

## Helpful approaches to eating disorders

PANELISTS

Dr. Marina Abdel Malak • Dr. Deema Abdul Hadi • Dr. Karen Trollope-Kumar

WITH

Dr. Stephanie Zhou



Ontario College of  
Family Physicians

**Practising  
Well**  
Share.  
Inspire.  
Connect.



Family & Community Medicine  
UNIVERSITY OF TORONTO

April 26, 2023

Practising Well: Your Community of Practice

Please introduce yourself in the chat!



@OntarioCollege  
#PractisingWell

# Your Panelists: Disclosures



## Dr. Marina Abdel Malak

Relationships with financial sponsors (including honoraria):

- Practising Well CoP Speaker
- Practising Well Peer Guide



## Dr. Deema Abdul Hadi

Relationships with financial sponsors (including honoraria):

- Practising Well CoP Speaker
- EISAI Limited
- Canadian Palestinian Professional Foundation



## Dr. Karen Trollope-Kumar

Relationships with financial sponsors (including honoraria):

- Practising Well CoP Speaker
- Body Brave

# Disclosures

## Dr. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member, CoP Speaker
- Canadian Medical Association – Honoraria for practice management lectures
- Habitat for Humanity GTA – Board of Directors member
- Toronto Public Health – Board of Directors member

## Disclosure of Financial Support

This program has received funding from the Ontario Ministry of Health and in-kind support from the Ontario College of Family Physicians and the Department of Family and Community Medicine, University of Toronto.

### **Potential for conflict(s) of interest:**

N/A

## Mitigating Potential Bias

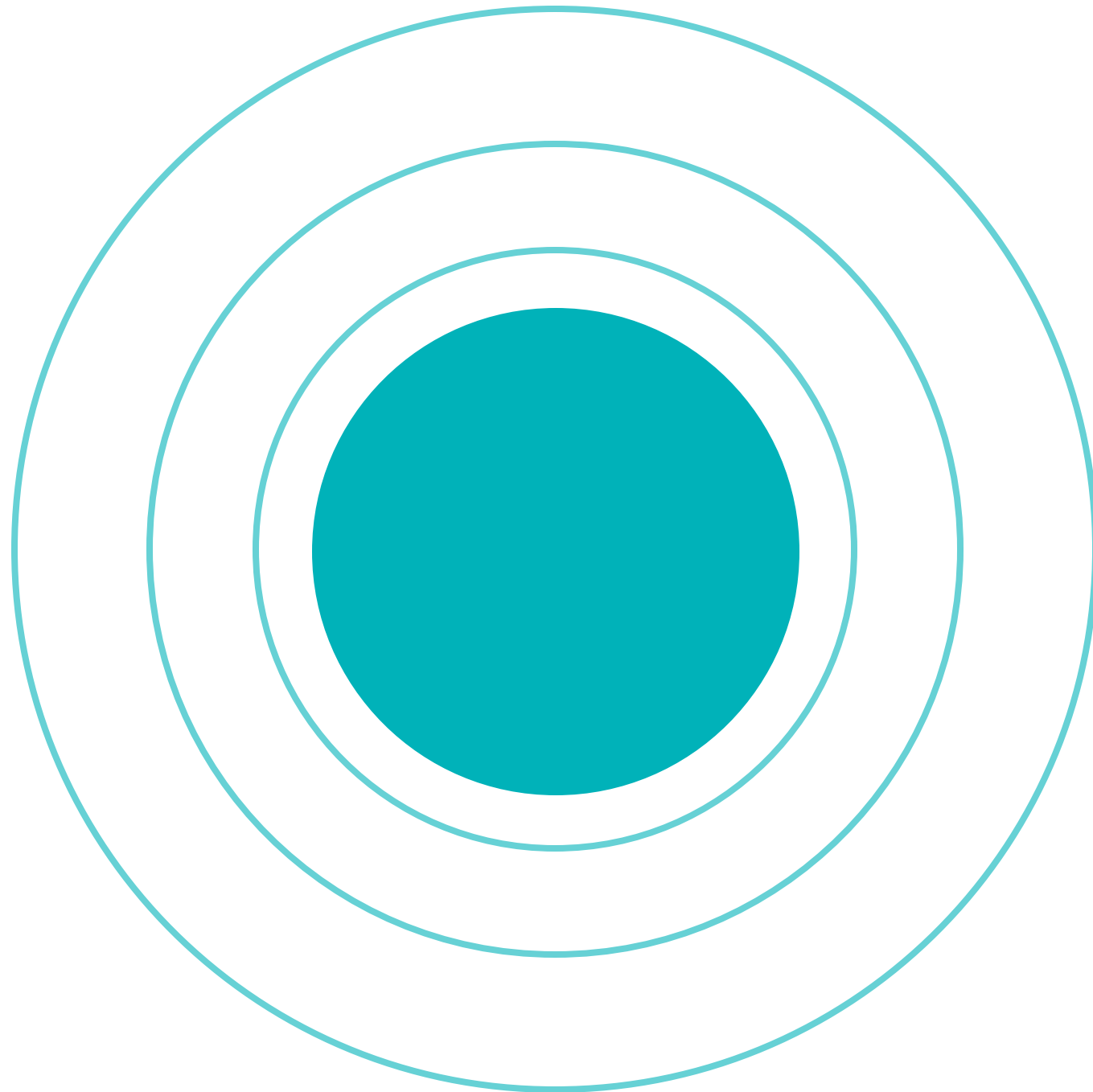
- The Scientific Planning Committee (SPC) has control over the choice of topics and speakers.
- Content has been developed according to the standards and expectations of the Mainpro+ certification program.
- The program content was reviewed by the SPC.

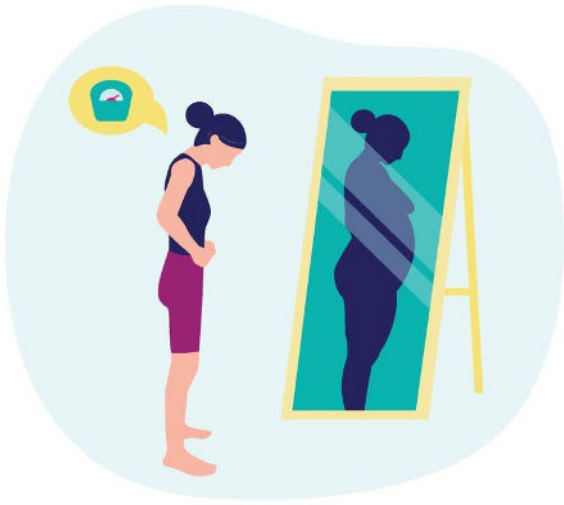
# Land Acknowledgement

We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognizes that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. The OCFP and DFCM respects that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to reflect on the territories you are calling in from as we commit ourselves to gaining knowledge; forging a new, culturally safe relationship; and contributing to reconciliation.





## Helpful approaches to eating disorders

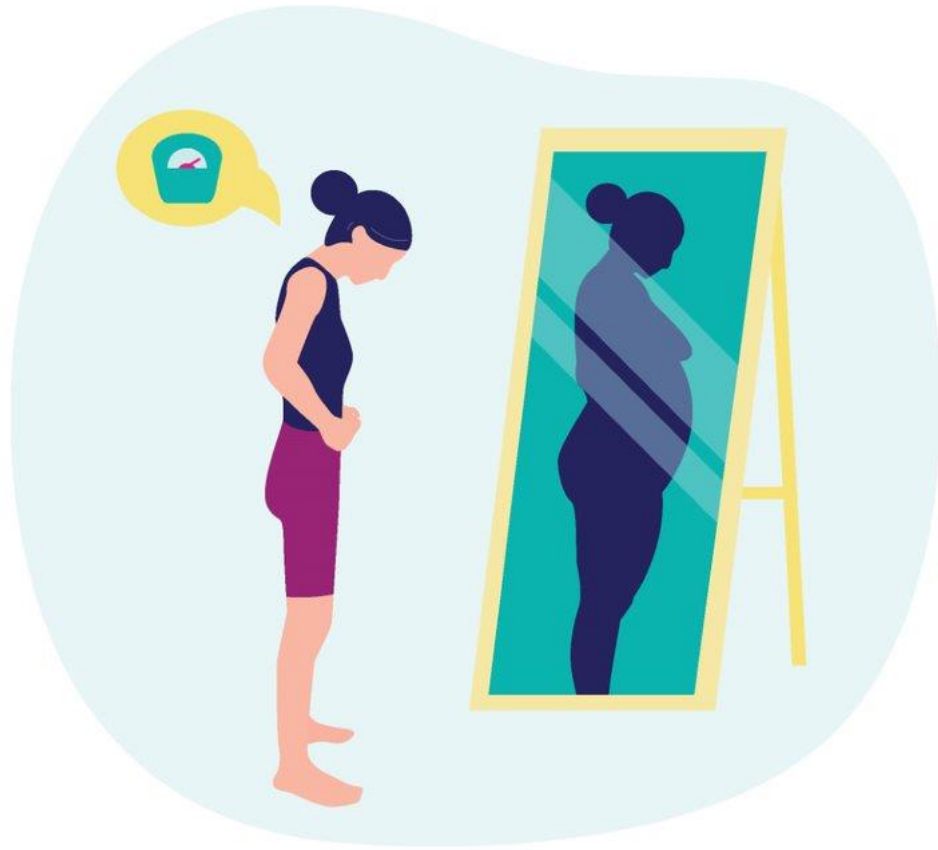
You raised important questions we'll try to work through together today:

1. Where can I refer patients who need specialist support? Are there any online and community patient and caregiver support resources?
2. How to manage near-eating disorders (when a patient doesn't meet 100% of criteria to diagnose)?
3. How can I support patients in my office while waiting for referral?

And other questions you add in the Q&A box...







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## Your Panelists



**Dr. Marina Abdel Malak**

Toronto, ON



**Dr. Deema Abdul Hadi**

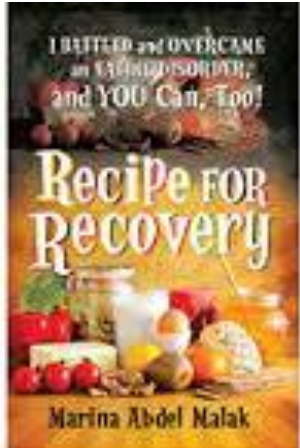
Mississauga, ON



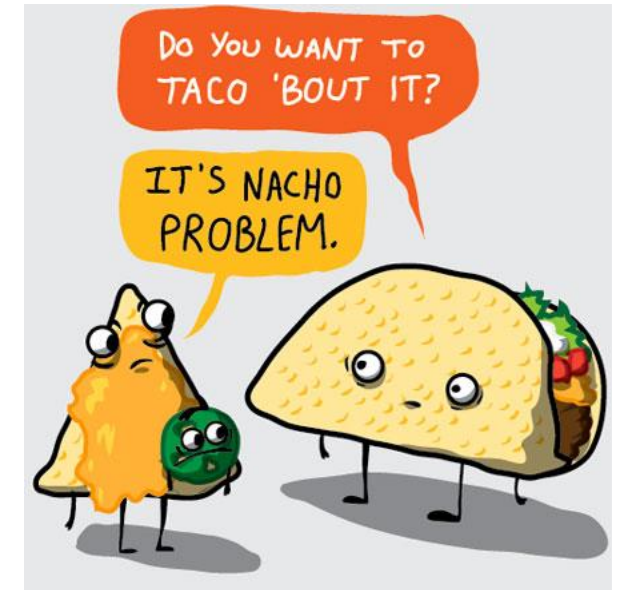
**Dr. Karen Trollope-Kumar**

Hamilton, ON

# Dr. Marina Malak, MD, CCFP, BScN



- Let's *taco* about my lived experience
- The patient perspective
- The physician perspective



[Marina.abdelmalak@thp.ca](mailto:Marina.abdelmalak@thp.ca)

West Mississauga Medical; 3050 Argentia Rd, Mississauga, ON L5N 8E1  
(905) 785-3627; Fax: 906-785-3628

- Book: <https://burnstownpublishing.com/product/recipe-for-recovery-i-battled-and-overcame-an-eating-disorder-and-you-can-too/?v=3e8d115eb4b3>
- Podcast: <https://www.healthplexus.net/content/pills-pearls-patients-3p-public-access>
- Blog: <http://anorexiarecovery1.blogspot.com/?m=1>

HEALTH PLEXUS # FOCUS • TOPICS • OPINION JOURNAL VISUAL AIDS ASK AN



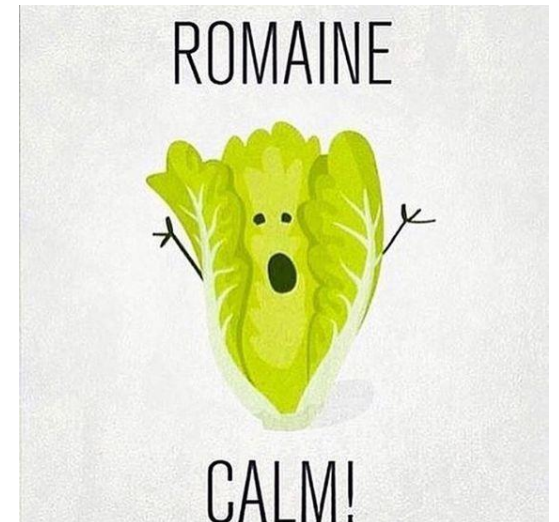
# Types of Eating Disorders

- Anorexia
- Bulimia
- Binge
- Orthorexia
- ARFID
- EDNOS
- And let's briefly talk about Obesity\*\*



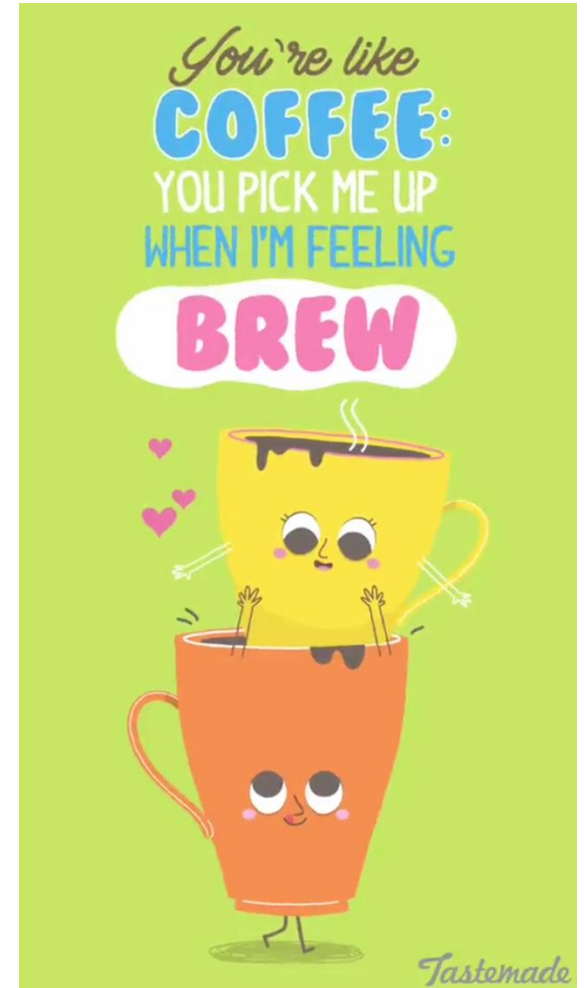
# Management and Triage

- Assessment: metrics (\*BMI\*?), CBC, Cr, K, Na, ionized Ca, albumin, Phosphate, Mg, vit D, ECG, ALT, AST, glucose, urinalysis
- \*\*TSH, lipids\*\*
- History: When? What? Who? How? Why?
- Monitoring: vitamins/minerals; BMD
- Red flags: severe weight loss, SI/self harm, no intake, unstable labs or vitals



# Tools and Strategies

- Express *concern*; not blame
- Don't be discouraged if they do not want or accept help
- Know when to triage or refer (dietitian, SW, psyc, internal med, etc.)
- Involve the *patient*; as well as family or significant others
- Identify triggers and remove them
- Small goals and follow-up
- Celebrate successes, acknowledge setbacks and make a plan



# Weight/Body Inclusivity

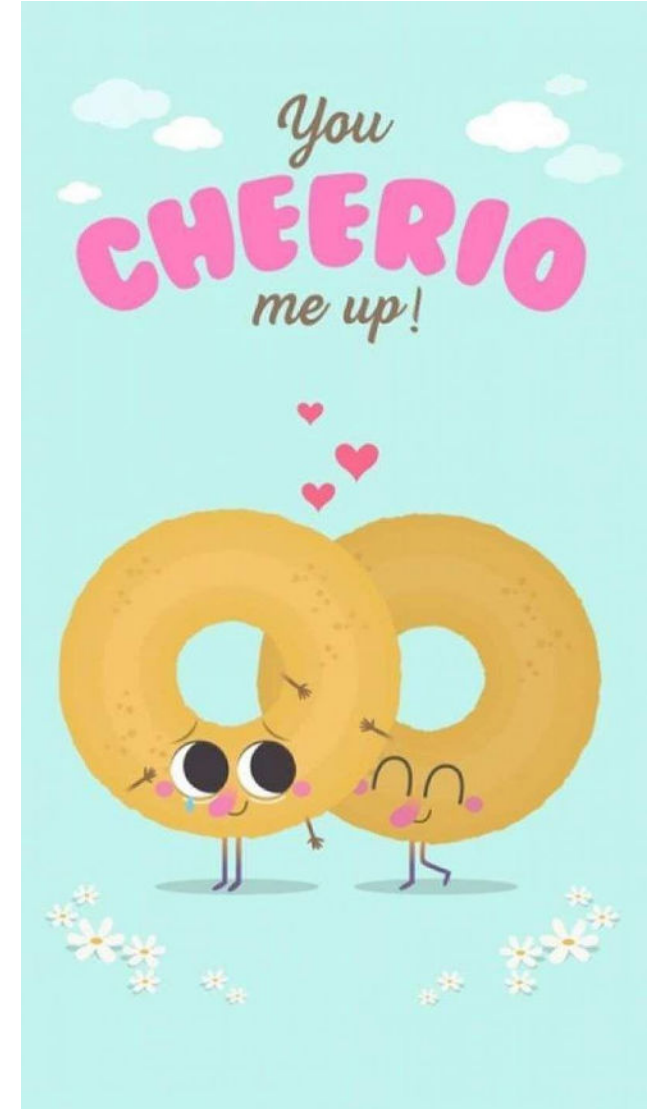
- Weight-inclusive language
- Avoid numbers! (Weight, calories, etc.) \*\*\*
- Distance the patient from the disorder (i.e. “The eating disorder is telling you that you are fat; you are not the disordered thoughts”)
- All foods are for enjoyment and nutrition; exercise is for our health and strength, not weight-management
- Social media: remove/avoid websites, apps, people that promote disordered patterns; avoid situations that promote toxic messages about health, weight, exercise, body image, etc.
- Reasons for recovery: health, not shape/number

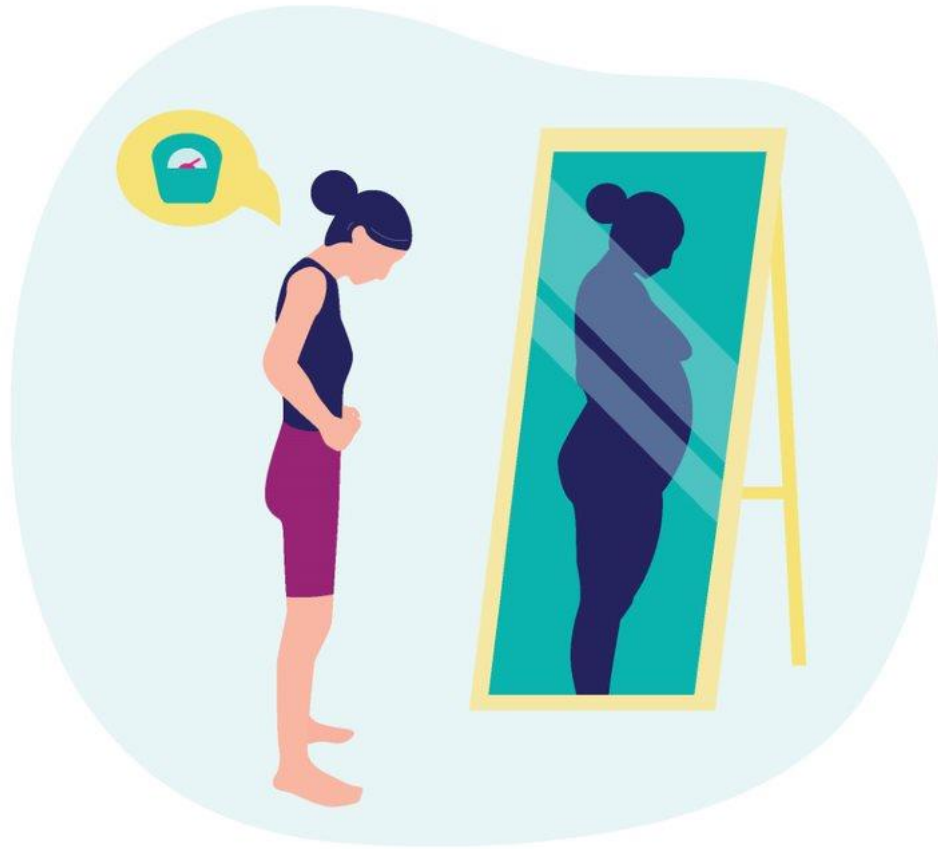




# Tips and Tricks

- Eating disorders are dangerous and complications can manifest very late; do not delay diagnosis and tx!
- Communication; establish a therapeutic relationship with the patient
- Understand that eating disorders can co-exist with other conditions, and each needs attention (but prioritize)\*
- Help the patient appreciate that they may never feel ready to get better - but they can always go back!
- Share resources...share hope!





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## Your Panelists



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Toronto, ON



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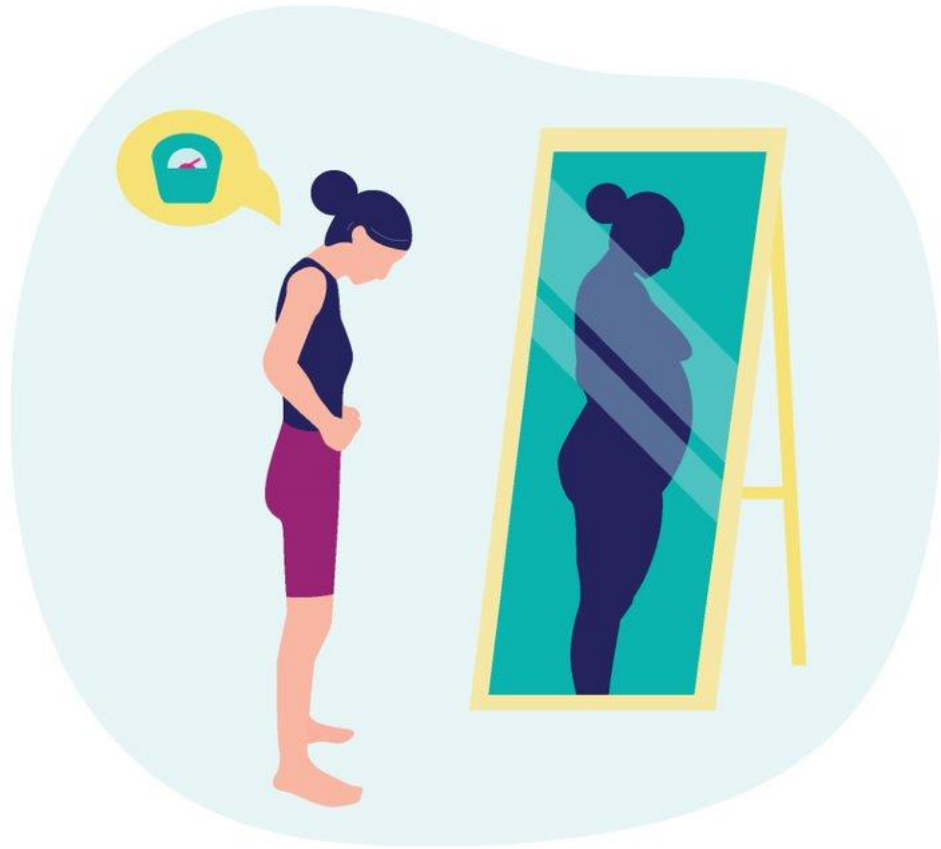
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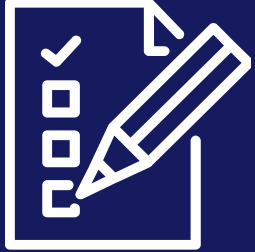


**Dr. Karen Trollope-Kumar**

Hamilton, ON

# Resources

# Tools



Links to resources shared today will be sent to participants following the session.

# Tools and Resources on Eating Disorders

Resource	Link
Kelty Mental Health Resource Centre – Eating Disorders	<a href="#">Home - Kelty Eating Disorders</a>
National Eating Disorder Information Centre (NEDIC)	<a href="#">NEDIC   home</a>
Online Educational Tool for Parents/Caregivers of a Youth with an Eating Disorder	<a href="http://canped.ca">canped.ca</a>
Danielle's Place	<a href="http://daniellesplace.org">Danielle's Place   A Place For Every Body (daniellesplace.org)</a>
Sheena's Place	<a href="http://sheenasplace.org">Sheena's Place - Support for Eating Disorders (sheenasplace.org)</a>
Eating Disorders Support Groups in Ontario	<a href="#">Find Eating Disorders Group Therapy and Support Groups in Ontario - Psychology Today</a>
Boomerang Health Eating Disorder Clinic	<a href="http://boomeranghealth.com">Eating Disorders Clinic Archives - (boomeranghealth.com)</a>
Child and Adolescent Eating Disorders Program	<a href="#">Services - Halton Healthcare</a>
Eating Disorder Worksheets	<a href="#">Eating disorders - Psychology Tools</a>
CBT for Eating Disorders	<a href="#">Cognitive Behavioral Therapy for Eating Disorders - PMC (nih.gov)</a>
Eating Disorder Hope	<a href="http://eatingdisorderhope.com">International Eating Disorder Treatment Information &amp; Resources Help (eatingdisorderhope.com)</a>

Access more **mental health** tools and resources through the OCFP's [Clinical Tools & Resources repository](#).



## Mental Health

[Access Tools & Resources](#)

Resources

# Education



Links to resources shared today will be sent to participants following the session.

# Practising Well CoP – Self Learning Program

**The Practising Well CoP is now certified for self learning credits!**

Earn **1-credit-per-hour** for reviewing the recording and resources from **past CoP sessions**. The self learning program is certified for up to 38 Mainpro+ credits.



**For more information and to participate:**

<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/practising-well-community-of-practice/practising-well-cop-self-learning-program>

# Peer Connect – Mentorship Program

An opportunity to partner with another family physician, **one-to-one or in a small group**, for support as you **explore clinical complexity and increase your confidence** caring for patients with mental health challenges, substance use, and chronic pain. A focus can be on your well-being as you engage in this challenging work.

**Connect one-to-one with a Peer Guide to learn more about eating disorders:**



**Dr. Marina Abdel Malak**

**Connect Now!**



**Dr. Marcia Kostenuik**

**Connect Now!**



**Dr. Anu Joneja**

**Connect Now!**



**Dr. Jon Davine**

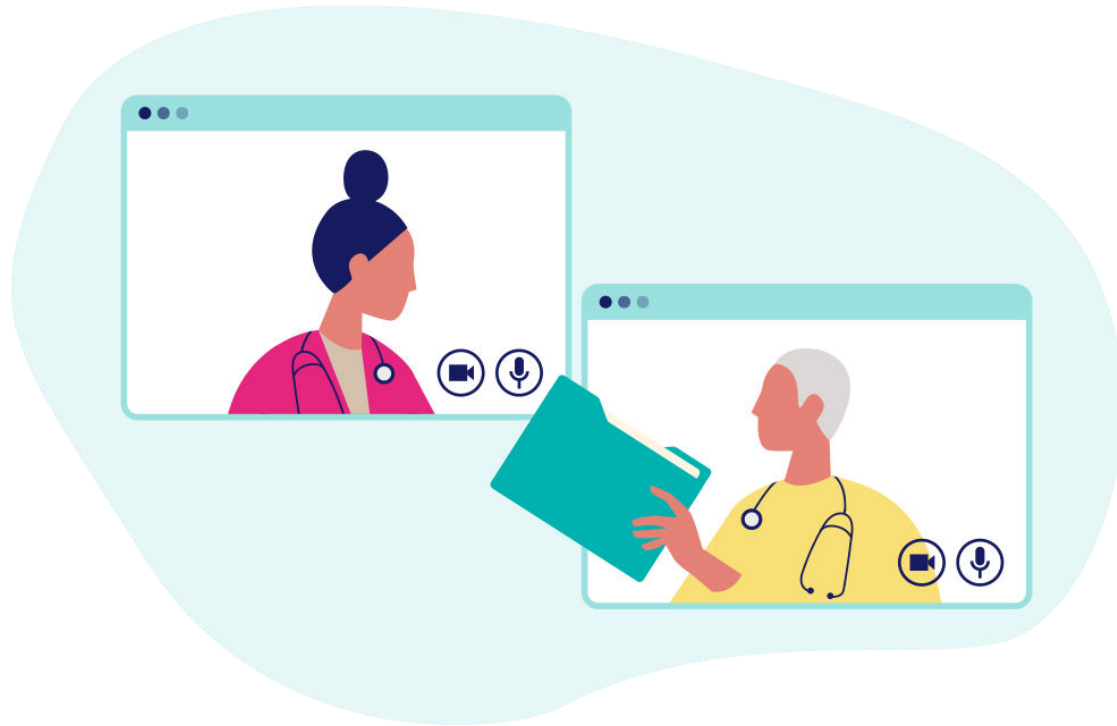
**Connect Now!**



## Join a small group discussion to connect with your colleagues and a Peer Guide:

Register for one of our small group discussions to **ask questions and learn about eating disorders.**

Space is limited.



Complete this short survey to participate:  
<https://www.surveymonkey.com/r/QXLPKFX>



# Eating Disorders Quality Standard

- **Scope:** Addresses care for children, young people, and adults with anorexia nervosa, bulimia nervosa, or binge-eating disorder, and applies to all care settings. Find it at <http://ow.ly/rBIX50NbVCM>
- Includes a patient guide and caregiver guide with helpful resources
- **Earn Mainpro+® credits:**
  - Attend the **Eating Disorders Quality Standard Webinar\*** on May 5, 12:00-1:00 p.m., and earn **1.0 Mainpro+®** credit. Register at <http://ow.ly/xsU650NbVCP>
  - Read the *Eating Disorders* quality standard through the **Understanding Quality Standards in Primary Care Program\*\*** and earn **2.25 Mainpro+®** credits. Learn more at <http://bit.ly/42xJls7>



Resources

Supports



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Resources

# Supports



OMA Physician Health Program

<https://php.oma.org>

Centre for Addiction and Mental Health  
Health Care Provider (HCP) Resource Site

<http://www.camh.ca/covid19hcw>

CMA Wellness Hub

<https://www.cma.ca/physician-wellness-hub>



- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <https://www.ontario.ca/#support-health-care-worker>
  - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)



- ECHO Coping with COVID
    - for health providers (educational credits)
    - Fridays 2-3pm EST
- <https://camh.echoontario.ca/echo-coping-with-covid/>

Support for you and those you care about.

# Upcoming Community of Practice

**Optimal outcomes: How to navigate difficult interactions**  
with Drs. Joan Chan, Claudia Hubbes, James Goertzen

**May 24, 2023**  
**8:00am – 9:00am**

[Register Now](#)

[practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca)



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.