



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

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Deputy Holly Cairns.  
Dail Eireann,  
Dublin 2.

07<sup>th</sup> March 2022

**PQ Number: 7898/22**

**PQ Question: To ask the Minister for Health the details of progress made in addressing the National Clinical Programme for Eating Disorders Goals - 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.

In January 2018 the HSE published a National Model of Care for Eating Disorders (MOC) in partnership with College of Psychiatrists' of Ireland and Bodywhys. The MOC is the blueprint for the HSE to roll out specialist eating disorder services in Ireland to address the current unmet need for specialist eating disorder service within HSE. Outpatient specialist care is considered to be the most effective treatment setting for most people with eating disorders. The MOC has a core focus on developing regional community based specialist eating disorder services provided by skilled multidisciplinary teams.

Further information can be found on the MOC here:

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

The clinical programme aims to establish an Eating Disorder network (eight adult teams and eight CAMHS teams) in accordance with the agreed Model of Care 2018. Currently, there are three teams in operation: two CAMHS teams (one serving Cork/Kerry Community Healthcare - CHO4 and the other serving Dublin South, Kildare and West Wicklow Community Healthcare - CHO7) and an adult team in Community Healthcare East (CHO6). These multidisciplinary teams provide specialist eating disorder assessment and treatment in the community.

Funding has been made available in 2021 to progress the recruitment of three additional Eating Disorder teams in CHO4 (adult), CHO9 (adult) and CHO2 (CAMHS). Following the recent budget

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Minister Butler released a statement that additional funding would be provided in 2022 for additional teams.

The NCPED goals for 2021 as listed on our webpage are below with progress on each during the year

### Goals 2021

<p>1. Continue regular meetings of National Oversight Group to support implementation of the Model of Care;</p> <p>This meeting occurs on a monthly basis and is Chaired by National Clinical Lead.</p>
<p>2. Advance the development of the Eating Disorder Hub Network through the recruitment of three additional specialist community Eating Disorder Teams across the HSE in line with the Model of Care;</p> <p>Recruitment for the 3 additional teams is at an advanced stage within the relevant CHOs</p>
<p>3. Develop and pilot day programme strategy;</p> <p>This has been delayed due to COVID restrictions and retro fitting of buildings to allow space to deliver. Clinicians have been offered training in evidence based interventions suitable for day programmes in advance of day programme developments.</p>
<p>4. Update the ED data set and publish 2020 annual data 2020 from ED teams;</p> <p>Collection of real time data remains a challenge, a business case to update the system was submitted to HSE. The 2021 data will be published on 28<sup>th</sup> Feb 2022 as part of Eating Disorders Awareness week.</p>
<p>5. Establish research group with academic membership on the National Oversight Group;</p> <p>Research and audit continues across the 3 operating teams.</p>
<p>6. Update and review the ED Self Care app to ensure reliable valid sources of information readily available for people with eating disorders and their carers;</p> <p>The app is updated at least monthly and a wider youth focus group is planned with Bodywhys in the coming quarter.</p>
<p>7. Complete and disseminate Guidelines on Eating Disorders in collaboration with ICGP to support early case identification and referral pathways with primary care;</p> <p>The guidelines were published by ICGP in March 2021</p>
<p>8. Develop collaborative clinical pathways / PILOT on:</p>
<p>a. Transitioning between child and adult mental health services;</p>
<p>b. Transitioning between mental health service and acute hospital (MARSIPAN/ J MARSIPAN based).</p> <p>A National HSE webinar on managing acute medical emergencies in eating disorders will take place on Wednesday 2<sup>nd</sup> March 2022.</p>
<p>9. Continue our formal and integrated working relationships with our partner agency BodyWhys and the College of Psychiatry Ireland;</p>

We continue to partner with Bodywhys they are part of our governance structure and training programme. All service users/families are signposted to Bodywhys.

10. Facilitate training, education in-line and supervision with agreed Model of Care.

This continues and has moved online due to the COVID pandemic.

I trust this information is of assistance to you. Please do not hesitate to contact me if you have any further queries.

Yours sincerely,



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**Dr Amir Niazi**  
**National Clinical Advisor & Group Lead for Mental Health**  
**Clinical Design and Innovation**  
**Health Service Executive**