

**Mental Health and Addiction Services**  
**Consultative Service**  
**Within a Specialist**  
**Eating Disorder Service**

**Tier 3**

**November 2024**

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## 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
Amended: clarified reporting requirements	March 2013
Amended: added MHE28S purchase unit code, removed standard provider monitoring reporting tables. Minor editing.	April 2017
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. 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](mailto:NSF@tewhatuora.govt.nz)

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

### 3. Introduction

<p style="text-align: center;"><b>EATING DISORDER SERVICES- CONSULTATIVE SERVICE WITHIN A SPECIALIST EATING DISORDER SERVICE MENTAL HEALTH AND ADDICTION SERVICES TIER THREE SERVICE SPECIFICATION MHE28A, MHE28B, MHE28C, MHE28S</b></p>
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This tier three service specification for Consultative Service within a Specialist Eating Disorder Service (the Service) is linked to tier two Mental Health and Addiction Services service specification and tier two Eating Disorder Services.

### 4. Service Definition

This Service will be provided as part of the specialist eating disorder service. Depending on how services are configured, this specification accompanies the eating disorder inpatient and/or residential and/or outpatient clinical service specification.

The Service will have specialist knowledge, expertise and experience in the management and treatment of eating disorders. The Service will operate as a hub in a hub and spoke model.

The Service provider will be up to date with eating disorder research and treatments, and link with other eating disorder services on a national and international level.

### 5. Service Objectives

#### 5.1 General

The Service, acting as a hub to other spoke Districts, will provide:

- consultation, resources and expert advice to clinicians to allow them to support Service Users in their own communities
- advice on referrals when a higher level of care/treatment is required
- provision of case discussions, team meetings and regular telephone contact with spoke Districts
- training and supervision to spoke Districts
- specialist advice to general medical and psychiatric wards in regions where clients may have been admitted
- advice on eating disorder treatments across the age groups.

#### 5.2 Māori Health

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

## 6. Service Users

The Service Users will be Districts accessing advice from the Eating Disorder Service.

## 7. Access

### 7.1 Entry and Exit Criteria

The lead District Provider will negotiate with other District Providers the Service provided.

## 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 will be community based and the provider will advise providers in Community or hospital based settings.

### 8.3 Key Inputs

A multi-disciplinary team of people with skills and experience in eating disorder intervention, treatment and support, made up of: health professionals regulated by the Health Practitioners Competence Assurance Act 2003.

## 9. Service Linkages

Linkages include, but are not limited to the following:

<b>Service Provider</b>	<b>Nature of Linkage</b>	<b>Accountabilities</b>
Primary Care Providers and other agencies	Referrer	Refer Service Users for assessment and treatment
Other Districts where Eating Disorder inpatient and consultation and liaison service not provided	Referrer Receiver of consultation and advisory service	Refer for inpatient services Seek advice regarding clinical management

## 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 Purchase Units apply to this Service.

PU Code	PU Description	PU Definition	Unit of Measure
MHE28A	Consultative service within a specialist eating disorder service - Senior medical staff	Service provided as part of the specialist eating disorder service, acting as a hub to other spoke DHBs. The service will provide consultation, resources and expert advice to clinicians to allow them to support service users in their own communities. The service is provided by senior medical staff, a component of the multidisciplinary team.	FTE
MHE28B	Consultative service within a specialist eating disorder service - Junior medical staff	Service provided as part of the specialist eating disorder service, acting as a hub to other spoke Districts. The service will provide consultation, resources and expert advice to clinicians to allow them to support service users in their own communities. The service is provided by junior medical staff, a component of the multidisciplinary team.	FTE
MHE28C	Consultative service within a specialist eating disorder service – Nursing/allied health staff	Service provided as part of the specialist eating disorder service, acting as a hub to other spoke Districts. The service will provide consultation, resources and expert advice to clinicians to allow them to support service users in their own communities. The service is provided by nurses and allied health staff, a component of the multidisciplinary team.	FTE
MHE28S	Consultative service within a specialist eating disorder service	Service provided as part of the specialist eating disorder service, acting as a hub to other spoke Districts. The service will provide consultation, resources and expert advice to clinicians to allow them to support service users in their own communities. The service is provided by a multidisciplinary team.	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](mailto:performance_reporting@health.govt.nz)

The Performance Monitoring Reporting tables for the Mental Health and Addiction Service Specifications<sup>1</sup> may be used for performance monitoring if specified as agreed with the Funder.

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<sup>1</sup> 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.tewhātuora.govt.nz/health-services-and-programmes/nationwide-service-framework-library/about-nationwide-service-specifications/mental-health-and-addiction-service-specifications>