



Oifig an Chomhairleora Chliniciúil  
Náisiúnta agus Ceannaire Grúpa do  
Mheabhairshláinte

HSE, Ospidéal an Dr Stevens, Baile Átha  
Cliath 8, DO8 W2A8

Office of the National Clinical  
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Deputy Holly Cairns,  
Dail Eireann,  
Leinster House,  
Kildare Street,  
Dublin 2.

Date: 14.03.2024

**PQ Number: 7732/24**

**PQ Question: To ask the Minister for Health if transitional supports for eating disorders such as meal support and mental health supports can be provided to patients in order to improve the transition between hospitals and homes, CAMHS and AMHS. -Holly Cairns**

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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.

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. In the absence of a pre-existing dedicated eating disorder infrastructure or strategy, this Model of Care document has been developed in order to guide the provision of high quality, accessible and value for money eating disorder services in Ireland. Key recommendations include:


- The development of a national network of dedicated eating disorder teams embedded within the mental health service
- A stepped model of outpatient, day patient and inpatient care provision based on clinical need
- The development of a skilled, trained workforce

In the context of the significant physical morbidity associated with eating disorders, this Model of care also recommends strong integration between primary care, mental health services and medical teams, including the bridging of the acute hospital and mental health services divide through mutual clinical commitments and shared pathways. The NCPED has collaborated on clinical guidelines to support the transitions between different care settings within the stepped model of care. The Guidelines for Assessment and Management of Eating Disorders in the Emergency Department were published by The Irish Association of Emergency Medicine in 2023. The National Anorexia Nervosa Paediatric Hospital Guidelines were published by The National Clinical Programme for Paediatrics in February 2024. These documents provide guidance to staff in acute hospitals, including meal support, nursing guidance, dietetic recommendations, multidisciplinary working, the role of mental health teams and medical

management. The MOC recommends consultant physicians and paediatricians are members of community eating disorder teams and these roles include facilitation of patients that require transition between mental health and acute hospital settings. A number of these roles are now in post with more in active recruitment. These posts are the first of their kind within eating disorder services in Ireland. The NCPED aims to establish an ED network (8 adult teams and 8 CAMHS teams) in accordance with the agreed Model of Care 2018. It recommends that adult and CAMHS eating disorder teams collaborate closely on ED clinical pathway supports, transitions, education and training. Existing teams are continuing to develop collaborative care pathways across the stepped model of care to ensure quality safe transitions within their catchment areas.

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

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Amir Niazi', is written over a light grey rectangular background.

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