



Media Release

Embargoed until Thursday 22 June 2006

LOTHIAN DIETITIAN WINS PRESTIGIOUS AWARD TO IMPROVE TREATMENT OF ANOREXIA NERVOSA

Lothian dietitian Jean Corr has won the first Alison Dobson Award for Mental Health, presented by the British Dietetic Association (BDA). Jean collected her award at the Award Ceremony of the Annual British Dietetic Association Conference in London on 21st June 2006. This award will enable Jean to take forward her research into improving the treatment of patients with severe anorexia nervosa.

Jean is a specialist eating disorders dietitian working with the Anorexia Nervosa Intensive Treatment Team (ANITT) in the Cullen Centre of the Royal Edinburgh Hospital. She has been working in the area of eating disorders for over a decade.

Specifically, Jean's research will enable her to compare two methods of carrying out dietary assessment of patients with severe anorexia nervosa as part of ANITT, which is a home-based treatment team for high-risk, severely low-weight patients. Currently two methods are used to estimate food intake, but the research will enable Jean to measure the accuracy of patients' food diaries, kept over seven days, in the hospital setting along with that at home. This is hoped to lead to a new model of home based / outreach assessment for patients with severe anorexia nervosa. Essentially, the more accurate the assessment of dietary intake the more appropriate treatment goals can be set.

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Says Jean: "By definition, patients with anorexia nervosa have a distorted perception of quantities of food and portion sizes along with impaired cognitive ability, largely due to the starvation state. When considering these additional factors, the accuracy of available dietary assessment methods can present a serious barrier to estimating measurements of individual energy intake which in turn has a potentially serious impact on the advice provided to the patient. Completing a food diary on a weekly basis is a valuable aspect of treatment of severe anorexia nervosa. The diaries allow an identification of areas of difficulty and also act as a record of progress. The dietitian will use this information as the basis for planning meals in order to improve nutritional status and decrease anxiety associated with eating."

Speaking about winning the award, she added: "I am honoured to win the first Alison Dobson award, especially as Alison devoted much of her clinical work to eating disorder services. Winning this award will mean that I have the opportunity to establish best practice in the nutritional care of this patient group, where there is currently limited evidence."

Brian Cavanagh, Chairman of NHS Lothian said: "We are delighted for Jean and congratulate her on winning this award. This is a significant achievement and is a demonstration of her hard work and dedication."

- Ends -

Notes to Editors

1. The British Dietetic Association Awards ceremony will be held on Wednesday 21 June 2006 at The International Hotel, Docklands, London.
2. Further information on the conference and the awards ceremony is available from:

Dr Frankie Phillips National PR Officer, The British Dietetic Association. Tel: 01626 362473, Mobile: 07908 712277, Email: pr@bda.uk.com
3. The British Dietetic Association, founded in 1936, is the professional association for registered dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with over 5,000 members. About two-thirds of members are employed in the National Health Service. The remaining members work in education, industry, research, sport settings or freelance.

Rose Simmonds was a pioneer in dietetics and a person of great character. The Rose Simmonds Award is the British Dietetic Association's most prestigious award and is given to a dietitian for work published during the year.

Registered dietitians hold the only legally-recognisable graduate qualification in nutrition and dietetics. They are experts in interpreting and translating the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems. Their advice is sound and based on current scientific evidence.

Registration, awarded by the Health Professionals Council, is an indication that a dietitian is fit to practise and is working within an agreed statement of conduct.

For further details about The British Dietetic Association, please visit our website: www.bda.uk.com

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www.bdaweightwise.com

www.teenweightwise.com