

Euregional symposium – Forced Feeding in Anorexia Nervosa

The Impact on professionals in the Netherlands and Germany

Katrin Bringmann
Shireen Kaijadoe
Bas de Veen



“I mean, we don’t want to do it [...] but I wouldn’t know what would be the alternative.”



ED-CARE project



Euregio Rhein - Waal
gemeinsam stärker samen sterker



Deutschland – Nederland



Objective of ED-CARE project

To improve care for children and adolescents with eating disorders in the Euregio Rhine-Waal area through:

1. Identifying challenges faced by treatment teams
2. Promoting knowledge exchange between Dutch and German professionals
3. Strengthening the network for professionals





	Germany	Netherlands
Doctors / Psychologists	5	2
Nurses / sociotherapists	0	4
Total	5	6



Results of focus groups

Main topics:

1. Context of care
2. Experiences and challenges
3. Support needs



*“I sometimes apologize to them for what I did. That I find it terrible to do.
And I sometimes cry afterwards and feel so bad about it.”*



“[...] but we have to make the most difficult decisions and then you still have to not only fight with the patient and the parents, sometimes among themselves, and then also with people outside the wards. And you get angry because you also feel that you have to do something you don't want to do. And then you have to defend it even to others.”



“Sometimes I get angry. Because I get the order to do it. By the doctors. And they don't understand what I'm doing. And so we ask them all the time. Come and look at least once. You don't have to do anything. But be in the room. When we have to drag a patient to the bed. Hold it there. And while kicking and screaming. I have to enter a tube in their nose. With full force. Because there is no other way. Because they are struggling and biting the tube.”



“We don't force feed anymore. It did not help... So we follow the patient. And most of the time they don't die. They are eating just enough, and they are and stay critical.”



“I think this [supervision] is a very important part of the job that needs to be done in order to keep doing it for a long time. Otherwise I think it will consume you. It's not possible in the long run.”



Support Needs

- Open communication
- Supervision & Intervention
- Agency
- More staff
- Follow-up contact
- Prevention & working together with GP, schools, etc.
- Focus groups and cross-border exchange



Focusgroups are an intervention

“It feels at the moment less alone. That struggle that you face normally very alone.”



Conclusion & Recommendations

“I think it was very helpful for me to hear how you do it in the Netherlands. So I think it would be helpful to do that more often, have it with different countries, different regions, how they work differently, how can we learn from each other.”



Conclusion & Recommendations

- Despite different clinical contexts, experiences are similar
- Working with patients with AN has a large impact on everyone involved
- More awareness, knowledge and funding is needed to support clinicians



Conclusion & Recommendations

- More knowledge about alternatives for forced tube feeding
 - Including the perspective of patients and parents
- Attention & Awareness, a culture change
- Support for professionals
 - Individual time & supervision
 - Team building & intervision
- To learn from each other and existing knowledge

