



BOP Eating Disorder Service

Issue 2 - February 2020

Registered Nurse – Eating Disorder Liaison - Adult Emma Thomas RN

What is the Role ?

- A specialist role within CMH. Working across sectors.
- To assist clinicians/ case managers in working with clients with eating disorders.
- To provide education to GP's , NGO's, TWM, medical wards and CMH.
- To create generalised management plans for clients (which can then be made more individual).
- Groups (self-compassion and possibly meal support).
- Access to expert supervision and co-ordination of the same (Every two weeks Thursday 1230-1345 in bopas video room – next will be a site visit on the 9th of April by Dr Roger Mysliwiec). All are welcome! For information on Dr Mysliwiec please go to <http://www.nzeatingdisordersclinic.co.nz>
- Assessing and reviewing people who have been admitted medically.
- Looking at how technology may be able to assist us in our work.
- Developing possible meal support with either NGO's or a meal support group (later 2020).
- Small case load of clients.
- Respite (REAL and pathways) access and education for staff.

What it is not –

- The case manager for all eating disorder clients in CMH ☺

Updates 2020

- Self-Compassion Group has run x 2 with great feedback from clients – next group possibly mid 2020.
- Workshop to run for case managers (06/03/20).
- Further NGO training mid 2020.
- Continue to work with small case load.
- Meal support group – currently exploring options in regards to location / community links.
- Enlisting help from a Eating Disorder coach for specific clients.



Upcoming

- Ward education.
- Template for management plan for admissions to TWM.
- Distribute information about recommended readings / blogs for clients.

**Please feel free to contact me via email or phone
or come and see me in the north room.**

Emma Thomas RN

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Clinical Psychologist – Eating Disorder Liaison for Children and Adolescents, MICAMHS, BOPDHB

Dr Amber Fletcher

What is the Role ?

- The BOPDHB has employed me to use one day per week to work hard with my MICAMHS team in refining our assessment and treatment pathways for individuals experiencing eating disorders and their families.
- Regular liaison with Emma Thomas, RN/EDLC for CMH/Eating Disorder Specialist Role, to better develop pathways in the whole of BOPDHB.
- Liaison throughout the year with Roger Mysliwicz (NZEDC) and Midlands Specialist Eating Disorder Hub to ensure consistency and quality of provision of services
- Close liaison with Paediatrics, particularly Dr Kendall Crossen
- Attendance of the Australia and New Zealand Academy of Eating Disorders to keep up to date with the latest research.

2020

- My goal for 2020 is to continue to make the EDL role visible to, and available for, GPs, school nurses, counsellors, NGOs and any other services in the Bay of Plenty community who may require consultation or education regarding eating disorders in children and adolescents. If you are interested in organising a meeting to discuss MICAMHS service or provide information on supporting youth with eating disorders, please contact me on amber.fletcher@bopdhb.govt.nz
- Develop a list of services individuals can access publicly or privately within the BOPDHB

In addition, MICAMHS has two 0.5 eating disorder clinicians, Daisy Corby (RN), and Jac Power (RN), which means that 2.5 days of their work week is dedicated to working with clients experiencing eating disorders.



Left to Right: Jac Power (Registered Nurse), Dr Amber Fletcher (Clinical Psychologist/EDL), Daisy Corby (Registered Nurse)

