



National Clinical
& Integrated Care Programmes
Person-centred, co-ordinated care



HSE Mental Health Services

Irish National Eating Disorder Conference
February 23th 2018:

**Development of an evidence and
values based eating disorder service:
the HSE approach**

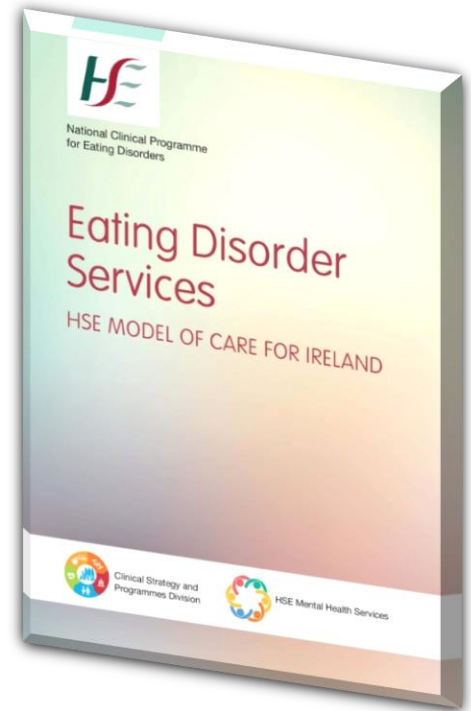
(...a new hope)

Dr Sara McDevitt,
National Clinical Lead for the HSE Clinical Programme for Eating Disorder

Dr Sara McDevitt, HSE National
Clinical Programme for Eating Disorders

Learning objectives

- Model of care development
- Key recommendations
- Implementation and next steps

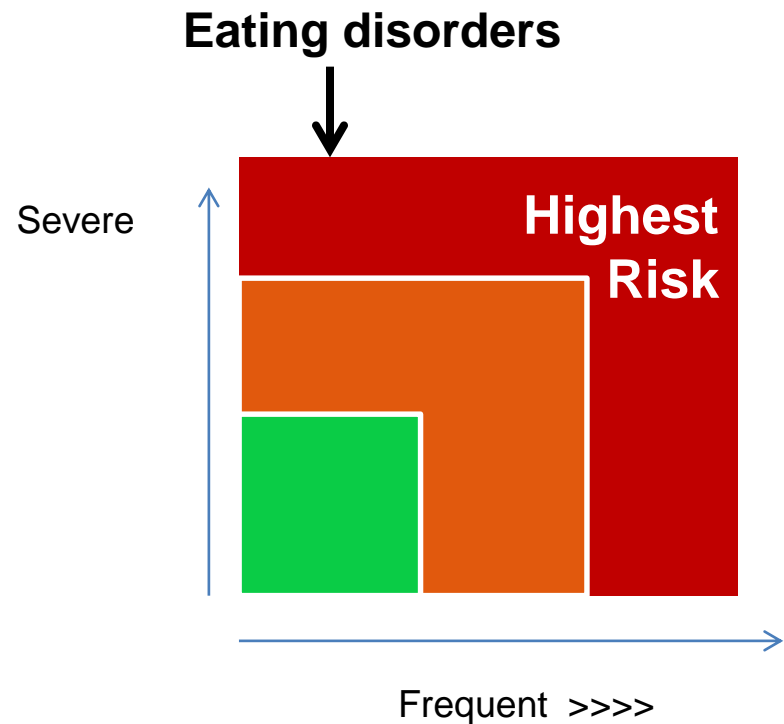


HSE Clinical Strategy and Programmes Division

- Design and planning improvement; not operations

✓ **Quality**
✓ **Access**
✓ **Value**

- ~33 clinical programmes
 - Mental Health Programmes
 - Eating disorders
 - Early onset Psychosis
 - DSH in emergency department
 - Dual diagnosis
 - Adult ADHD

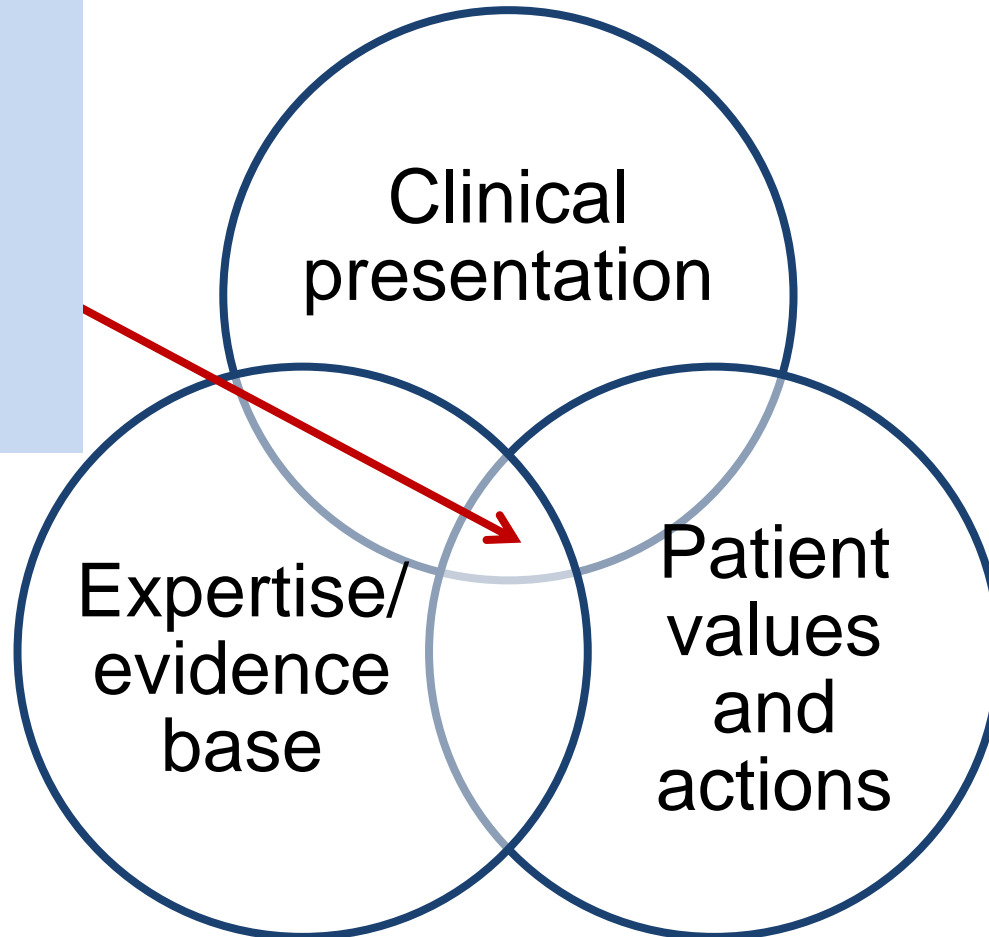


*‘Here is Edward bear,
coming downstairs now, bump, bump, bump, on
the back of his head behind Christopher robin. It is,
as far as he knows, the only way of coming
downstairs, but sometimes he feels there really is
another way, if only he could stop bumping for a
moment and think of it’*

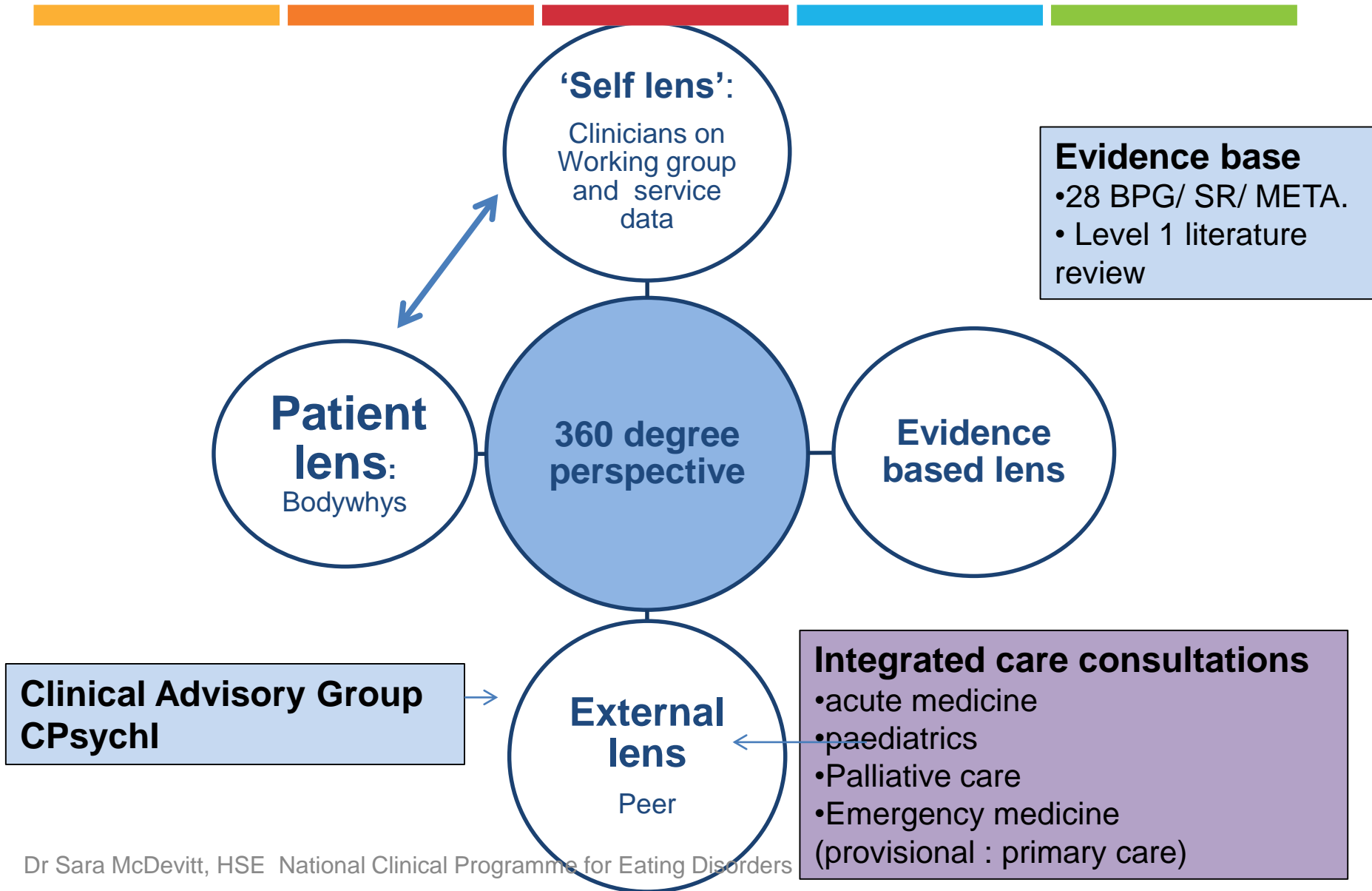
Winnie the Pooh, A.A. Milne

What is quality?

Evidence
+
Values
=
Expertise and
quality of care



Our Strategy



Patient lens and values

What people have told us they need from clinicians and staff – Bodywhys



Evidence lens



Highest mortality and morbidity in mental health

(Arcelus, 2011)

Early intervention works

Evidence based approaches can double remission rates

TAU ; more expensive, less effective and less satisfaction (Gowers, 2007)

Outpatient setting superior to inpatient for most people

Expertise requires lots of case work
(NHS, 2015, RCPsych)

Physical risk monitoring saves lives
(RCPsych 12,15, AACAP, 2015, NICE, 2017)

Low uptake /access to services- trust/ stigma

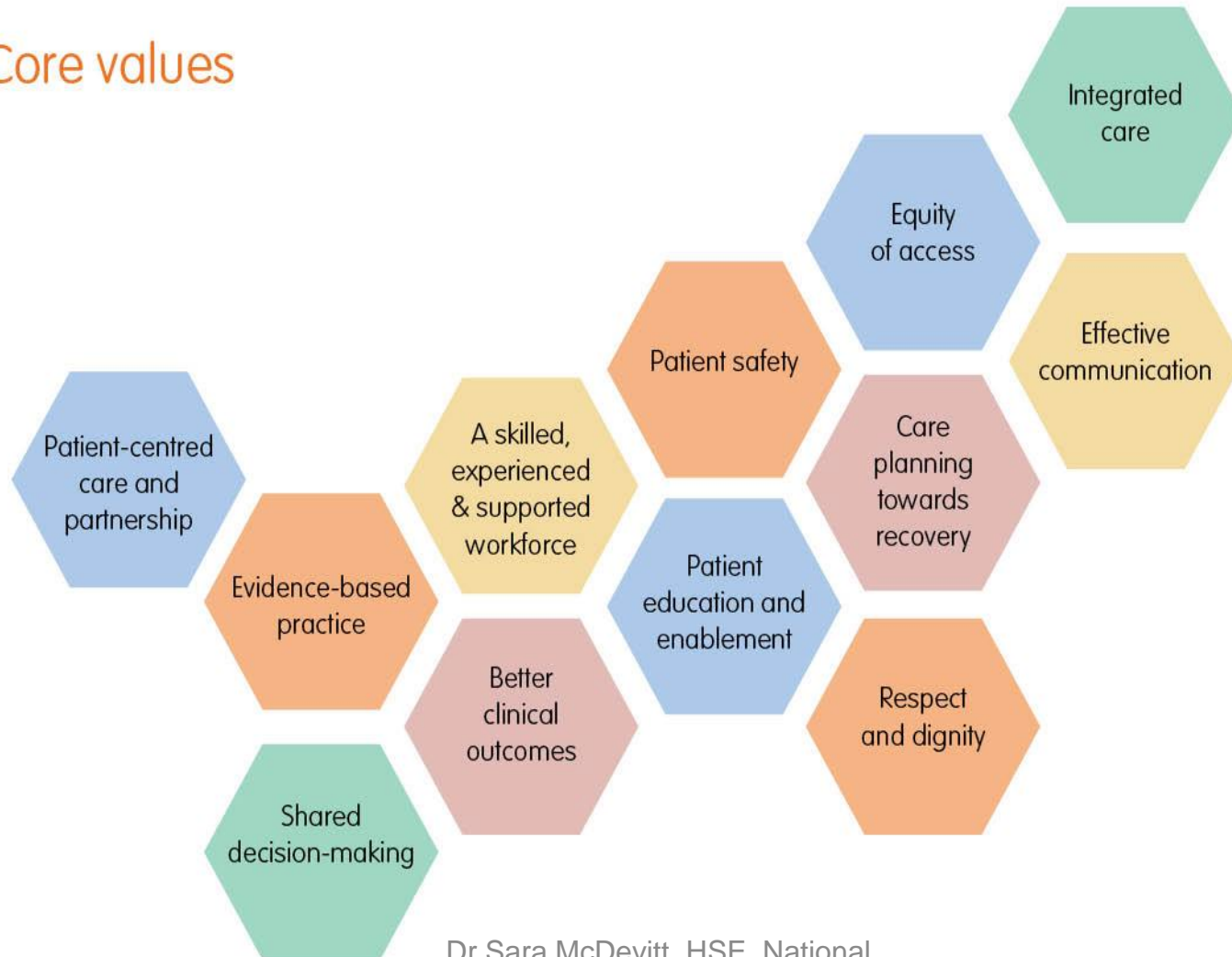
(Butterfly foundation, 2012, McNicholas)

Huge socioeconomic and psychosocial cost

(B-EAT, 2012 & 2015 Butterfly foundation. 2015)

Programme themes and values

Core values





KEY RECOMMENDATIONS

Dr Sara McDevitt, HSE National
Clinical Programme for Eating Disorders

1. Stepped care model

How will care be provided in the future?

HSE care will be provided through a stepped care model of outpatient, day programme and inpatient eating disorder programmes and services.

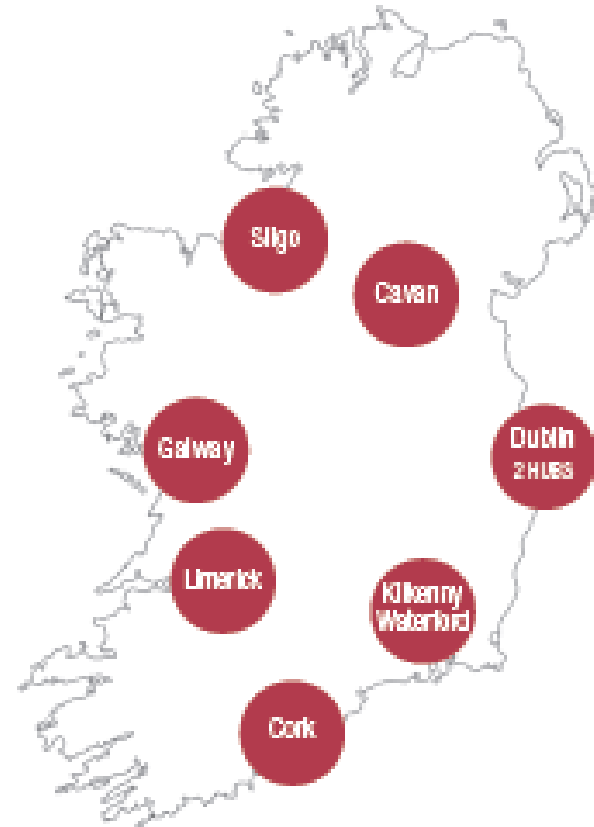


] New developments

2. National Eating Disorder Network

- Coordinated through 8 regional eating disorder Hubs
- 16 additional dedicated eating disorder teams
 - multidisciplinary
 - 8 adult; 8 child and adolescent
 - Outpatient, group and day programmes
- Up skilling for existing teams
- Dedicated inpatient programmes
 - 4 adult
 - 5 child and adolescent

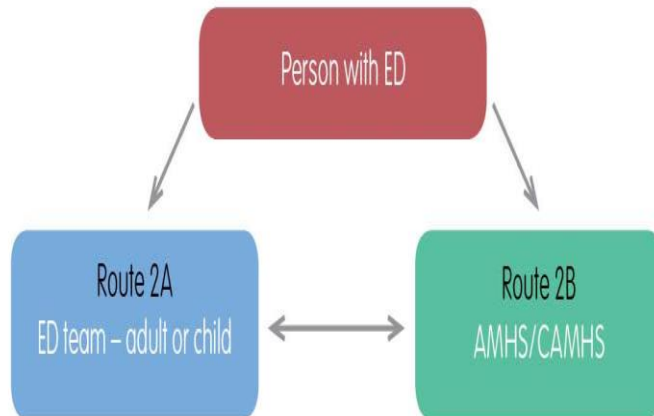
Team locations for the National Eating Disorder Network



Access

Service options

Referral options for access to Level 2 outpatient ED treatment



ED teams: 11-12 clinicians per 600,000

Core team

- Psychiatrist
- Trained therapist (senior)
- GP
- Access to dietetics if needed
- Access to medical/ paediatric if needed

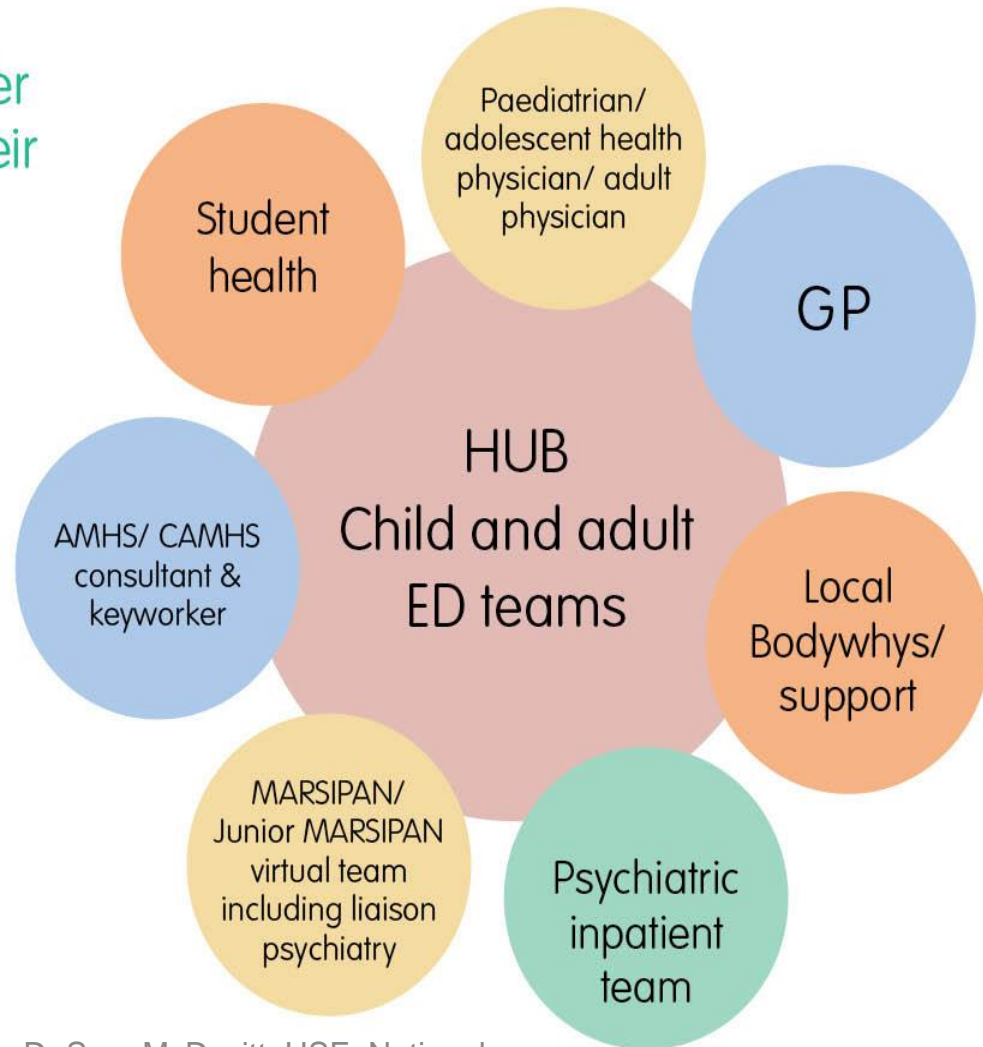
3. Integrated care

Eating disorder 'hubs' and their interfaces


Led by the ED teams

Local;

- ✓ MARSIPAN and clinical pathways
- ✓ Single point of contact to ED team
- ✓ Keyworker
- ✓ Outreach to MHS
- ✓ In-reach to hospitals
- ✓ Quarterly development meetings



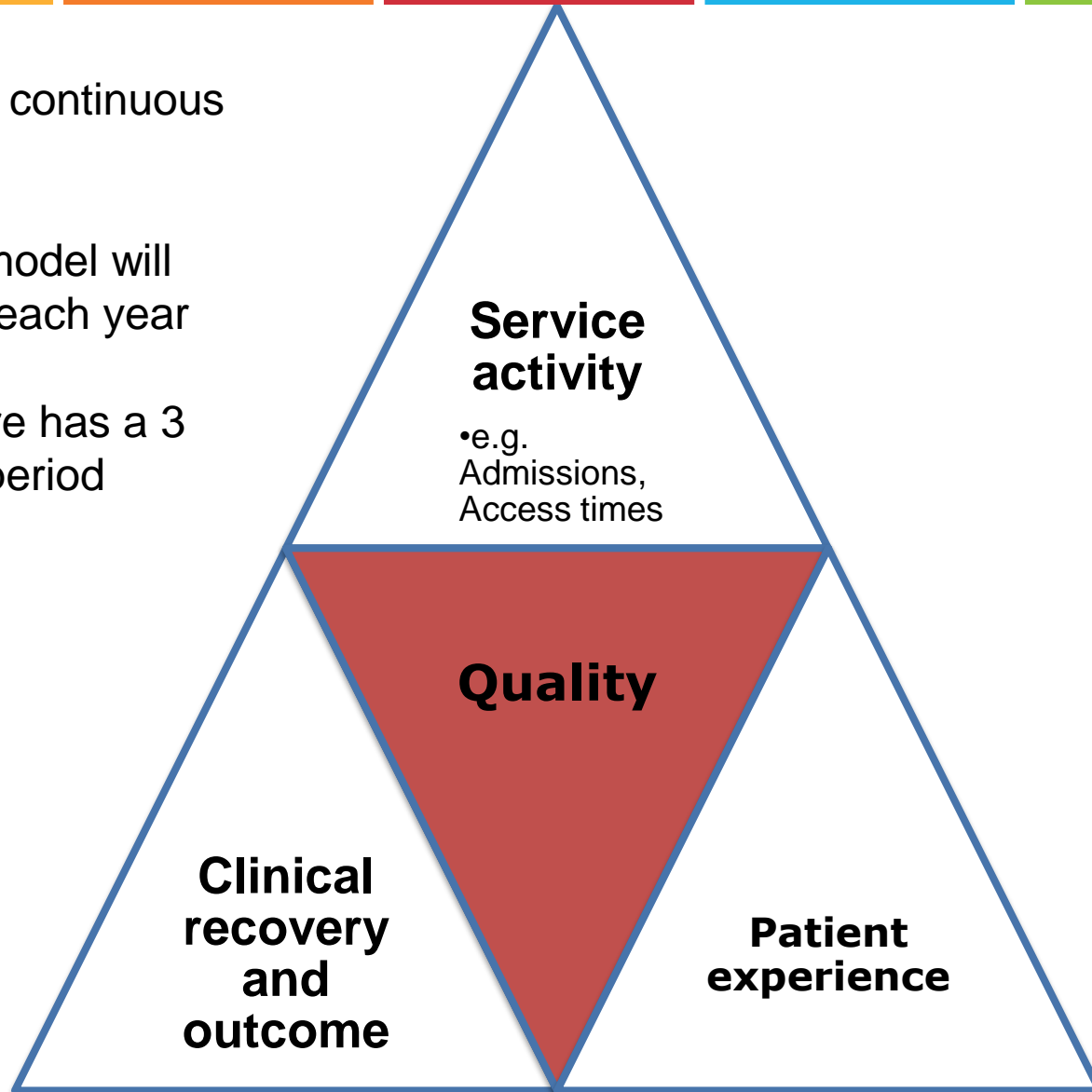
4. Eating Disorder training programme



- ED teams
 - Interprofessional training model
 - Comprehensive training curriculum and programme
 - CPD
- MHS
 - FBT/ CBT-E group supervision
 - National update days
 - From the ED teams to their Hubs
- The wider system
 - Medicine, paediatrics- MARSIPAN/ Induction
 - Primary care
 - Postgraduate and undergraduate training bodies

5. Evaluation

- Routine and continuous evaluation
- Evaluation model will be reviewed each year
- Model of care has a 3 year review period





OUR NEXT STEPS

Dr Sara McDevitt, HSE National
Clinical Programme for Eating Disorders

5 year Implementation plan

Recruitment

- Recruitment of 3-4 teams per year
- **3 teams funded in 2017- in recruitment**

Training

- Specialist ED team- curriculum and training programme
- MHS- supervision networks and update days
- Broader health service- MARSIPAN, GP programme, induction
- Bodywhys

Change management

- Sharing the vision, identifying champions, and building coalitions
- Collaborative care pathways- transitions, MARSIPAN
- Joint resource development

Improving understanding

- Evaluation and audit
- Body whys
- Specific clinical areas of focus

Model of care collaboration...



HSE Working Group

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Further information



Our web page (Model of care information):
<https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/moc/>

HSELIVE (for service queries):
<https://www.hse.ie/eng/hselive/>

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