



How can we support you?

The Sydney Children's Hospital Network,  
Westmead

Joanne Titterton CNC

SCHN  
Westmead  
EATING  
DISORDER  
SERVICE

The Sydney Children's Hospital  
Network: Westmead Campus 

- Multidisciplinary team
  - Psychiatrists
  - Paediatricians
  - CNC
  - Social Workers
  - Clinical Psychologists
  - Dietitian
  - Physiotherapist
- Age <16 yrs on presentation

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Services Provided 

- Inpatient Program
- Intensive Family & Adolescent Eating Disorder Day Program (IFAED)
- Outpatient Program
- Training & Support

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Inpatient Program 

- State wide service with 8 allocated beds
- Program includes
  - Medical management
  - Psychological management (as needed)
  - Meal support
  - School program
  - Group program
- Intensive admission for 2 weeks (includes the family) 2 per term

*Medically unstable patients or patients that are unable to guarantee their safety are required to attend their local hospital for initial assessment and treatment*

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Intensive Family & Adolescent  
Eating Disorder Day program 

- State wide service
- 8 places for 12-18yr olds
- Step up or step down care
- Program length depends on need (4-12 weeks)
- Clear criteria
  - Complexity of illness
  - Lack of treatment progress
  - Medically stable
  - Family involvement is essential
  - Young person is enrolled at school

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Outpatient Program 

- New patient multidisciplinary assessment
- Medical and psychiatric reviews
- Family based therapy (Maudsley) Limited
- Multiple family therapy program
- Nourish parent group

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## Current Outreach Options

Assessed at time or referral, options are:

- Phone support
- Video link with treating team
- Video link for patient assessment
- New assessment in outpatient clinic
- Transfer to inpatient bed

*It is expected that patients will return to their local treating team on discharge*

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## Current Outreach Options: Training and support

- Annual training programs in Family Based Therapies
- CAPTOS
  - Rural and regional clinicians
  - CAMHS or inpt settings in NSW health
  - Monthly dial in group
  - Case presentation

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## Future plans for Outreach: IFAED

- Rural tele-connect
  - Regular video-link teleconference sessions with treating team
- Rural family admissions
  - Intensive admissions for families (assessment, medical review, intensive family based treatment & care planning)
- Rural service providers
  - Strengthen the EDS Rural Service Provider group to support clinical teams working in the rural setting to the annual identified LHD.

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## Future plans for Outreach: IFAED

- Rural clinician internship
  - Provision of 1 week internship onsite with the clinical team
- Rural consultation
  - Establish an access line where clinicians can dial in at nominated times to seek adhoc advise and support from the community setting.

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## Are you being served?

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