



# National Centre for Eating Disorders

## NUTRITION, OBESITY & THE BARIATRIC PATIENT

A two day skills based training course

Obesity is a worldwide public health concern. In the UK nearly 1 in 2 men and 1 in 3 women are overweight. A further 1 in 5 adults, and 1 in 6 children aged between 2 and 15, are obese. This makes the UK population the fattest in Europe and the situation is getting worse. At an individual level, many overweight people feel unhealthy, miserable and alone with their concerns.

Whilst there appears to be no single cause of obesity, there is also no 'one size fits all' solution that is right for everyone. In addition to conventional weight loss approaches targeting diet, lifestyle and psychological issues, the last few years has seen a rapid growth in the number of people seeking surgical (bariatric) solutions. Obesity professionals need knowledge about all of these weight loss approaches, plus evidence based skills to manage the issues each treatment pathway will involve.

### TRAINING PROGRAMME

This training course is designed to inform and empower clinicians in two important domains of obesity work. We will examine the role of the clinician in managing the bariatric patient, and the influence of nutrition and physiology in the aetiology and treatment of obesity.

The course will focus primarily on interventions for working with adults and is suitable for professionals working with obesity in all clinical settings



With **JANE NODDER, DEANNE JADE**  
and **SHARON BATES**

**Programme Dates:**  
**Monday 13 & Tuesday 14 September 2010**  
**Venue: The Polish Centre,**  
**238-240 King Street, Hammersmith,**  
**London W6 0RF.**  
**Investment: £300**  
**£275 for NCFED Affiliates**

### YOU WILL LEARN:

- How biochemistry and physiology may affect weight management
- Bariatric techniques and their outcomes
- Protocols for the physical and nutritional management of the bariatric patient
- Protocols for the psychological management of the bariatric patient
- How stress hormones can affect mood and eating
- How gut hormones can influence appetite and weight control
- Why nutritional interventions are important for managing weight concerns
- How to use nutritional interventions to manage overweight and obesity
- How to integrate the knowledge and skills from the training to your therapeutic practice, safely and effectively

TO REGISTER PHONE 0845 838 2040  
VISIT [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk) EMAIL [ncfed@btclick.com](mailto:ncfed@btclick.com)

## YOUR TUTORS



### Jane Nodder

Jane is a Nutritional Therapist, Senior Lecturer & Clinic Supervisor for the BSc (Hons) Nutritional Therapy degree course at the University of Westminster, London. She also has a private practice, and is studying for an MSc in Nutritional Medicine at the University of Surrey. Jane was a member of the

NICE Guideline Development Group for Eating Disorders (2002-2004). She regularly delivers training to raise awareness about eating disorders, and has worked closely with the **NCFED** for a number of years.



### Deanne Jade

the Principal of the **NCFED** is a psychologist and trainer in psychological interventions for eating disorders and obesity. She has many professional memberships and has assisted NICE in the development of guidelines for eating disorders, obesity and obesity surgery. She is a Fellow of the Royal Society of

Medicine and member of an All-Party Parliamentary Group for Obesity. Deanne trusts that this course will be valuable to health professionals and their clients.



### Sharon Bates

MSc RN RM Dip Co Sharon is a Specialist Bariatric Nurse/Counsellor and also a qualified and experienced humanistic counsellor with expertise in eating disorders and obesity. She is actively involved in research projects linked to obesity and has presented and published her work

internationally. Sharon has particular expertise in bariatric work, having undergone weight loss surgery in 2000, and is pioneering the development of bariatric teams working in a variety of clinical settings.

## THE PROGRAMME

### DAY 1: BARIATRIC INTERVENTIONS

#### Content:

- review of the biochemistry and physiology of overweight and obesity
- where bariatric approaches fit within current treatment approaches
- who 'wants' versus who 'needs' obesity surgery – predictors of success for obesity treatment
- bariatric techniques compared and contrasted
- preparation, contraindications and assessment
- physiological and psychological adjustment following surgery

### DAY 2: KEY ISSUES IN OBESITY RESEARCH, NUTRITIONAL INTERVENTIONS AND THEIR PRACTICAL APPLICATION

#### Content:

- nutritional considerations for the bariatric patient
- key issues in obesity research:
  - hormones and adipose tissue in the control of appetite and the aetiology of overweight and obesity
  - stress and mood and their influence on weight control
- nutritional interventions for the weight loss patient
- the application of theoretical learning to practical casework

This course is appropriate CPD for those working in the field of obesity and bariatrics. Knowledge of basic nutrition principles is recommended. The course does not qualify participants to practice as a Nutritional Therapist or nutrition professional.

## BOOKING FORM

Title: Mr/Mrs/Miss/Ms/Dr \_\_\_\_\_ Other: \_\_\_\_\_

Forename: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

**COURSE DATE** Monday 13 & Tuesday 14 September 2010

### PAYMENT METHOD

Cash  Cheque made payable to National Centre for Eating Disorders  Please invoice me

Invoice address: \_\_\_\_\_

Credit Card/Debit Card/Mastercard/Visa/Visa Delta Card No

Name of cardholder \_\_\_\_\_

Expiry date   /   Security code    Valid from date   /   Issue No (switch only)

Signature \_\_\_\_\_

Please return your completed form to: National Centre for Eating Disorders, 54 New Road, Esher, Surrey KT10 9NU

Data Protection: The National Centre for Eating Disorders will not give or sell your details to third parties. The data you have provided will be stored on file for NCFED use only.