



## **Eating Disorders & Community Dietitians: Introduction and Building on the Basics**

### **Facilitators:**

Anne Williams, RD, Clinical Educator, Eating Disorders Ontario  
Rachel Dies, RD, Clinical Educator, Eating Disorders Ontario

### **Hosts/Moderators:**

Gail McVey & Catherine Ford, Eating Disorders Ontario

**Originally hosted on:** Sept 30 & October 18, 2022

### **In sessions 1A & 1B, participants will learn about:**

- Eating disorders in your practice: screening and assessment, risk reduction and early intervention
- Red flags and medical management recommendations
- Accessing resources and navigating Ontario's specialized eating disorders system of care
- The application of "Do no harm" principles in the context of an eating disorder

### **In sessions 2A & 2B, participants will learn about:**

- The role of the dietitian in general inpatient and outpatient care
- Assessment guidelines and management of refeeding syndrome
- Providing meal support and navigating food restrictions and preferences
- Exploring the language of advocacy in a multidisciplinary team

### **Target audience:**

- Healthcare professionals working within Ontario publicly-funded settings (no fee for service)
- This event is especially geared toward dietitians working in non-specialized inpatient and outpatient settings, working with any age group.

### **Faculty BIOS**

#### ***Rachel Dies, RD***

Rachel is a passionate nutrition professional who has significant experience working in the hospital and health care industry. She is skilled in Data Entry, Public Speaking, Management, Leadership, and Project Management. Rachel also has a strong entrepreneurial professional with a Bachelor of Applied Science (B.A.Sc.) in Food and Nutrition at Ryerson University. She successfully completed paediatric-stream Dietetic Internship at Hamilton Health Science in June 2018. Rachel is a Clinical Dietitian at NYGH on the Adolescent Eating Disorders program and is a clinical educator at Eating Disorders Ontario.

**Anne Williams, RD**

Anne has practiced as a dietitian in the eating disorders field for 18 years; 17 of these as a team member at the Eating Disorders Clinic at St. Joseph's Healthcare Hamilton. Anne and her colleagues at St. Jo's and the Hamilton Family Health Team have worked over many years to improve the continuum of care for adults with eating disorders in the Hamilton area. Anne has enjoyed being part of an ED Community of Practice at the HFHT, as well as mentoring primary care RD's regarding weight neutral care and disordered eating/eating disorders. She currently consults and works with individuals and groups in private practice, and is a clinical educator at Eating Disorders Ontario.

**ABOUT EDO**

Eating Disorders Ontario is a Ministry of Health-funded provincial training program in eating disorders. EDO is providing sector leadership including training activities. Educating and supporting practitioners can facilitate access to community-based care for people with eating disorders. For more information about EDO contact: [eatingdisordersontario@uhn.ca](mailto:eatingdisordersontario@uhn.ca) or 416-340-4051.



EDO is an Ontario-wide provincial training program  
housed at University Health Network (UHN)

