



## Information for clinicians about the NSW Adult Eating Disorders Outreach Service

This specialised multidisciplinary team (psychiatry, nursing, dietetics, psychology) was established to deliver tertiary outreach support through consultation and training, to medical and mental health services that are treating adults with eating disorders across NSW Health. This service delivery is in line with the NSW Service Plan for Eating Disorders (2021-2025) and aims to assist local health districts (LHDs) and specialty networks implement and maintain their own service plans by building capacity in providing safe and effective evidence-based treatment for individuals with eating disorders locally.

The Outreach service can provide support to teams new to eating disorders, or peer consultation to teams experienced in eating disorders.

### Services available through the Outreach service to provide local treating teams with clinical consultation, advice and support:

- ❖ Planned, multidisciplinary case conferences via videoconference (i.e. team to team consultation)
- ❖ Planned individual consultation via telephone/videoconference (i.e. consultant to consultant, nursing to nursing, dietitian to dietitian, clinical psychologist to psychologist/other mental health clinicians)
- ❖ Education and training to LHDs directly or in collaboration through networks such as The InsideOut Institute (face-to-face or virtual)
- ❖ Delivery of the virtual Project ECHO Series in Adult Eating Disorders for clinicians in NSW working with people with eating disorders in community or inpatient settings.

### Regular timeslots are allocated each week for Outreach case conferences:

Day	Time
Tuesday	1:30-2:30pm 2:30-3:30pm
Wednesday	2.00-3.00pm 3.00-3.30pm

\*\* Note: Monday 3:00pm-4:00pm is occasionally available, however the Outreach Clinical Psychologist will not be available to attend this timeslot.

To refer to the Outreach Service, clinicians can contact rpavirtual Eating Disorders Connect (vE-Connect), Monday to Friday 8:00am to 8:00pm on Phone: 1800 443 833. A referral must be received so that the consumer can be registered on eMR to receive outreach support.

If you require more immediate outreach support, please also contact the Outreach Coordinator on Tel: 0472 843 063 or [SLHD-MHEatingDisorder-Outreach@health.nsw.gov.au](mailto:SLHD-MHEatingDisorder-Outreach@health.nsw.gov.au)

*The NSW Adult Eating Disorders Outreach Service delivers consultation and advice to treating clinicians and teams, but is not clinically responsible for the consumers for whom we are providing clinician support; clinical governance and duty of care remains with the local LHD or specialty network.*

## Frequently Asked Questions (FAQs)

### **Q1. Which local treating team members are eligible for an Outreach case conference?**

While private clinicians and local GPs are invited to participate in the Outreach case conference, a NSW Health *treating clinician* must be present during the case conference (either inpatient or community). We suggest also discussing the planned Outreach case conference with your local eating disorder coordinator, as they may be available to attend the case conference and will be able to provide additional support to the local team.

### **Q2. Which local treating team clinicians are eligible for individual consultation with an Outreach clinician?**

NSW Health clinicians are eligible for Outreach individual consultation. If the local treating team includes a NSW Health treating clinician, the GP can also access individual consultation with the Outreach consultant. To inquire about clinician availability for individual consultation, please contact the Outreach Coordinator on Tel: 0472 843 063 or [SLHD-MHEatingDisorder-Outreach@health.nsw.gov.au](mailto:SLHD-MHEatingDisorder-Outreach@health.nsw.gov.au)

### **Q3. Is an Outreach case conference needed before a consumer can be referred for inpatient treatment at the Peter Beumont Unit (PBU)?**

While it is not a pre-requisite for an inpatient referral, an Outreach case conference may be offered to the local treating team when an individual is referred for inpatient treatment. This can support the local team continuing to provide care to the individual while they remain on the inpatient waitlist. Sometimes an Outreach case conference can be used to determine suitability for an inpatient admission in PBU and provide clinical support around admission.

### **Q4. Will an Outreach case conference get consumers admitted into PBU for inpatient treatment faster?**

No. While the Outreach case conferences can provide support to local treating teams including the facilitation of referrals for individuals to PBU, the inpatient waitlist is managed according to clinical priority by the inpatient team.

### **Q5. What happens after a referral is received for Outreach support?**

All referrals will be discussed at a weekly multidisciplinary intake meeting. Once the referral is accepted, a team member from the Outreach service will be in contact with the referring clinician to discuss and book in available services to support the local treating team.

### **Q6. What can I expect at an Outreach case conference?**

We typically start with a summary of the case from the local treating team before proceeding to discussion about the questions brought to the Outreach case conference.

### **Q7. How can I get the most out of an Outreach case conference?**

Ideally, all relevant clinicians involved in the consumer's care would attend the Outreach case conference. Please complete and return the *Outreach Case Conference Checklist* document at least one day prior to the case conference, including specific questions to discuss at the case conference.

### **Q8. Where can I get more information about the Outreach service, including education and training?**

Please contact the Outreach Coordinator on Tel: 0472 843 063 or email: [SLHD-MHEatingDisorder-Outreach@health.nsw.gov.au](mailto:SLHD-MHEatingDisorder-Outreach@health.nsw.gov.au)