

IPT Engagement Series: Disordered Eating

SESSION SUMMARY REPORT

DATE	FORMAT	RESPONDENTS AUDIENCE
Feb 11, 2026	Zoom	59 Evaluations FPs & Nurse Practitioners

Did you miss the event? Click [here](#) to view the PowerPoint.

100%
Would attend another
IPT Engagement Session

98%
Would recommend
this session to a colleague

88%
Rated session
4–5 out of 5 for value

Session Overview

The IPT Engagement Series gives Vancouver PCN allied health practitioners a platform to showcase how they work — sharing knowledge, building connections, and learning across disciplines. This session focused on **disordered eating**: clinical identification, the distinction between disordered eating and eating disorders, PCN eligibility pathways, screening tools, and the roles of counsellors and registered dietitians in supporting patients.

WHAT WAS COVERED

Key Content Areas

Eating Disorders vs. Disordered Eating

Distinctions between DSM-5-TR-diagnosable eating disorders and subclinical disordered eating, including when PCN care is appropriate vs. specialist referral.

Screening Tools in PCN

Mandatory tools: SCOFF, PHQ-9, GAD-7, WSAS, and how to use them to determine eligibility and triage risk. C-SSRS, BEDS-7, and ARFID Screen when indicated.

DE/ED PCN Workflow

Step-by-step referral pathway from presenting concerns through screening, key criteria assessment, and decision pathways, including when to defer to ED Programs.

Nuances of BMI

BMI alone does not determine risk. Malnutrition can occur at any body size. Weight bias in healthcare can reduce care quality; BMI <16 is used as a safety cutoff in Vancouver PCN.

PCN Counsellor Role

An 8-session therapeutic model using ACT-based interventions — from engagement and stabilization through values-based behaviour change to skill consolidation.

Case Studies were a highlight. Two patient cases were presented — one deferred to a specialized ED program (Bulimia Nervosa, SCOFF 4/5, PHQ-9: 18), and one accepted into the PCN Disordered Eating Pathway (emotional eating, SCOFF 1/5, no SI/HI). Participants praised the case-based format for making referral criteria concrete and actionable.

PARTICIPANT EVALUATION

Session Ratings

Based on 59 survey responses (scale of 1–5). Percentages reflect participants who scored 4 or 5.



WHAT PARTICIPANTS SAID

Selected Feedback

- Case studies were incredibly helpful. Tables to summarize were as well — really appreciated the structured approach to referral criteria.
- Eating disorders are taught minimally in psych rotations in med school. Knowing the PCN's perspective really helps with my understanding of the overall care team.
- I learned about new scales to use when assessing for an eating disorder — very practical and clear presentation that will be useful for my patients.
- Great to understand referral criteria and the resources available to us. Speakers did well to fit a huge amount into one hour.
- Really liked the lunchtime format. Allows me to use my time efficiently while still connecting with colleagues across disciplines.
- Helpful outline as to how to approach patients with disordered eating and to help diagnose severity of problem — very helpful for primary care.

NEXT SESSION: March 11th, 2026
A PCN Approach Anxiety and Phobias – click [here](#) to register!
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