

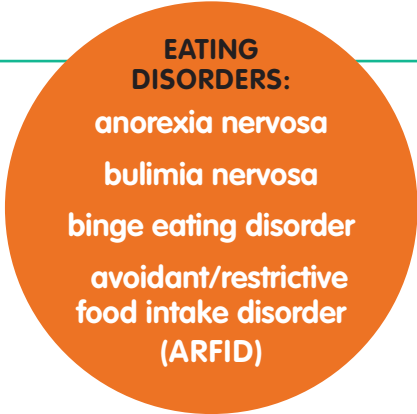


National Clinical Programme for Eating Disorders

MODEL OF CARE FOR EATING DISORDER SERVICES

A guide for people with eating disorders and their families

The HSE has developed a new Model of Care for eating disorder services in Ireland which describes how it will provide care for eating disorders in the future. This Model of Care has been developed in association with the College of Psychiatrists of Ireland and Bodywhys. The plan is to roll it out across Ireland over the next 5 years.



Values of the HSE National Clinical Programme for Eating Disorders



Some facts about eating disorders

- Eating disorders are a group of recognised mental health conditions.¹
- It is estimated that about 1,800 new cases occur in Ireland each year.²
- Eating disorders most commonly start in adolescence, but also occur in adults.
- Eating disorders affect males and females.
- The causes of eating disorders are a mixture of biology (genetics, starvation), psychology and social factors. They are not a matter of lifestyle choice³
- Eating disorders cause psychological and physical complications and some of these are life threatening.⁴
- With early assessment and evidence based treatment the chance of recovery is very good.⁵
- Specialist outpatient treatment has been found to be the most effective and fastest way for most people with eating disorders to recover.⁵

References:

1. World Health Organisation (1992) International Classification of Diseases
2. HSE (2018). Eating Disorder Services: HSE Model of Care for Ireland
3. Lock J, La Via M C and AACAP (2015). Practice Parameters for the Assessment and treatment of Children and Adolescents with Eating Disorders. JAACP. 54(5): 412-425
4. RCPsych (2014): CR 189: MARSIPAN: Management of Really Sick Patients with Anorexia Nervosa 2nd Edition
5. NICE (2017): Guideline 69: Eating Disorders: recognition and management access to the most evidence based treatment

What you can expect from the new Model of Care for Eating Disorder Services

Implementation Plan 2018–2022

- It will be for all ages and stages of eating disorder.
- A stepped model of care will include dedicated out-patient, day-patient and in-patient programmes.
- Extra out-patient and day-patient services will be provided by 16 additional teams across Ireland – 8 for adults and 8 for children and adolescents.
- There will be a National Eating Disorder Network.
- Individualised care planning will ensure that you get the level of care and support that you need when you need it.
- Your core team will include a psychiatrist, therapist and access to dietitian and other skilled clinicians when you need them.
- Access to the most evidence-based treatment will help you recover.
- You will have a key worker who knows you.
- Groups and day programmes.
- Specialised training programme for staff.
- More parent support through our programmes collaboration with Bodywhys.
- Better links between your own GP, mental health team and hospital doctors.
- A dedicated website.
- Quality and patient-centred focus.
- Better access to services.



The patient journey

