

### Waikato DHB response 5/9/2011 to Midland Eating Disorders Strategic Plan

Project Recommendations / Findings for Follow Up	Related Project	Status	Whom Responsible	Objective Heading	Planned Completion Date	Progress Comments & Supporting Details
General practice providers have increased knowledge of eating disorders and their presentations	<b>Midland Eating Disorders Strategic Plan 2009-2015</b>	In progress	For local implementation	Primary	Present – 5 years	<p>Waikato DHB is working with Primary Health to implement the government's policy of "Sooner Better More Convenient" health services. As part of this process Midlands Health Network is developing service models for the better integration of primary and secondary mental health and addictions treatment using the Stepped Care Model. The aim of this model is to improve early detection, diagnosis and treatment including shared care arrangements between primary and secondary services for all mental health and addiction disorders, including eating disorders. Waikato DHB has also purchased psychiatrist FTEs and mental health and addictions service co-ordinator FTEs within Primary Health services to assist GPs in the treatment of all mental health and addiction disorders, including eating disorders.</p> <p>SEDS (Secondary Eating Disorders Service) Guidelines for "Initial Assessment"; "Indicators for Acute Hospitalisation"; and "Regular Monitoring" are provided to GPs as required.</p> <p>SEDS staff are available for consultation. Training has been provided to individual GP practices (GPs and nursing staff) who are managing an ED (Eating Disorder) patient; and WDHB Triage interface with GPs.</p> <p>A SEDS brochure has been published re referral and treatment options with SEDS.</p>
Primary care providers maintain clients with eating disorders at a local level		Completed & ongoing	For local implementation	Primary	1-5 years	<p>Waikato DHB has also purchased psychiatrist FTEs and mental health and addictions service co-ordinator FTEs within Primary Health services to assist/support GPs in the treatment of all mental health and addiction disorders, including eating disorders. Shared care occurs with SEDS and GPs depending on individual need - e.g. medical monitoring (weighing, blood tests physical observations); and naso-gastric feeds.</p> <p>Support workers in the home are provided as part of a planned treatment package of care.</p>
Public Health providers are including messages relating to eating disorders in their planning for service delivery		Completed & ongoing	For local implementation	Primary	1-3 years	<p>Training has been provided to Public Health nurses by SEDS.</p>

Primary health providers professional competence in working with clients with ED is increased		Completed & ongoing	For local implementation	Primary	1-5 years	Waikato DHB has also purchased psychiatrist FTEs and mental health and addictions service co-ordinator FTEs within Primary Health services to assist/support GPs in the treatment of all mental health and addiction disorders, including eating disorders. SEDS has provided training to Wintec nursing students and Family Planning Clinic. SEDS brochure provided with other ED information handouts. Consultation and appropriate referral have occurred as a result.
Educational authorities recognise the early signs of school aged children / young people with eating and nutritional issues including any issues relating to obesity		Completed & ongoing	For local implementation	Primary	5 plus years	Waikato DHB has, since 2004, purchased Project Energize - Waikato Healthy Eating - Healthy Living Programme for Children across 64 schools within the Waikato DHB. The programme covers issues related to eating and nutritional issues including any issues relating to obesity. SEDS has provided training for a school parent and staff group. SEDS brochure provided with other ED information handouts.
Kaupapa Maori primary health providers have increased knowledge and awareness of eating disorders within their populations		Completed & ongoing	For local implementation	Primary	1-5 years	Waikato DHB has implemented 4 FTEs Primary Liaison Mental Health and Addictions positions within secondary mental health child and youth services to: <ul style="list-style-type: none"> <li>• Consolidation of existing skills, developing new skills and building confidence in the management of children's and young people's mental health by primary care professionals;</li> <li>• Training for primary care professionals;</li> <li>• Facilitating communication between primary and specialist services; and</li> <li>• Building networks and partnerships between professionals.</li> </ul> The above is inclusive of eating disorders. SDES training has been offered but not yet taken up, to Kaupapa adult maori groups. Consultation and multi-agency case review for individual adult clients has been provided.
Pacific People's primary health providers have increased knowledge and awareness of eating disorders within their populations		Completed & ongoing	For local implementation	Primary	1-5 years	As above
Other identified ethnic groups are assisted in increasing their knowledge and awareness of eating disorders within their populations		No progress	For local implementation	Primary	5 -10 years	

Family and whanau have access to appropriate support groups where they can interact with others who have had similar experiences		Completed & ongoing	For local implementation	Primary	2008 – 2009	<p>Support is provided to families by SEDS clinicians. Parents are invited to attend the Guided Self Help Group for Bulimia Nervosa as a participant to aide their learning and support of their family member.</p> <p>Families are offered referral to Supporting Families Waikato.</p> <p>Information is provided to the EDANZ website which offers information and support for families of persons with an ED. SEDS has ongoing contact with EDANZ.</p>
Clear clinical pathways exist within secondary specialist services between mental health services and adult and paediatric medical services across both inpatient and outpatient settings		Completed & ongoing	For local implementation	Secondary	2008-2009	<p>Clinical pathways for Inpatient Admission (Emergency Department, Medical, Mental Health, and Adult, C&amp;Y) and Outpatient Admissions (Adult and C&amp;Y) have been developed. Review is ongoing as teams (e.g wards) identify needs (e.g. which ward, identify specific staff to work with EDs, or all staff; acute care vs longer term treatment).</p> <p>Ongoing training /debriefing is offered to ward staff as required.</p> <p>SEDS have developed informational handouts for families on how to identify and support someone with an eating disorder.</p>
Family and whanau work in partnership with eating disorders professionals		Completed & ongoing	For local implementation	Secondary	2008 - 2009	<p>Families are involved in weekly inpatient MDTs.</p> <p>Following the national training opportunities on this SEDS and ICAMHS are implementing the Maudsley Family Based treatment which must include the families as they provide the refeeding of their child and make the treatment decisions with professional support.</p>
Clinical staff working with adults are trained in a range of treatment modalities for the management of clients with eating disorders		Completed & ongoing	For local implementation	Secondary	2008 - 2009	<p>SEDS clinical staff have worked in Mental Health and Addictions Services prior to being appointed to SEDS. They bring with them a knowledge and skill base appropriate to their training.</p> <p>Development packages tailored to their individual learning needs have been developed for each of the staff to ensure they have appropriate knowledge and expertise to work in the area of eating disorders.</p> <p>A range of treatment modalities are provided including - Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Motivational Enhancement therapy (MET), Behavioural Therapy, Solution focused Therapy.</p>

All Midland region secondary specialist clinical staff with eating disorders expertise provide support to their local primary sector clinical and non clinical services staff to ensure pathways for care between primary and secondary services are	Completed & ongoing	For local implementation	Secondary	5-10 years	SEDS staff are sited in different teams and geographic areas and provide ongoing support and training to the local primary sector and community.
Service users can access a wide range of services appropriate to their needs and to what resources are available	Completed & ongoing	For local implementation	Secondary	2009-2010	There are a range of services that can be accessed depending on need -  Inpatient treatment (medical / mental health; paediatrics / adult)  Outpatient treatment (adult / ICAMHS), family based treatment for C&Y and included in adult treatment as appropriate.  Clinics in rural areas as required.  Community support workers in the home as required.  Treatment groups for persons with Severe and enduring ED; and Guided Self Help for Bulimia.  Phone consultation with SEDS for clients / families or referring agencies.  Consumer survey completed 2009. next due end of 2011.
Outpatient services are provided by multidisciplinary teams who have experience and skills in eating disorders work	Completed & ongoing	For local implementation	Secondary	2008 - 2009	SEDS staff includes psychologists, psychiatrist, occupational therapist, mental health nurse and we are currently advertising to fill our dietitian role. These staff have specialist eating disorder interest and experience, and seek out ongoing specialist training.
Across Midland there is increased focus on a workforce, with multiple competencies, that may include service users and whanau	Completed & ongoing	For local implementation	Secondary	2010-2011	Appropriate staff from SEDS and Waikato ICAMHS staff attended the MoH supported Maudlsey Family Based Treatment training.  SEDS provide a twice yearly 2-day training to all DHB staff on "Eating Disorders: An Introduction". This has improved the knowledge and skills of DHB staff and their interaction with clients and the SEDS team.  A service user is a member of our Steering group.