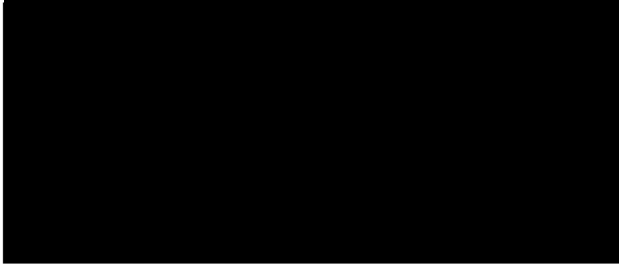


10 March 2021



Re: Official Information Act request – Admission criteria for eating disorder patients

I refer to your Official Information Act request dated 1 March 2021 requesting the following information:

With respect, I request the following information under the terms of the Official Information Act 1982:

- 1. If there are standard medical admission criteria across the three metro Auckland DHBs for adult patients with eating disorders, what are those criteria?**
- 2. If there are not standard medical admission criteria across the three metro Auckland DHBs, what are the ADHB's admission criteria for patients with eating disorders?**

You clarified on 4 March 2021 with the following:

- 1. What is Auckland DHB's criteria for referring an adult patient to a specialist eating disorder service?**

The Auckland DHB's specialist eating disorders service, Tupu Ora, provides a range of services, including community specialist care, shared care, residential care, and consultation and liaison. These services are provided differentially to the Auckland metro DHBs (Counties Manukau, Waitemata and Auckland DHBs), the Northern Region DHBs (Auckland metro DHBs plus Northland DHB), and some of the Midland DHBs.

Auckland DHB provides all of the specialist community care for those with an eating disorder for the three Auckland metro DHBs for adults. Referrals are made through the local adult community mental health service, and the service user would need to have a confirmed primary diagnosis of an eating disorder, with other causes of weight loss having been excluded. If there is no confirmed diagnosis, a referral may be made for a clarifying opinion or an assessment by the specialist service to assist in ensuring the service user is on the correct care pathway.

Some service users referred to Tupu Ora have their care shared between Tupu Ora and the local adult community mental health service. Criteria for admission to a shared care pathway includes:

- there is eating disorder symptomatology in conjunction with a significant co-morbid psychiatric diagnosis,
- the eating disordered behaviour is significant and impacting treatment approaches for co-morbid difficulties, and/or;
- the eating disordered behaviour is causing medical de-stabilisation.

2. Is the criteria based on regional criteria, or is this criteria specific to ADHB only?

As above, Auckland DHB provides a metro Auckland service for specialist eating disorders, so the criteria apply to entry to the Auckland DHB specialist service for all of the metro Auckland DHBs.

You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at www.ombudsman.parliament.nz or freephone 0800 802 602.

Please note that this response, or an edited version of this response, may be published on the Auckland DHB website.

Yours faithfully



Ailsa Claire, OBE
Chief Executive of Te Toka Tumai (Auckland District Health Board)