



Oifig an Chomhairleora Chliniciúil
Náisiúnta agus Ceannaire Grúpa do
Mheabhairshláinte

HSE, Ospidéal an Dr Stevens, Baile Átha
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Office of the National Clinical
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Deputy Holly Cairns,
Dail Eireann,
Leinster House,
Kildare Street,
Dublin 2.

Date: 14.03.2024

PQ Number: 7727/24

PQ Question: To ask the Minister for Health if eating disorder treatment could be provided regardless of an individual's weight; and whether individual and/or family based therapy could be provided at every step of the treatment process. -Holly Cairns To ask the Minister for Health to provide clarity on the eating disorder treatment process; and to detail what treatments families are entitled to. -Holly Cairns

Dear Deputy Cairns,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

In January 2018, the HSE published a National Model of Care for Eating Disorders (MOC) in partnership with College of Psychiatrists' of Ireland and Bodywhys. In the absence of a pre-existing dedicated eating disorder infrastructure or strategy, this Model of Care document has been developed in order to guide the provision of high quality, accessible and value for money eating disorder services in Ireland. Key recommendations include:

- The development of a national network of dedicated eating disorder teams embedded within the mental health service
- A stepped model of outpatient, day patient and inpatient care provision based on clinical need
- The development of a skilled, trained workforce

The MOC recommends evidence based treatments are provided for people with eating disorders. This is in line with international best practice. Eating Disorder treatment is provided by existing teams across the weight spectrum. Anorexia nervosa is the most common diagnosis seen by community eating disorders and comprised 60% of the total diagnoses in 2023. This includes anorexia nervosa across the weight spectrum and in accordance with the ICD -11 International classification system.

Evidence based treatments recommended in the MOC include family therapy for eating disorders (eg FBT/FT-AN) and individual therapies (eg CBT-E, MANTRA and SSCM). These

treatments are provided at recommended stages according to the evidence base available. Treatments include first line and second line treatments. These treatments are provided by trained staff and the NCPED delivers regular training programmes in evidence based treatments to eating disorder clinicians. The provision of evidence based care throughout the recovery journey for a person with an eating disorder requires adequately resourced teams and dedicated budget for training and education.

I trust this information is of assistance to you. Please do not hesitate to contact me if you have any further queries.

Yours sincerely,



Dr Amir Niazi
National Clinical Advisor & Group Lead for Mental Health
Clinical Design and Innovation
Health Service Executive