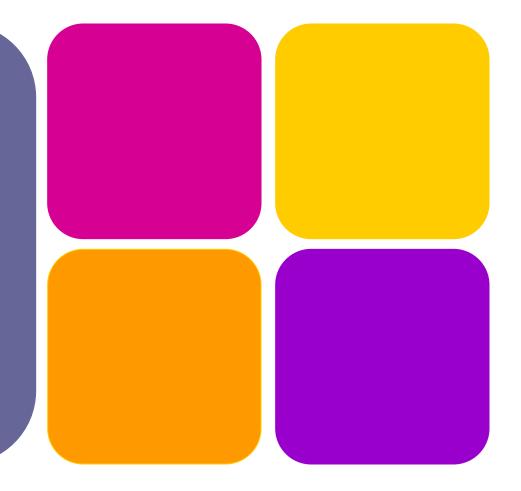


Northern Sydney Health District and PHN

Hungry for Change

Changing the Landscape of Eating Disorders in NSLHD

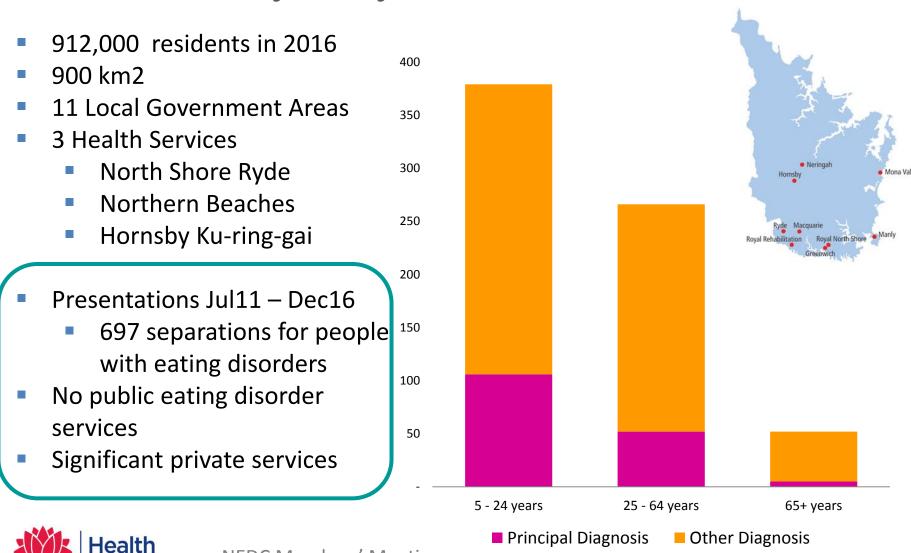


Monique van Leeuwen NSLHD Eating Disorder Coordinator June 2018



monique.covey@health.nsw.gov.au

Northern Sydney Local Health District



Northern Sydney Nocal Health District

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rict 1-2 June 2018 Figure 1. Total eating disorder separations in all NSLHD hospitals from 2011 to December 2016

Anecdotal increase in # ED presentations



The NSLHD Clinical Services Plan 2012-2016 recommendation 108



The NSLHD Clinical Redesign Project for Eating Disorders was established in February 2013.



NSLHD Clinical Services Plan 2015-2022 recommendation 132



In 2014, a file audit was undertaken to look at consistency of care and the pt journey



The NSW Service Plan for Eating Disorders 2013-2018 was released by the Ministry of Health in October 2013.



In January 2016, the NSLHD Service plan for Eating Disorders 2015-2018 was submitted



In June 2016, the NSLHD Eating Disorder Clinical Service Manager was appointed.



Implementation of the NSLHD Service plan for Eating Disorders 2015-2018



Background

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Framework for Change



NSW Service Plan 2013-2018

- Mandate from MOH which states Eating Disorders are CORE BUSINESS for all LHDs
- Enhancements to current services and funding for a coordinator for each LHD

File Audit Results

- 22 different wards across NSLHD
- Lack of a coordinated approach
- Skill base of clinicians variable
- Documentation varied
- Inconsistency of diagnosis

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NSLHD Service Plan 2013-2018

- Opening and streamlining pathways in and out of care
- Providing evidenced based treatment as core business in general medical and mental health settings
- Education and training to all clinicians







- Peter Beumont Eating Disorder Unit at RPA
- SCHN Eating Disorder Unit at Westmead

Public:

- Peter Beumont Day/Outpatient Program at RPA
- •SCHN Day/Outpatient program at Butterfly House

Private:

- Butterfly Foundation Programs
- •Northside Greenwich, Northside West, Wesley Ashfield
- •Redleaf Wahroonga, The Practice St Leonards, Body Matters Neutral Bay
- •Individual clinicians

care and treatmen

Tertiary Hospital

Local Hospital Interventions

Local inpatient medical or mental health wards

•Royal North Shore

Manly/Mona Vale

Hornsby

Specialist Eating Disorder Interventions

Day Programs, Specialist Outpatient Programs, CBT-E/FBT

Generalist Health/Mental Health Interventions

GPs, private psychologists/dietitians
Also some guided self-help and etherapy options available



NSLHD CMHT & CYMHS teams
• LNS, Ryde, NB, HK
Headspace – Chatswood & Brookvale

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Service Change



- Designated ward and team for each health service where these patients will be admitted
 - Streamlines care
 - Up skills those clinicians
- Development of clinical guidelines/care pathways from presentation to ward
 - Clinician driven
 - Based on evidence
- Clearly documented pathways in and out of care
 - Emergency and ward clinicians are aware
 - Patients are aware and don't feel scare to present for treatment





Partnerships











- Health Pathways, Education Sessions, Committees
- **Inside Out Institute**



- ◆ Education, Clinical Support, Research
- Butterfly Foundation

 Butterfly



- Eating Disorder Week event, Committees, Services
- Headspace



- Services, Education, Training, Research
- **NEDC**



Education



Private Services

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"It's not a great mission statement, but we'll revise it if things get better."







No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.





