



SCHN Eating Disorder Service

Regional & Rural Telemedicine Outreach Program

Sydney Children's Hospital Network Eating Disorder Service (EDS) offers range of tertiary services including inpatient, outpatient and intensive day admissions. There is also a range supports for regional and rural local health districts. This includes the long-standing CAPTOS service at The Children's Hospital, Westmead, plus an enhanced level of support available through the new Regional and Rural Telemedicine Outreach Service.

Regional and Rural Telemedicine Outreach Program

The new Regional and Rural Telemedicine Outreach Program is based at the Eating Disorder Intensive Program for Adolescents (EDIPA) at Crow's Nest. This program provides specialist support and guidance for outpatient clinicians and families in regions of NSW where access to specialist services may be limited.

Who might benefit from a referral?

Young people receiving outpatient treatment for a diagnosed or atypical presentation of an eating disorder where:

- Treatment options are unclear or there is poor progress
- Mental health co-morbidity or a medical issue is complicating assessment, diagnosis, treatment or recovery.

What is offered?

Child and Adolescent Mental Health Consultation including:

- Brief telephone advice
- Treatment review and case discussion with referring team
- Specific consultation regarding psychological treatment
- Joint assessment and consultation with patient/family and referring team
- Assessment of suitability for face to face EDIPA interventions

EDIPA's Child and Adolescent Psychiatrist is available for telemedicine consultations Wednesday afternoons between 2-4pm. These sessions will be allocated alternately for either assessment or follow up. Brief telephone advice is usually available routinely during working hours.

Process for referral:

All young people referred to Regional and Rural Telemedicine Outreach Program or EDIPA must be linked in with a NSW Mental Health Service and be medically monitored. If there are no local medical/ paediatric and/or mental health staff connected with the family, this must be arranged as part of the consultation process.

A referral form should be completed and sent to the EDS Central Intake Coordinator (details below). Please ensure all information is included in the referral form so there is not a delay in providing support. If a clinician is unsure if telemedicine consultation is appropriate for their patient a telephone call is the first step.

What to Expect:

Following receipt of a completed referral, direct contact will be made with the referring clinician within 5 working days and a time will be offered for consultation with the relevant people. During or following consultation recommendations will be communicated directly to the referrer.

Central Intake:

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