

Welcome to the PEACE community

Long journey starts from the simple step

Professor Kate Tchanturia

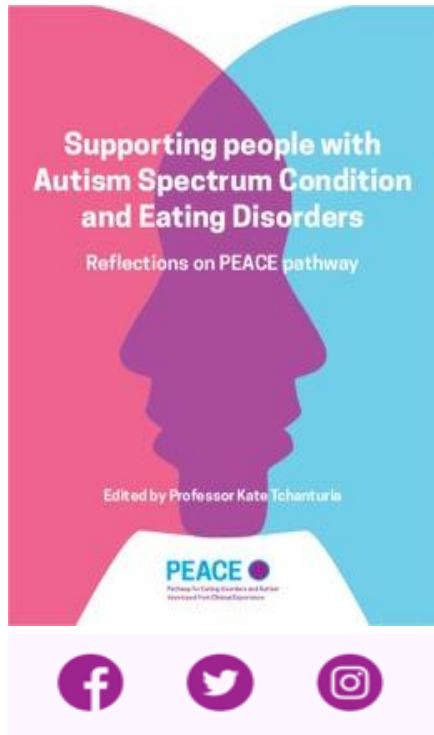
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Philippa Croft

Psychology Practitioner and PEACE Champion in Outpatients department
pcroft@slam.nhs.uk



More detailed information about PEACE:



- ✓ Our website www.peacepathway.org
- ✓ Book is published in 2021
- ✓ Peer-reviewed publications (up to 40 only from my research lab)
- ✓ Social media
- ✓ Special issue on Autism and Eating Disorders European Eating Disorder Review 2022



Twitter: @PEACE_pathway

Facebook: @PEACE_pathway

Instagram: @PEACE_pathway



PEACE

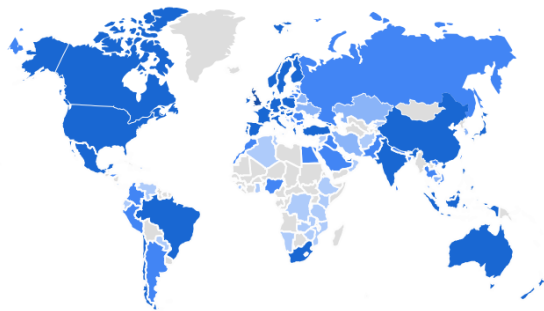
www.peacepathway.org

Users by Country ID



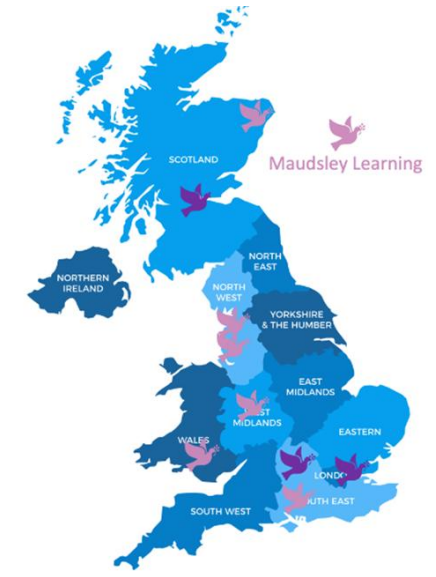
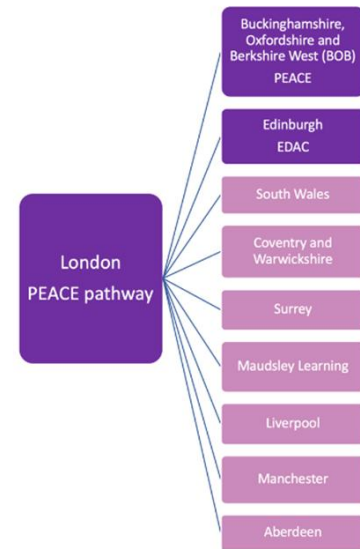
COUNTRY	USERS
United Kingdom	24
Australia	5
Ireland	2
United States	2

Day 1 up t 50



COUNTRY	ACTIVE USERS
United Kingdom	19K
United States	2.4K
Australia	2K
Canada	795
Italy	650
Ireland	561
New Zealand	279

In six months up to 29 000



Anorexia Nervosa and Autism

Curr Psychiatry Rep (2017) 19: 41
DOI 10.1007/s11920-017-0791-9



EATING DISORDERS (S WONDERLICH AND JM LAVENDER, SECTION EDITORS)

Autism Spectrum Disorder in Anorexia Nervosa: An Updated Literature Review

Heather Westwood¹ · Kate Tchanturia^{1,2,3}

- Over-representation of Autism in AN
- Poorer treatment outcomes, higher illness severity, longer illness duration
- Need for treatment adaptations

What about other ED?

Systematic reviews in process

Makin^{1,2,4, ^}, Valeria Mondelli^{1, 2}, and Kate Tchanturia^{1,3,4,5}



Analysis of symptom clusters amongst adults with anorexia nervosa: Key severity indicators

Zhuo Li^{a,1}, Jenni Leppanen^{c,1}, Jessica Webb^b, Philippa Croft^b, Sarah Byford^c, Kate Tchanturia^{a, b, d, ^}

^a King's College London, London, Department of Psychological Medicine, Institute of Psychiatry, Psychology, and Neuroscience, UK

^b National Eating Disorders Service, South London and Maudsley NHS Foundation Trust, London, UK

^c King's Health Economics, Health Service and Population Research Department, Institute of Psychiatry, Psychology & Neuroscience, King's College London, London, UK

^d Psychological Set Research and Correction Center, Tbilisi State Medical University, Tbilisi, Georgia

[^] Department of Neuroimaging, Institute of Psychiatry, Psychology, and Neuroscience, King's College London, UK

PEACE pathway development started from AN/Autism overlap:
(Adamson et al (2020 BMJ) Kinnaird et al (2019 Int Rev of Psychiatry) see www.peacepathway.org
publication section

Patients (AN/Autism) ✓



Carers ✓



✓
Clinicians

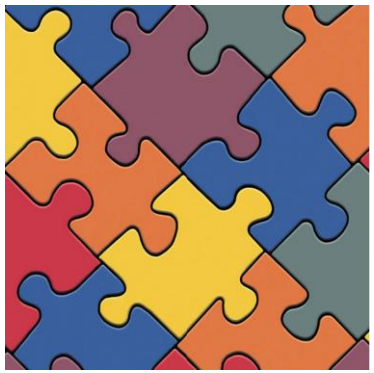
RESEARCH ARTICLE

Open Access

Clinicians' views on working with anorexia nervosa and autism spectrum disorder comorbidity: a qualitative study



Emma Kinnaird¹, Caroline Norton² and Kate Tchanturia^{1,2,3,4*}



Autism and ED-s

why we invested time and energy?

Similar cognitive signature
Emotion expression difficulty
Alexithymia
Social Anhedonia
Social Anxiety

Research
evidence

High proportion of autism in
ED
Longer duration of illness
Poor ED and Functional
outcomes
Longer use of Clinical services

Clinical
Reality/Audit

Adaptations:
Reasonable adaptations
Environment
Communication
Sensory awareness/strategies
Longer processing time
Visual aids

NEEDS

Problems with treatment

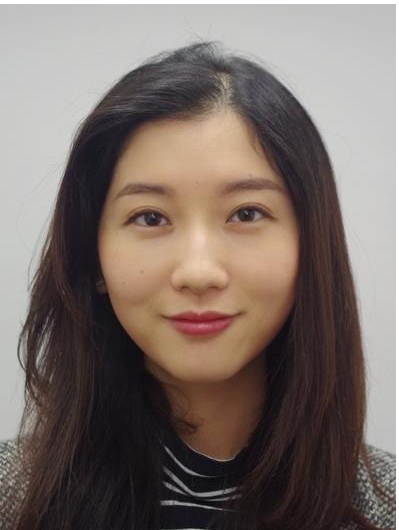
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graph LR; A[Problems with treatment] --- B[Autism barrier to accessing treatment]; A --- C[Poor engagement]; A --- D[Sensory difficulties];
```

Autism barrier to accessing treatment

Poor engagement

Sensory difficulties

How do we know PEACE was helpful?



Easy and Hard Tweaks

Website recourses, autism screen, Sensory screen, basic toolbox, communication passport, huddles

Working on lived experience network,
Adapting recourses (IP/OP/Community)
Developing new recourses

Outcome research and funding
Influencing policy



an Open Access Journal by MDPI

Implementation Insights from the PEACE Pathway Across UK Eating Disorder Services

Kate Tchanturia; Dimitri Chubinidze; Fiona Duffy; Emy Nimbley; Zhuo Li; Joanna Holliday

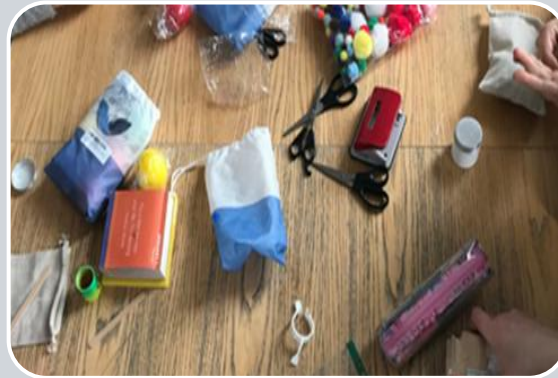
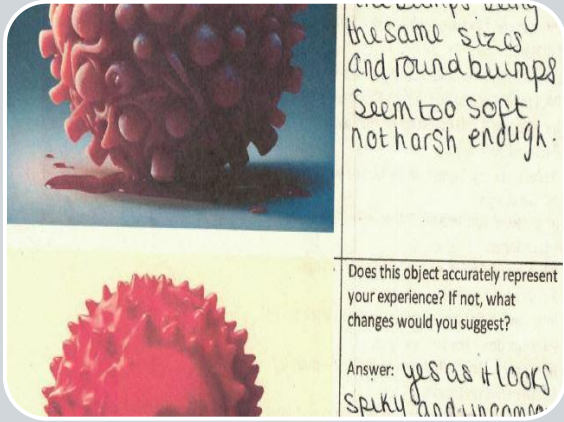
Nutrients 2025, Volume 17, Issue 9, 1532



Questions to early adopters:

- What core elements of PEACE are you interested in adopting? Which aspects might need to be adapted to your context?
- What skills and capabilities might you need as an adopter to implement PEACE? What resources, training or coaching might you need?
- Would you be willing to share your learning and be part of the PEACE community of practice to continuously improve this way of working?

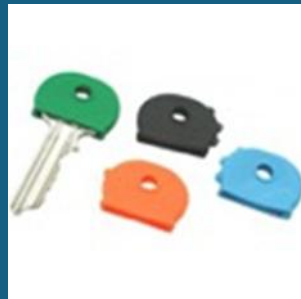
Main areas to think about



Communication



Sensory sensitivities



Treatment adjustments



Confident and competent team!

Date completed: _____

PEACE
Pathway for Eating disorders and Autism
developed from Clinical Experience

My Communication Passport

HELLO
MY NAME IS

How I would like you to communicate with me:

What support do I need communicating in group settings:

Sensory needs (e.g. my sensitivity to light, sound, touch, texture, taste, or smell and how you can support me):

My special interests and strengths are:

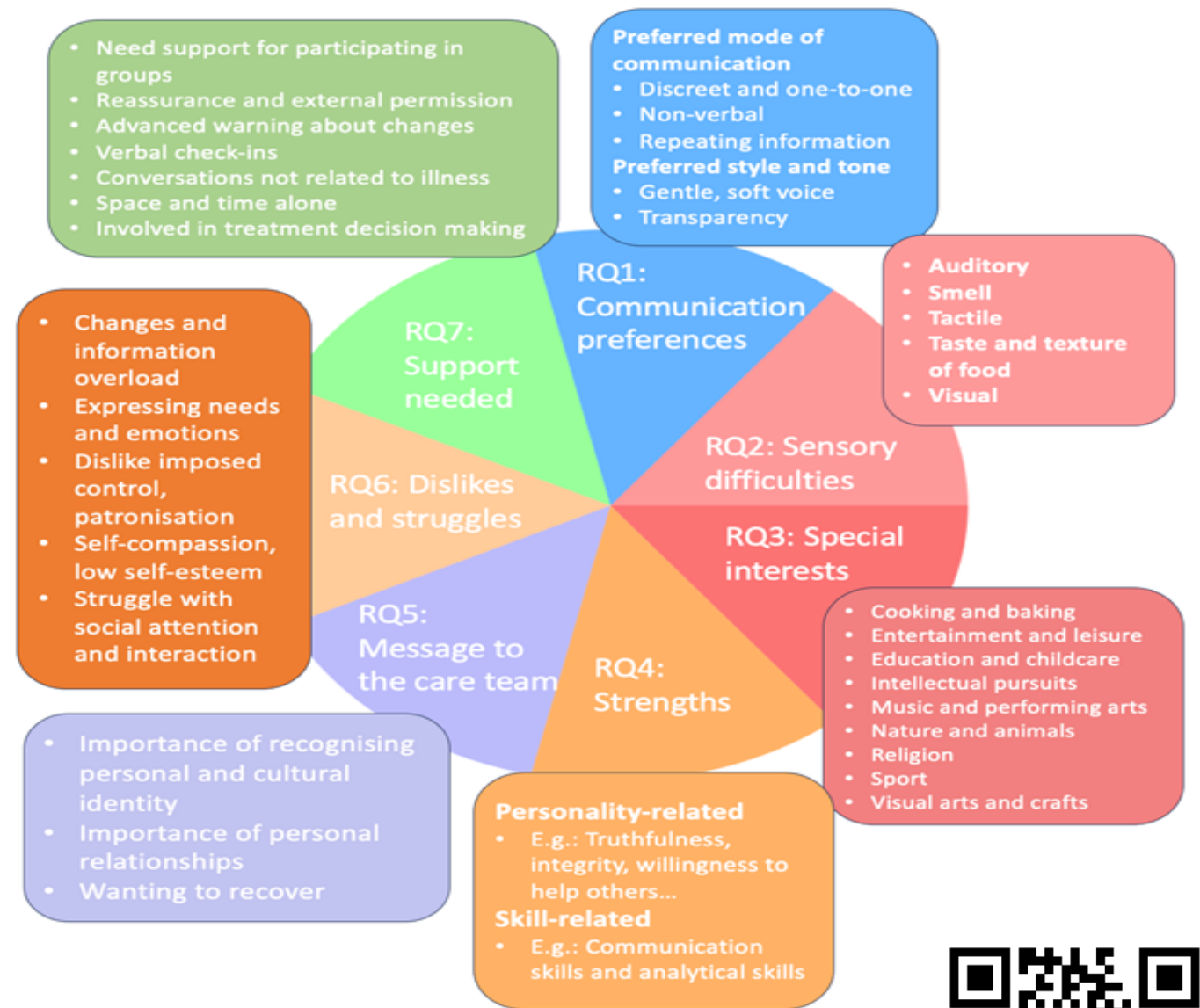
1. Other things you should know about me:
2.
3.

My dislikes and things that I struggle with, and how you can support me:

Main message that I would like you to know:

You can support me by:

Contributed by Yasemin Dandil (Project Manager – PEACE Pathway)



“Don’t talk to me like I am an illness”: exploring patients’ needs using the communication passport in an eating disorder service. neuropsychiatry, Li, Z., Chubinidze, D., Croft, P., Webb, J., Sarpong, A., Zesch, E., & Tchanturia, K. (2024).



What is a peace huddle?

- The PEACE huddle is a meeting that happens once a week to discuss anything related to PEACE.
- We meet every Thursday at 11:00-11:30am and for us this is held over teams.
- Everyone is invited – from all branches of the service (inpatients, outpatients, day services, ETT) and all disciplines (Psychologist, medics, nursing team, dieticians, OTs).
- We encourage people to join as often as possible though understand people have busy schedules so aren't always able to join on a weekly basis.



How is the huddle used?



Case studies and reviews



Service evaluation and improvement



Research ideas



Lived experience



Sharing learning + techniques



PEACE progression



Implementation and collaboration



How is this helpful?

We can continue to learn from each other and others with lived experiences with Autism and eating disorders, and carers with loved ones who are autistic with eating disorders

We can make plans for the dissemination and implementation of PEACE across our service and other services through research, conferences, and networking.

We can reflect on the PEACE resources and the website and continue thinking about how we can improve this for our service and others.

Extending to ADHD pathway (Work in progress)



In 2024...

- Huddles have been used to reflect on the work and the bigger pictures of the work.
- Lived experience and guest speakers sharing their journeys and all the positives that we can continue working on and areas that still need work.
- We have taken feedback on board and make PEACE resources editable when downloaded from the PEACE website. We have also been gathering feedback on the PEACE website to think about further changes that can be made.
- Many case reflections on the patients that we support within SLAM



My Communication Passport

HELLO MY NAME IS

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What support do I need communicating in group settings:

Sensory needs (e.g. my sensitivity to light, sound, touch, texture, taste, or smell and how you can support me):

My special interests and strengths are:

Other things you should know about me:

My dislikes and things that I struggle with, and how you can support me:

Main message that I would like you to know:

You can support me by:

Logos: KINGS COLLEGE HOSPITAL, The Program Foundation, NHS, and others.



Pathway for Eating disorders and Autism
developed from Clinical Experience

Helpful resources

[PEACE Pathway – Home](#)

[PEACE Pathway - Resources for those with an Eating Disorder and Autism](#)

[PEACE Pathway – Clinician Resources](#)

[PEACE Pathway - Carers Resources](#)



Pathway for Eating disorders and Autism
developed from Clinical Experience

Sensory Screening, group protocols, papers (www.peacepathway.org)

Sensory Summary

Mark where you think you are on the below scales. Hypersensitivity means you are highly sensitive to sensations and may try and avoid them where possible; hyposensitivity means you have lower sensitivity and may try to seek out these sensations. There are examples below each scale. If you think you are neither hyper/hyposensitive and have no sensory differences, mark yourself in the middle as a 5.

Taste

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

(Hyposensitive) (No sensory differences) (Hypersensitive)

If I am hyposensitive, I might add lots of salt to my food to make it taste stronger. If I am hypersensitive, I might prefer to eat bland foods as I find them too strong.

Smell

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

(Hyposensitive) (No sensory differences) (Hypersensitive)

If I am hyposensitive, I might not notice strong smells and enjoy smelling essential oils. If I am hypersensitive, I might dislike smelly places like a canteen and find smells overpowering.

Vision

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

(Hyposensitive) (No sensory differences) (Hypersensitive)

If I am hyposensitive, I might really like watching bright light displays. If I am hypersensitive, I might prefer to have lights dimmed or turned off.

Sound

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

(Hyposensitive) (No sensory differences) (Hypersensitive)

If I am hyposensitive, I might turn my music up loud and dislike silence. If I am hypersensitive, I might dislike loud spaces and put my hands over my ears.

Touch

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Texture

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

(Hyposensitive) (No sensory differences) (Hypersensitive)

If I am hyposensitive, I might really enjoy the feeling of certain food textures in my mouth (such as liking crunchy food). If I am hypersensitive, I might strongly dislike and avoid eating certain food textures (such as mashed potato).

Stakeholder interviews suggested:
identifying sensory differences could benefit both autistic patients and their clinicians in adapting treatment.



Engineering and
Physical Sciences
Research Council



Pathway for Eating disorders and Autism
developed from Clinical Experience

NHS
South London
and Maudsley
NHS Foundation Trust



peacepathway.org

Colleen Alford from Children's hospital Westmead Sydney Australia example of early adoption internationally


I wanted to get in touch and give you an update on how I've been integrating what I learnt from visit to London.

- I have been able to implement **weekly PEACE huddles**. These have been an invaluable opportunity to discuss patient care, autism related resources, and plan Out of the Box groups and other autism-specific parts of our service.
- We have purchased a couple of **Purrbles** and are using these with patients.
- We are in the process of turning our service **orientation pack into a social story**
- We are now using the **Communication Passport** with all our patients, not just our autistic patients
- Fiona Hollings has agreed to do a recorded talk for us that we can use with our patients about her **experience** and how autism can present differently to the 'stereotypical' view of autism

It's been very exciting to be able to implement so many PEACE pathway principles and ideas after seeing them in person in February.

Thank you again for your generosity and hospitality. It was a wonderful experience!







EDAC

EATING DISORDERS AND
AUTISM COLLABORATIVE

THE TEAM

PEACE

Pathway for eating disorders and autism developed from clinical experience




National Autistic Society

Accredited 2020 

Certificate

This is to certify that


National Inpatient Eating Disorder Services
of South London and Maudsley NHS Foundation Trust

has successfully achieved the expected standard
for Inpatient Services


Stephen Dechigne
Head of Autism Accreditation (South)



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OXFORDSHIRE

BUCKINGHAMSHIRE

BERKSHIRE

BOB





Thank You

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