



**Dr Sarah Maguire**

Statewide Eating Disorders Coordinator

**It has been an eventful year for the implementation of the NSW Service Plan for Eating Disorders across the state and much has been achieved.**

Our 2017 statewide forum was very well attended, workforce development is underway with our first national webinar, and we underwent a statewide roll-out of intensive training in Maudsley family-based and cognitive behavioural therapy for eating disorders.

In this edition of the newsletter we highlight the fantastic work of the members of our Medical Leads Sub-committee across NSW. They are working from every District in the state to build hospital pathways for people presenting with eating disorders.

The committee, under the stewardship of Professor Ian Caterson, has been working on guidelines to support clinicians, including nurses, emergency departments and those treating children and adolescents.

The toolkit to support treatment of adolescents with eating disorders is due to be released shortly so watch this space.

A key focus of future work will be collaboration between the medical and mental health teams to effectively treat eating disorders in hospital settings.

The Centre for Eating and Dieting Disorders eLearning hub for training in eating disorders continues to grow. We now have five programs online and freely available to clinicians throughout NSW to train in aspects of care for people with eating disorders (visit <http://cedd.org.au/elearning-etherapy/elearning>).

We highly recommend the Eating Disorder Inpatient Management for inpatient units.

There is still much to be done but we are looking forward to our future accomplishments.

*Sarah*



(L-R) Dr Campbell Tiley, Clinical Director Division of Medicine, Dr David Lienert Clinical Director Division of Mental Health and Judith Leahy Area Eating Disorders Coordinator.

## Guidelines trial a success

**There is a collective sense of achievement at the conclusion of an admission for an adult with an eating disorder within the Central Coast Local Health District. It arises from the success of the team across disciplines and wards working together to achieve a good outcome for our patients.**

CCLHD started developing guidelines for adults with eating disorders in 2015. The process was initiated in response to urgent patient need.

Draft guidelines were developed in January 2017. The CCLHD Clinical Director of Medicine Dr Campbell Tiley chaired a new committee, and together with the Clinical Director of Mental Health Dr David Lienert, invited representatives from nursing and nursing management, nutrition services, allied health, emergency department, the Division of Medicine, Gastroenterology and Consultation Liaison Psychiatry.

The guidelines emphasise the role of the MDT and agreement on a management plan. It does not remove the challenges – as each patient has different needs – but it enables everyone to work together.

Last year CCLHD had six admissions by March. This provided an opportunity to test the draft guidelines and feedback has been positive.

Clients say they feel listened to. “I’ve had quite a few admissions over the years and I noticed the difference with this last one. Me and my family were included in each MDT discussion.”

“I now have more confidence in managing the challenging behaviours, and can separate the person from the illness,” says one nurse.

The CCLHD “Interim guidelines for Adults with Eating Disorders” are due for endorsement at the CCLHD Policy and Procedure committee February 21.

They will be placed on the CEDD website for use by other LHDs.



Campbelltown Hospital Acute Services Building.

## Streamlining care in hospital

**Campbelltown Hospital is working to establish local pathways and nominate key contacts to streamline processes when a patient is identified.**

The Nurse Unit Manager at the Paediatric Ward and the NUM at the local mental health unit have volunteered as nursing leads. This ensures the education of staff and supervision of patient meals. We also have identified processes to arrange nurse specials, as per local policy.

It has also been agreed that medical clinicians on duty that day must admit patients if they are deemed medically unstable, with input from local psychologists if required.

The ongoing care for any admitted patient with an eating disorder is coordinated thereafter by a core group,

which involves discharge planning and follow up. This includes support from local dietitians.

Now let's talk about some of the challenges. Discussions are ongoing regarding arranging nurse specials over after hours and on weekends. We have also found that outpatient psychological family therapy support options are limited locally. We have encountered issues with providing ongoing care for patients 16-years and over. Providing emergency department and ward with resources, including meal plans, is also a challenge.

The New Year ushers a new hope and direction. We are exploring better ways of obtaining information from GPs and carers. We are also encouraging local physiotherapists to participate and exploring options for group activities.

### STAFF PROFILE



**Dr Meenakshi Rattan**

Paediatric Medical Lead

**Having worked with the brilliant eating disorder team at Children Hospital Westmead as part of my training, I feel indebted for the opportunity to become the Medical Lead for Eating Disorders at Campbelltown Hospital.**

We are seeing more and more eating disorder presentations. To treat eating disorders effectively there needs to be collaboration and coordination of clinical, allied health and administrative staff.

As part of the NSW Service Plan for People with Eating Disorders, there is an alignment of likeminded people striving to make a difference in this field. I am hearing loud and clear that we can and will make a difference.



## WHERE TO GET HELP

### In an emergency:

Please call **000** or go to your nearest hospital emergency department.

24-hour support can also be found at the following:

- Mental Health Line: 1800 011 511 (NSW)
- Lifeline: 13 11 14
- Kids Helpline: 1800 551 800
- Suicide call back service (National): 1300 659 46
- Healthdirect Australia: 1800 022 222

### Find a practitioner or get information:



<http://cedd.org.au>



<https://thebutterflyfoundation.org.au>