

**Mental Health and Addiction Services
Clinical Outpatient
Services for Eating
Disorders Service
Specification
Tier 3
September 2024**

Contents

1. Status	2
2. Review History	2
3. Introduction	3
4. Service Definition	3
5. 2. Service Objectives	3
5.1 General.....	3
5.2 Māori Health	4
6. Service Users	4
7. Access	4
7.1 Entry and Exit Criteria.....	4
8. Service Components.....	4
8.1 Processes.....	4
8.2 Settings	4
8.3 Key Inputs	4
9. Service Linkages.....	5
10. Purchase Units and Reporting Requirements	5
10.1 Purchase Units	5
10.2 Reporting.....	6

1. Status

These service specifications may be amended to meet local agreement needs.

MANDATORY RECOMMENDED

2. Review History

Review History	Date
First Published on NSF Library	June 2009
Amendments: clarified reporting requirements, edited for consistency.	March 2013
Amendments: added MHE29S purchase unit code, removed standard provider monitoring reporting tables. Minor editing.	July 2016
Consideration for next Service Specification Review	Within five years
Moved to Health NZ template. Updated links for PUDD and NSFL only. Amended DHB to become District/Region where appropriate. Update Sector Operations reporting email address. No other changes to content made.	September 2024

Note: In September 2024 a small programme of work moved all Service Specifications to Health New Zealand branded templates. No amendments were made to the body text or content of the Service Specification, so references to DHB, Ministry of Health or other pre-2022 reforms vocabulary will still exist. A larger programme of work to review and revise all Service Specifications is planned for late 2024 to early 2025.

Note: Contact the NSF Team, Te Whatu Ora | Health New Zealand to discuss proposed amendments to the service specifications and guidance in developing new or updating and revising existing service specifications. NSF@tewhatuora.govt.nz

Nationwide Service Framework Library web site [here](#)

3. Introduction

<p style="text-align: center;">EATING DISORDER SERVICES- CLINICAL OUTPATIENT SERVICES FOR EATING DISORDERS MENTAL HEALTH AND ADDICTION SERVICES TIER THREE SERVICE SPECIFICATION MHE29A, MHE29B, MHE29C, MHE29D, MHE29E, MHE29S</p>
--

This tier three service specification for Clinical Outpatient Services for Eating Disorders (the Service) is linked to tier one Mental Health and Addiction Services and tier two Eating Disorder Services.

4. Service Definition

The Service provides specialised recovery-oriented clinical services for people requiring treatment for eating disorders in an outpatient or community setting.

It is recommended that, to provide a continuum of care, wherever possible this Service is integrated with an inpatient or residential eating disorder service.

5. 2. Service Objectives

5.1 General

The Service will include, but will not be limited to:

- specialist assessment and diagnosis
- treatment, therapy and ongoing monitoring of symptoms and regular review of progress and treatment
- each Service User will be assigned a care co-ordinator to ensure continuity and well co-ordinated care
- involvement of family/whānau and significant others in the assessment and treatment process, and recognition of the pivotal role that family/whānau play
- access to resources within the community to assist and support the Service User's recovery
- education to General Practitioners and other primary health care workers
- access to cultural services in accordance with needs of Service Users
- development of individual recovery plans as outlined in tier one service specifications for mental health and addiction services
- provision of specialist advice to other health professionals, including mental health services involved in the care of the individual/family.

Provision will be made for specialised assessments and intervention for particular sub-groups, including Service Users experiencing:

- anorexia, bulimia or an eating disorder not otherwise specified (EDNOS)
- co-existing problems of eating disorders and substance abuse or other disorders
- severely compromised physical condition.

Where possible, care will be provided in conjunction with primary health services. At the least, there will be documented clear communication with any primary health providers regarding the role of the eating disorders service, the treatment plan and progress, and its completion, with consideration to health information legislation and regulations.

5.2 Māori Health

Refer to the tier one Mental Health and Addiction Services service specification.

6. Service Users

The Service Users will include eligible people of all ages.

7. Access

7.1 Entry and Exit Criteria

Referrals to this Service, from primary health services, community eating disorders services, community and inpatient mental health services.

8. Service Components

8.1 Processes

The processes include but are not limited to: assessment; treatment, intervention and support; review; discharge; consultation and liaison.

8.2 Settings

The Service is provided in community-based settings.

8.3 Key Inputs

The Service is provided by people with skills and experience in eating disorder intervention, treatment and support, and who belong in one of the following categories:

- health professionals regulated by the Health Practitioners Competence Assurance Act 2003
- people regulated by a health or social service professional body
- people who interact with Service Users and who are not subjected to regulatory requirements under legislation or by any other means.

Care will be co-ordinated by an assigned care co-ordinator, with several staff of varying professional and support backgrounds being available to contribute to care in accordance with identified needs.

9. Service Linkages

Linkages include, but are not limited to the following:

Service Provider	Nature of Linkage	Accountabilities
Primary Care Providers and other agencies	Referrer	Refer Service Users for assessment and treatment

10. Purchase Units and Reporting Requirements

10.1 Purchase Units

Purchase Unit (PU) codes are defined in Health New Zealand's Nationwide Service Framework Purchase Unit Data Dictionary. The following codes apply to this Service.

PU Code	PU Description	PU Definition	Unit of Measure
MHE29 A	Clinical outpatient services for eating disorders - Senior medical staff	Specialised recovery-oriented clinical service provided by senior medical staff for people requiring treatment for eating disorders in an outpatient or community setting. The service is integrated with an inpatient or residential eating disorder service.	FTE
MHE29 B	Clinical outpatient services for eating disorders - Junior medical staff	Specialised recovery-oriented clinical service provided by junior medical staff for people requiring treatment for eating disorders in an outpatient or community setting. The service is integrated with an inpatient or residential eating disorder service.	FTE
MHE29 C	Clinical outpatient services for eating disorders – Nursing and/or allied health staff	Specialised recovery-oriented clinical service provided by nursing and/or allied health staff for people requiring treatment for eating disorders in an outpatient or community setting. The service is integrated with an inpatient or residential eating disorder service.	FTE
MHE29 D	Clinical outpatient services for eating disorders - Non-clinical staff	Specialised recovery-oriented clinical service provided by support cultural staff for people requiring treatment for eating disorders in an outpatient or community setting. The service is integrated with an inpatient or residential eating disorder service.	FTE

PU Code	PU Description	PU Definition	Unit of Measure
MHE29E	Clinical outpatient services for eating disorders - Cultural staff	Specialised recovery-oriented clinical service provided by support cultural staff for people requiring treatment for eating disorders in an outpatient or community setting. The service is integrated with an inpatient or residential eating disorder service.	FTE
MHE29S	Clinical outpatient services for eating disorders	Specialised recovery-oriented clinical service for people requiring treatment for eating disorders in an outpatient or community setting. The service is integrated with an inpatient or residential eating disorder service.	Service

Unit of Measure	Unit of Measure Definition
FTE	Full-time equivalent staff member (clinical or non-clinical) involved in direct delivery of services to consumers. Exclude time that is formally devoted to administrative or management functions e.g. half-time coordination of a community team.
Service	Service purchased in a block arrangement uniquely agreed between the parties to the agreement

10.2 Reporting

The Provider must comply with the requirements of national data collections: PRIMHD.

Additional information to be reported and the frequency of collection are specified by the Funder in the Provider Specific Terms and Conditions as agreed with the Service Provider.

The information required by the Funder will be sent to:

Email: performance_reporting@health.govt.nz

The Performance Monitoring Reporting tables for the Mental Health and Addiction Service Specifications¹ may be used for performance monitoring if specified as agreed with the Funder.

¹ Performance Monitoring Reporting cluster tables for Mental Health and Addiction Services are published on the Nationwide Service Framework Library, Mental Health and Addiction Service specifications page, Downloads section <https://www.tewhatauora.govt.nz/health-services-and-programmes/nationwide-service-framework-library/about-nationwide-service-specifications/mental-health-and-addiction-service-specifications>