

September 2018  
Last updated October 2018

## NSW Workforce Development Update: NSW Medical Leads Subcommittee Face to Face Day

Approximately 45 psychiatrists, specialists, and physicians in child and adult medicine and mental health from NSW Local Health Districts and Specialty Networks met at the InsideOut Institute on Monday 25th September. The landmark meeting, led by Professor Ian Caterson, Royal Prince Alfred Hospital endocrinologist and Director of the Boden Institute, together with Dr Nick O'Connor, psychiatrist and Clinical Director of North Shore Ryde Mental Health Service, was held to contribute to improving treatment for people with eating disorders across the NSW Health system.



*From L to R Prof Ian Caterson, Bronwyn Carroll, Danielle Maloney, Dr Nick O'Connor, Dr Arianne Sweeting*



*Some of your NSW Eating Disorder Medical Leads and Eating Disorders Coordinators*



Eating disorders affect both the mind and the body, yet historically, physicians and psychiatrists have worked somewhat independently with these patients, often resulting in fragmented care.

NSW is leading the way in ensuring treatment is much more integrated, which will improve outcomes for an illness with an unacceptably high risk of mortality. Collaboration is paramount in delivering the best outcomes for people with eating disorders, and this meeting provided psychiatrists and physicians the opportunity to explore how they, and their services, can work better together.

There was much discussion on how to best treat both the physical and mental health concerns of people with eating disorders. A report is being prepared on the outcomes from the discussions on the day, that will help to inform and guide future approaches to collaborative care.

Some of the key areas identified by the attendees that need to be addressed in the next phase of implementation of the Service Plan include:

- First and foremost, we need to find new models of care that integrate the medical and mental health sides of care delivering a highly collaborative health response;
- Build consensus on medical management of people with eating disorders across a range of issues;
- Seek clarification on the MH Act and its use with people with eating disorders;
- Build pathways into community care following hospitalisation;
- Address the gap in service for the 16-17-year-old age group, and
- Build a skilled workforce to safely deliver care to people with eating disorders in general medical wards, mental health wards and community mental health settings.

InsideOut Institute is proud to continue its work with the NSW Eating Disorders Medical Leads Subcommittee in its newly integrated format combining both medical and mental health. We look forward to continuing to build on the work already achieved to date and continue this important dialogue and resulting actions through this next phase of implementation of the NSW Service Plan.

