

23rd March 2022



Official Information Act Request for – Eating Disorder Treatment

I write in response to your Official Information Act request received by us 24th February 2022, you requested the following information:

- 1. How many eating disorders beds are there in the CMDHB catchment area? How many beds have there been between 2015 and 2021, broken down by year?**
- 2. How many people have received eating disorder treatment in the CMDHB catchment area in the last 5 years? Broken down by year? Can this also be broken down by sex?**
- 3. How many people have been denied eating disorder treatment in the CMDHB catchment area in the last 5 years? Broken down by year? Can this also be broken down by sex?**
- 4. What has been the main reason eating disorder treatment has been denied?**
- 5. How many people have been on the waitlist for eating disorder treatment, in the CMDHB catchment area in the last 5 years? Broken down by year?**
- 6. What has been the wait time for eating disorder treatment in the CMDHB catchment area in the last 5 years? Broken down by year?**
- 7. How many people are currently on the waiting list for eating disorder treatment, in the CMDHB catchment area?**

Counties Manukau Health Response:

For context Counties Manukau Health (CM Health) employs over 8,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 601,490 people). We see over 118,000 people in our Emergency Department each year, and over 2,000 visitors come through Middlemore Hospital daily.

Our services are delivered via hospital, outpatient, ambulatory and community-based models of care. We provide regional and supra-regional specialist services i.e. for orthopaedics, plastics, burns and spinal services. There are also several specialist services provided including tertiary surgical services, medical services, mental health and addiction services.

Auckland District Health Board runs the regional specialist eating disorder service, Tupu Ora. Tupu Ora's services include outpatient treatment, a day programme and a residential Eating Disorder Unit. Tupu Ora also provides consultation and liaison support to both secondary and primary health care in the Auckland/Northland Regions, as well as specialist training.

Auckland District Health Board provides all of the specialist community care for those with an eating disorder for the three Auckland metro DHBs for adults. Referrals from CM Health are made through our adult community mental health services.

1. How many eating disorders beds are there in the CMDHB catchment area? How many beds have there been between 2015 and 2021, broken down by year?

CM Health do not have designated eating disorder beds however when a patient with a principle eating disorder diagnosis becomes severely unwell (medically or physically compromised) they then would be admitted into a general ward for medical treatment. The table below outlines the number of patients admitted into the hospital for this reason between 2015-2021.

As mentioned above, Auckland District Health Board runs the regional specialist eating disorder service, Tupu Ora. Tupu Ora's services include outpatient treatment, a day programme and a residential Eating Disorder Unit. Tupu Ora also provides consultation and liaison support to both secondary and primary health care in the Auckland/Northland Regions, as well as specialist training.

The pathway for referral to Tupu Ora is that a client is first referred to their local secondary mental health service for a comprehensive triage and assessment process. Some clients are then referred on to Tupu Ora for specialist treatment, while others are able to receive specialist treatment in their secondary mental health service.

As this is a contracted regional service information supplied by Auckland District Health Board in response to this request should be considered for this question.

Number of Patients admitted into Hospital with a principle eating disorder diagnosis			
Year	Patient Volume	Average Length of Stay (days)	Hospital Bed Days
2015	22	7.05	155
2016	19	4.42	84
2017	18	11.83	213
2018	12	5.42	65
2019	36	10.14	365
2020	18	9.50	171
2021	20	8	160
Grand Total	145	8.37	1213

2. How many people have received eating disorder treatment in the CMDHB catchment area in the last 5 years? Broken down by year? Can this also be broken down by sex?

The table below outlines the number of people who have received eating disorder treatment at Counties Manukau DHB in the last five years, broken down by year, and by male and female gender.

Year	Patient Volume		
	Male	Female	Grand Total
2015	0	22	22
2016	2	17	19
2017	0	18	18
2018	0	12	12
2019	3	33	36
2020	3	15	18
2021	1	19	20

Grand Total	9	136	145
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3. How many people have been denied eating disorder treatment in the CMDHB catchment area in the last 5 years? Broken down by year? Can this also be broken down by sex?

There have been no declined referrals for eating disorder treatment. All received referrals are triaged by our Mental Health Intake Team and transferred to the appropriate clinical pathway.

An assessment is then completed, often collaboratively by the Eating Disorder Liaison clinicians, to understand and plan the required clinical intervention. Some of these referrals are then referred back to primary care with advice, some managed at the level of the Community Mental Health Clinics, and those that meet the criteria of the tertiary service are accepted into Tupu Ora for management of their often complex or acute presentation.

All referrals that are discussed at the Tupu Ora weekly multi-disciplinary team meeting.

4. What has been the main reason eating disorder treatment has been denied?

There are a range of possible outcomes to the aforementioned triage and assessment process and these are clinically driven decisions, based on the best possible outcomes for each case.

Some examples of why a referral might not be suitable for the tertiary service being:

- The eating disorder is not the primary presentation,
- There are complex psychiatric needs that require treatment before an eating disorder can be fully understood or appropriate treatment planned,
- The eating disorder did not meet the threshold for secondary or tertiary services, and there are better options for care in primary care or within an NGO
- There is not an eating disorder, and the presentation has been misidentified at any of the preceding stages of referral, triage or assessment.

5. How many people have been on the waitlist for eating disorder treatment, in the CMDHB catchment area in the last 5 years? Broken down by year?

6. What has been the wait time for eating disorder treatment in the CMDHB catchment area in the last 5 years? Broken down by year?

7. How many people are currently on the waiting list for eating disorder treatment, in the CMDHB catchment area?

In response to questions 5, 6 & 7. This is not information CMDHB holds and will be supplied by Auckland District Health Board as they run the Regional Service for Eating Disorder Services.

I trust this information answers your request. 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 or Freephone 0800 802 602.

Please note that this response or an edited version of this may be published on the Counties Manukau Health website. If you consider there are good reasons why this response should not be made publicly available, we will be happy to consider this.

Yours sincerely



Dr Peter Watson
Acting Chief Executive Officer
Counties Manukau Health