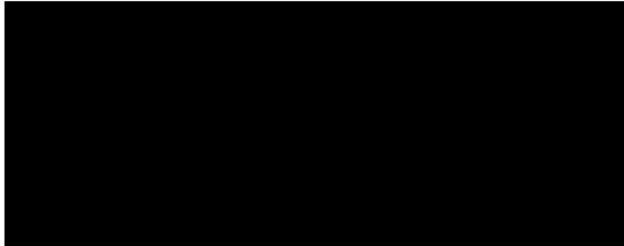


9 June 2021



**Re: Official Information Act request – Eating Disorder Data**

I refer to your Official Information Act request dated 28 April 2021 requesting the following information:

**1. The number of people admitted to the Regional Eating Disorders Service for treatment in the month of March 2021.**

Auckland DHB manages regional specialist eating disorder services at Tupu Ora and in Starship Children's Hospital.

Tupu Ora has a residential component, comprised of 9 beds, and a specialist community treatment team.

Residential service: 4 people were admitted to the residential service during March 2021  
Community service: 32 people had their first face-to-face appointment with the community service in March 2021

Auckland DHB's Starship Hospital provides a regional (Northern Region) service for inpatient management of children with eating disorders where medical and nutritional stabilisation is necessary. This service is provided for children and adolescents under 16 years and adolescents up to 17 years who are still at school and with family involved in follow up outpatient therapy. Patients are admitted following referral from the Regional Eating Disorders Service, CAMHS teams or GPs, or from the Children's Emergency Department.

19 people were admitted under the Starship Inpatient Eating Disorders Service in the month of March 2021.

**2. The number of people on the waitlist for the Regional Eating Disorders Service in the month of March 2021 (Happy for this to be an average number, given I imagine the number changes over the month)**

Within Tupu Ora, the regional eating disorder service, there are two community/outpatient teams, an Adult, and a Child and Adolescent team.

With the Adult team, only those who are triaged as non-urgent are put onto the waitlist. All of those who are triaged as urgent referrals are allocated to specialist clinicians and seen usually within two weeks.

Over the month of March 2021, there were, on average, 22 people on the adult team waitlist. On March 31, this figure was 25.

For the Child and Adolescent team (aged up to 18 years), there is no waitlist. Those referred are allocated, though there will be a time from referral to when they are first seen by a specialist clinician.

During the month of March 2021, 10 children/adolescents had their first face-to-face appointment (includes via zoom) with the community service. This group waited, on average, 42 days for this appointment. The length of average wait was impacted by Covid and by unattended scheduled appointments.

Patients are admitted to Starship's Inpatient Eating Disorder Service acutely if they are medically unstable. Therefore this service does not have a waiting list.

**3. The number of designated inpatient-beds for eating disorder patients under the Regional Eating Disorders Service**

Tupu Ora does not have any "inpatient" beds. An inpatient bed is one gazetted to take compulsory inpatients under the Mental Health Act. Tupu Ora does have 9 residential (non-gazetted) beds which are based in the community rather than on a hospital campus. The residential beds are available to service users from the three Auckland metro DHBs, Northland, and the Midland DHBs.

The Inpatient Eating Disorder service in Starship has 4 funded/designated inpatient beds. However, Starship has seen an upward trend in eating disorder cases for a number of years and the service often operates with as many as 12 inpatients at a time.

We are taking a number of steps to respond to the increasing demand including additional outpatient services and additional inpatient beds as required.

**4. The number of clinical staff (nurses/doctors etc.) employed to treat eating disorder patients as part of the Regional Eating Disorders Service (If this could be broken down by hospital or DHB that would be great)**

Staffing numbers provided do not include staff recruited but who have yet to start, staff on parental leave, or vacancies.

Please be aware that there are also funded Eating Disorder Liaison clinicians within both child and adolescent, and adult, secondary mental health services, to provide a range of eating disorder focussed services including liaison with the specialist Tupu Ora service.

**Tupu Ora Community Staffing:**

Role/occupation	Number (headcount)	Full time equivalent
Occupational therapist (including assistant)	7	5.7
Psychiatrists	3	2.638
Medical officer/GP	2	1.8
Psychologist	3	2.7
Registered Nurse	3	2.9

Social worker	2	1.6
Dietician	3	2.5
Psychotherapist	1	0.8

#### **Tupu Ora Residence Staffing:**

Staffing detailed below is for Tupu Ora residence only. Medical (GP and psychiatry) staffing to the residence is accounted for in the community staffing reported above.

<b>Role/occupation</b>	<b>Number (headcount)</b>	<b>Full time equivalent</b>
Occupational therapist (including assistant)	1	0.8
Registered Nurse/ Enrolled nurse/ Charge Nurse	7	7
Dietician	1	1

#### **Starship Inpatient Eating Disorder Service:**

General Paediatrician	0.2 FTE
Hospital Play Specialist	0.5 FTE
Nurse Specialists	2.0 FTE
Child and Adolescent Psychiatrist	0.5 FTE
Clinical Psychologist	0.3 FTE

You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at [www.ombudsman.parliament.nz](http://www.ombudsman.parliament.nz) or freephone 0800 802 602.

Please note that this response, or an edited version of this response, may be published on the Auckland DHB website.

Yours faithfully



Ailsa Claire, OBE  
**Chief Executive of Te Toka Tumai (Auckland District Health Board)**

