

NSW Eating Disorders Toolkit

Summary This Information Bulletin is to notify NSW Health clinicians about amendments to the Medical and Physical Treatment section (p42-47) of the Toolkit in line with contemporary practice and the latest evidence on treatment options for young people with eating disorders, and their families.

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Distributed to Ministry of Health, Public Health System, Divisions of General Practice

Audience All Clinical Staff;Nursing Staff;Medical;Allied Health Staff;Paediatrics;Mental Health;Emergency Department

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PURPOSE

This Information Bulletin is to advise NSW Health of an update to the NSW Eating Disorders Toolkit: A practice-based guide to the inpatient management of children and adolescents with eating disorders.

KEY INFORMATION

The NSW eating disorders toolkit is a valuable resource for clinicians and provides practical information on key components of care for children and adolescents with an eating disorder admitted to inpatient settings in NSW Health.

The Eating Disorders Paediatric & Youth Medical Leads Subcommittee has reviewed and updated the medical and physical treatment section of the Toolkit (page 42-47) to reflect new evidence and treatment options for young people with eating disorders and their families.

The Medical Services Committee of NSW has reviewed and endorsed the amendments.

The amended Toolkit is available on both the [NSW Health website](#) and InsideOut Institute website.

A comprehensive review of the Toolkit is planned in 2022 to align it with the [NSW Service Plan for People with Eating Disorders 2021-2025](#).