FACT SHEET

Trial of best practice approach for eating disorders within Primary Health Network setting

On Wednesday 13th June, Health Minister Hon Greg Hunt announced the Australian Government’s commitment and funding to deliver Australia’s first trial of a best practice evidence-based approach to eating disorders treatment in a primary health network setting being Central Queensland, Wide Bay, Sunshine Coast PHN.

Frequently asked questions regarding this trial have been clarified below.

What does the treatment approach trial include?

The proposed treatment approach is based on an evidence-based model for eating disorders, including recommended numbers of sessions (based on research evidence on effective treatment and dosages), a multidisciplinary team and a coordinated approach within a community setting.
- 20-50 eating disorder specific psychotherapy sessions
- 10-20 dietetic sessions
- Medical monitoring by general practitioner
- Psychiatric review
- Integrated team review and re-assessment

What is the proposed outcome?

This trial of best practice integrated treatment will be evaluated and the results will inform future policy developments on how to bring about effective, affordable and accessible care to any Australian at risk of or with an eating disorder, including potential Medicare changes. The implementation of such care will be aimed at reducing the impact of these potentially fatal illnesses and assisting people to sustainable recovery.

When will the trial start?

The trial is currently in the consultation and implementation phase. The first intake of participants will occur towards the end of 2018.

How long will the trial run?

A 3 year trial with a projected completion date, including evaluation of 30 May 2021.

Who is coordinating the trial?

The trial is a primary partnership between Central Queensland, Wide Bay, Sunshine Coast PHN and the Butterfly Foundation. We will be working to establish further partnerships to support the trial.

Central Queensland, Wide Bay, Sunshine Coast PHN had identified a high need for their area and have well established relationships with state based services, so are an ideal location for this trial.
Who will be able to access the trial or qualify to be involved?

The trial will be accessible to individuals living within the Central Queensland, Wide Bay, Sunshine Coast PHN region and who have a primary diagnosis of an eating disorder that meets the criteria for safe treatment within a community health setting. Referral into the trial will be from a General Practitioner or Psychiatrist.

Participants may include:
- Those who have not previously received treatment for their eating disorder
- Those stepping down from intensive hospital treatment and require community based treatment to manage risk of relapse
- Those who have received treatment for their eating disorder at an earlier point in life and now require treatment for recurrence

How will health professionals be involved and supported?

Health professionals within the region with an interest or expertise in eating disorders will be identified and supported. Further professional development will be provided for those who are interested in participating. General Practitioners and other health professionals within the region will be trained in identification, assessment and treatment of eating disorders.

Is this expected to be rolled out nationally?

This is being trialled within the Central Queensland, Wide Bay, Sunshine Coast PHN to provide evidence for future decision making regarding access to affordable eating disorders treatment nation-wide.

How will the trial be evaluated?

Data collection is key to the process. We will be carefully monitoring the impacts on service users and health professionals.

Those involved in the trial will partake in assessments that will contribute to the overall evaluation of the trial’s effectiveness. This will be in collaboration with an evaluation partner.

In addition to receiving evidence based treatment, everyone who participates will have an opportunity to contribute to qualitative feedback of how this treatment approach affected their lives and recovery.

How can I register my interest or find out more as someone experiencing an eating disorder or a health professional?

Referral into the trial service will be from a General Practitioner or Psychiatrist.

FOR MORE INFORMATION

More information on the trial will be made available in the next few weeks.

HELP AND SUPPORT

Anyone needing support with eating disorders or body image issues is encouraged to contact Butterfly Foundation’s National Helpline on 1800 33 4673 or support@thebutterflyfoundation.org.au

For urgent support call Lifeline 13 11 14

The Butterfly Foundation I www.thebutterflyfoundation.org.au
Central Queensland, Wide Bay, Sunshine Coast PHN I www.ourphn.org.au