) has been designed to support and guide training providers in the design, structure, and content of eating disorder training for mental health professionals and dietitians. Please ensure that you have read the Framework prior to completing your application.

Training providers seeking approval of their training must use the Framework and provided application form for their application. Please ensure that you have selected the form relevant to training in introduction to eating disorders (green), evidence-based treatment model (orange), or evidence-informed dietetic practice (red). Training providers are required to address each **General Standard** and **Content Standard** via this form. Detailed instructions are included within each section of the form.

Further information can be found on the NEDC website [here](#).

Application for approval of training

Evidence-informed dietetic practice for eating disorders

Training Details

Date of application

Name of training provider/s and/or training organisation

Name of training

General Standards

Please provide evidence that your training meets each of the General Standards using no more than 150 words per Standard.

General Standard	Evidence
<p>1. Clinical experience involved in planning, developing, delivering, and evaluating training</p>	<p>Summary of training provider/s experience: <i>You may provide NEDC with a copy of your CV in place of a written summary</i></p> <p>I confirm that I meet the eligibility criteria for the ANZAED Eating Disorder Credential</p>

General Standard	Evidence
<p>2. Lived experience, family and/or support contribution to training</p>	<p>Summary of lived experience input into training development and/or delivery (please ensure all information provided is deidentified):</p> <p>Slide or page number/s:</p> <p>I confirm that I have sought and obtained consent to use any materials that have been developed by someone with lived experience</p>
<p>3. Inclusion of preparatory activity/ activities to improve educational value</p>	<p>Summary of preparatory activity/activities: <i>Please provide NEDC with any links or documents related to preparatory activities</i></p>
<p>4. Learning outcomes are described in the description of training and at the commencement of training</p>	<p>Summary of learning outcomes: <i>Please provide NEDC with any links or documents related to learning outcomes</i></p>

General Standard	Evidence
<p>5. A mixed training format of didactic, interactive, and experiential approaches</p>	<p>Summary of teaching and learning approaches: <i>You can indicate within the Standard Checklist (pages 7-20) where mixed format occurs in place of providing a written description</i></p> <p>Slide or page number/s:</p>
<p>6. Assessment of learning</p>	<p>Summary of assessment of learning activities and outcomes: <i>Please provide NEDC with any links or documents related to assessment activities</i></p>
<p>7. Evaluation of training: participant feedback</p>	<p>Summary of evaluation of training: <i>Please provide NEDC with any links or documents related to training evaluation</i></p>

General Standard	Evidence
<p>8. Duration of training for face-to-face and online trainings</p>	<p>Please indicate the duration (or expected duration) of your training:</p>
<p>9. Evidence-based and evidence-informed approaches</p>	<p>Indication of referencing within training. For example, reference list or references included on slides.</p> <p>ğ confirm that the training incorporates the most recent evidence and is aligned to evidence-base and evidence-informed treatment guidelines</p>

Evidence-informed dietetic practice

Content Standards

For each Content Standard, please provide the following information:

- Which slide (live training) or section (self-paced training) the Standard is covered
- A brief outline of the content covered (optional)
- A description of any interactive/experiential activities related to the Standard (e.g. video, case discussion, group work, quiz) (if applicable)
- A list of any supporting resources or attachments provided to the clinician to support their learning (e.g. clinical resources) (if applicable)

Please see an example below.

1a. Be able to take a preliminary case history relevant to disordered eating and eating disorders using culturally responsive practice and using dietetic assessment tools and tests as appropriate for the person

Slide No/s / eLearning Pg
Outline
Interactive/Experiential Components (General Standard 5)
Attachments

Content Standards

Please provide evidence that your training meets each of the Content Standards.

1a. Be able to take a preliminary case history relevant to disordered eating and eating disorders using culturally respective practice and using dietetic assessment tools and tests as appropriate for the person

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

1b. Be able to describe the range of physical and health-related issues (e.g., malnutrition, diabetes, osteoporosis) related to the experience of eating disorders and understand the significant physical risks associated with eating disorder behaviours, including the risk of death

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

1c. Contribute to the nutritional assessment of children, adolescents, and adults in relation to eating disorders. This should include:

- Food and nutrient intake
- Food and nutrient administration
- Medication and complementary/alternative medicine use
- Knowledge and beliefs regarding body image disturbance, food and eating
- Eating behaviour
- Factors affecting access to food and food/nutrition-related supplied
- Physical activity and function
- Nutrition-related person-centred measures
- Anthropometric measurements
- Biochemical data, medical tests and procedures
- Nutrition-focused physical findings
- Individual's history
- Comparative standards

See Table 1 of ANZAED practice and training standards for dietitians providing eating disorders treatment.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

2a. Demonstrate an empathetic understanding of high levels of ambivalence and fear of change in people experiencing an eating disorder and use strategies to support them to overcome barriers to self-disclosure

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

2b. Work flexibly and collaboratively with the person throughout treatment, being able to adapt the treatment approach to suit the person's needs at that time. This includes matching treatment intensity to the person's clinical presentation.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

2c. Engage and work collaboratively with families and supports and encourage the person experiencing an eating disorder to allow their family and supports to share information with the treatment team

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

2d. Explain the range of education and support needs a person experiencing an eating disorder and their family and supports may require regarding nutritional management and rehabilitation

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

3a. Understand the significance and importance of a multidisciplinary care team in providing treatment for people experiencing eating disorders and understand the key role and function that the dietitian plays within the team. Please see Appendix A of the Training Framework for further information.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

3b. Within professional role and scope of practice, work collaboratively with professionals from other disciplines to implement and review the treatment plan

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

4a. Understand processes for and be able to refer people experiencing eating disorders to relevant services within the stepped system of care to address their physical, psychological, and nutritional needs. This includes acting on identified warning signs to facilitate a person's access to the appropriate mental health and medical review and/or support.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential Components (General Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

5a. Knowledge of the standards for safe treatment. See ANZAED clinical practice & training standards for dietitians providing eating disorders treatment.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6a. Identify specific nutrition problems and diagnoses resulting from the psychological and physical complications associated with an eating disorder (for example, malnutrition, micronutrient deficiencies). Note: these are not medical or psychiatric diagnoses.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6b. Knowledge of the management of malnutrition, including weight restoration and micronutrient deficiencies within the context of treatment for people experiencing an eating disorder

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6c. Awareness of the risks of re-feeding syndrome, the need for medical care in nutritional restoration, and the role of the dietitian in managing re-feeding syndrome

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6d. Identify and manage co-occurring nutritional and health-related conditions the person with an eating disorder may present with (for example, diabetes, pregnancy), including understanding risk associated with co-occurring conditions

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6e. Understand the importance of and be able to provide nutrition education relevant to the person's clinical presentation. Communication and information should be provided to the person experiencing an eating disorder, their family, and supports.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6f. Provide nutrition counselling to the person and their family and supports. This may include, but not limited to, monitoring eating behaviour, beliefs and attitudes about food and health, and factors affecting eating behaviour and nutritional status.

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6g. Identify, plan, and implement nutrition interventions with the purpose of modifying the person's nutrition-related health status, behaviours, knowledge, and attitudes to achieve physical, psychological, and nutritional recovery

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6h. Conduct nutritional monitoring, taking into consideration the measurement of treatment adherence outcomes by other members of the multidisciplinary care team

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6i. Monitor progress and measure outcomes relevant to professional role

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

6j. Treatment sessions should be scheduled at a frequency that matches the severity of the person's eating disorder, the treatment goals, and the treatment approach being implemented

Slide No/s / eLearning Pg

Outline

Interactive/Experiential
Components (General
Standard 5)

Attachments

For NEDC Internal Use

Meets

Needs Further Info

Additional information

Please ensure that you attach all relevant and supporting documents to support your application for approval of training. Please contact training@nedc.com.au if you have any questions about detail to include.

Additional attachments and supporting documents

I confirm that this training incorporates the most recent evidence and is aligned with evidence-based and evidence-informed treatment guidelines

PowerPoint slides
(if applicable)

Attachment name/s:

Link to eLearning module
(if applicable)

Attachment name/s:

Clinical resources provided to
trainees

Attachment name/s:

Evidence of clinical experience
of training provider

Attachment name/s:

Evidence of lived experience
input to training

Attachment name/s:

Evidence of preparatory
activity/activities

Attachment name/s:

Evidence of learning outcomes

Attachment name/s:

Evidence of assessment of
learning

Attachment name/s:

Evidence of training evaluation

Attachment name/s: