



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.
T 01 6207304 R: jim.ryan1@hse.ie

Head of Operations, Mental Health Service
St Loman's Hospital, Palmerstown Dublin 20
Tel: 01-6207304 Email: jim.ryan1@hse.ie

10th March 2021
Deputy Holly Cairns,
Dail Eireann,
Dublin 2.

PQ 9959/21

To ask the Minister for Health the progress made in establishing the adult eating disorder network and child and adolescent eating disorder network; the number of hubs established; the staffing levels in each with reference to MDTs and consultant posts; and if he will make a statement on the matter. -Holly Cairns

Dear Deputy Cairns,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

Most people can and do get better from eating disorders. While a small number of people benefit from more intensive treatment through day programmes or inpatient care, the most effective treatment setting is in the community. Dedicated community based eating disorder services, where multidisciplinary teams have specialist training can provide evidence based care and treatment.

The HSE developed and approved a Model of Care for Eating disorders that provides a blueprint for the development of specialist regional teams with skilled clinicians that can provide evidence based interventions collaborating with acute hospital physicians and GPs as required. Early intervention and evidence based treatment by multi-disciplinary specialist community eating disorder teams are recommended by the HSE Model of Care for Eating Disorders with a focus on both psychological and physical recovery. The Model of Care was launched in 2018 and continued implementation is vital to deliver access to high quality eating disorders in Ireland.

<https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/moc/hse-eating-disorder-services-model-of-care.pdf>

The clinical program aims to establish an Eating Disorder network (8 adult teams and 8 CAMHS teams) in accordance with agreed Model of Care 2018 and approved implementation plan over the coming years. To date 3 teams has commenced recruitment and are delivering a service (CHO4 CAMHS, CHO 7 CAMHS and CHO6 adults).

ED Community Teams - Posts in place January 2021 from PFG funding allocated

Team	Posts filled to date	Posts approved in 2021
Adult ED team CHO6/7/8(part)	2 posts out of 14 WTE	12 posts



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*ED team in place prior to NCPED with some posts	(0.5 clinical team coordinator, 0.5 NCHD and 1 SR)	
CHO4 CAREDS ED team	13	1.1 (0.5 Team coordinator, 0.1 physician Acute hospital and 0.5 Senior SW)
CHO7/6/8 (part) ED Community ED team *ED team in place prior to NCPED with some posts	8	1.4 (0.3 paediatrician, 1 grade iii and 0.1 acute hospital Dietitian)

Funding has been made available in 2021 to progress the recruitment of 3 additional Consultant Lead multi disciplinary ED teams in CHO4 (adult), CHO9 (adult) and CHO2 (CAMHS). The National Clinical Programme is working with the CHOs to progress the recruitment of these additional teams.

Anyone who is concerned about an eating disorder should discuss it with their GP. They can offer medical assessment, support and information on treatment options.

Eating Disorder Supports:

Bodywhys: The HSE provides funding annually to Bodywhys to run the helpline which is delivered by a team of trained volunteers. They also provide a range of services (support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families. The HSE also supports Bodywhys to run the **PiLaR (Peer Led Resilience) Programme**, a 4-week online modular based programme for parents, friends and carers of a person with an eating disorder to build resilience and gain support in their role as a carer.

Helpline [01 2107906](tel:012107906) Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm.

Contact alex@bodywhys.ie for support.

Visit bodywhys.ie

HSE Eating Disorder Self Care App

In March 2019 the HSE has launched the first Self Care App which provides valuable information for those with or people caring for someone with an eating disorder.

A self-care app for people:

- with an eating disorder
- caring for someone with an eating disorder
- worried about developing an eating disorder
- diagnosed or are recovering from an eating disorder

From the HSE National Clinical Programme for Eating Disorders and Bodywhys.

[Read more about the HSE Eating Disorder Self Care App.](#)



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I trust this information is of assistance to you but should you have any further queries please contact me.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'T. O'Brien'.

Thomas O'Brien
General Manager Mental Health Services