WHO ARE WE?
The Trial is an initiative of the Butterfly Foundation working in partnership with the CQWBSC PHN, Sunshine Coast Mind and Neuroscience Thompson Institute and Flinders University.
Artius are engaged as the triaging agent on behalf of the CQWBSC PHN.
The Trial is funded by the Commonwealth Department of Health.

THE TRIAL
Participants will receive best-practice standard treatment delivered according to clinical guidelines by primary and allied health professionals in their own region.
The Trial supports an integrated team care approach: GP, dietitian and psychologist or other allied health professional. Psychiatrists will be involved in treatment for people with more complex health issues.

Participants accepted into the Trial will receive:
- medical monitoring and management via their GP;
- psychiatrist management and review, where required;
- up to 40 sessions with a psychological service provider (including the 10 sessions currently available via Better Access under a Mental Health Care Plan);
- up to 20 sessions with a dietitian (including the 5 sessions currently available via a Chronic Disease Management Plan); and
- up to 12 case consultation sessions to support communication within the multi-disciplinary team.

Participants’ treating clinicians will be supported via:
- training and professional development opportunities in evidence-based approaches, treatments and care to support their clients;
- access to secondary consultation to support client management and care;
- Medicare-equivalent rebates for 2 assessment sessions to support referral, assessment and treatment formulation;
- Medicare-equivalent rebates for up to 40 sessions to provide psychological services and support;
- Medicare-equivalent rebates for up to 20 sessions to provide dietetic services and support;
- GPs will receive Medicare-equivalent rebates for up to 12 case consultations;
- Multi-disciplinary team members will receive rebates for up to 12 case consultations.

ELIGIBILITY
Participants must:
1. Live in the Sunshine Coast region;
2. Be aged over 14 years;
3. Be suspected of having or diagnosed as experiencing an eating disorder (Trial assessment processes will seek to identify if a participant meets the criteria for an eating disorder (AN, BN, BED, OSFED) as defined in the DSM-5);
4. Have no significant medical or psychiatric comorbidities that would affect treatment of an eating disorder (Individuals with a significant medical or psychiatric comorbid condition are not immediately excluded from the Trial; only where the services and care offered within the Trial would not prove helpful to the participant due to the influence or impact of the significant medical or psychiatric comorbid condition; and
5. Be assessed as having a low to moderate risk of suicide or self-harm.

The Trial promotes earlier access to treatment. Priority will be given to people who are seeking treatment for the first time, are in the early stages of developing an eating disorder or who are seeking help to manage the risks of relapse.

EATING DISORDERS ACCESS TRIAL
COMMUNITY-BASED MULTI-DISCIPLINARY CARE

TRIAL DATES
Referrals are being accepted from 1 February 2019
Final referrals will be accepted in June 2020 to ensure that participants have sufficient time to complete a full course of treatment.
It is a 3 year trial with a projected completion date, including evaluation, of 30 May 2021.

EATING DISORDER DIAGNOSES
The Trial is limited to the eating disorders: anorexia nervosa, bulimia nervosa, binge eating disorder and other specified feeding and eating disorders (OSFED).

TYPES OF TREATMENT
The treatments that will attract rebates are the first line treatments supported by the best available evidence, delivered in an evidence-based number of sessions:
- Guided self-help (GSH)
- Family Based Treatment (FBT)
- Cognitive Behavioural Therapy – Enhanced (CBT-E)
- Specialist Supportive Clinical Management (SSCM)
Alternative treatments may be available for participants with complex presentations who have an individual psychiatric management plan.

FINANCIAL REBATES
Financial rebates (payable to the service provider) to health professionals for:
- a full evidence-based course of psychotherapy (between 20 and 40 sessions)
- improved access to a dietitian (between 10 and 20 sessions)
- an increased number of case coordination sessions to facilitate team care.

Rebates are paid directly to Service Providers. As such, participants will be asked to pay the gap charge (where applicable) only.

Session counts operate on a calendar year basis. Upon acceptance into the Trial, participants will have access to the above numbered services and care arrangements each calendar year.
Participants can be referred by any health professional for assessment and/or treatment.

To Refer:

1. Complete the **Open Referral Form**:
   - The **Open Referral Form** can be completed by any health professional.
   - Participants are encourage to take the **Open Referral Form** to a trusted health professional for completion.
   - If an eating disorder is suspected a participant can be referred for assessment only. An **Open Referral Form** for assessment provides access to 2 psychological session that can be utilised by a participant’s existing psychological service provider (Psychologist, Mental Health Social Worker) or a recommended psychological service provider to support further assessment (such as the Eating Questionnaire (EQ)) and completion of Trial processes.
   - Participants are able to nominate their own multi-disciplinary treatment team (existing or desired) within this form. If a multi-disciplinary treatment team member (such as psychological services provider, dietitian or GP) is not yet identified, Artius (the Trial triaging agent) will provide a list of registered and recommended Service Providers to the referring health profession for consideration and selection by the participant.

2. Complete the **Consent to Release for Team Treatment**:
   - The **Consent to Release for Team Treatment** form provides information concerning the use of participants’ information, and with whom it may be shared within the referral, triage and multidisciplinary team referral processes.
   - It is recommended that participants complete the **Consent to Release for Team Treatment** form with the health professional completing the **Open Referral Form**.
   - If a multi-disciplinary treatment team member (such as psychological services provider, dietitian or GP) is not identified in the **Open Referral Form**, Artius (the triaging agent on behalf of the Trial) will provide a list of Trial registered and recommended Service Providers to the referring health professional for consideration and selection by the participant. Artius will seek consent from participants to share their referral information with the identified treatment team member via the **Consent to Release for Team Treatment**.

3. Complete the **Medical Assessment Form** (to be completed by a General Practitioner or Eating Disorder Specialist Service):
   - A **Medical Assessment Form** is required to ensure the physical and psychological safety of Trial participants.
   - The **Medical Assessment Form** must be completed prior to acceptance into the Trial in the following instance/s:
     - Diagnosis or suspected diagnosis of Anorexia Nervosa; or
     - Rapid weight loss; or
     - Frequent purging behaviours; or
     - Referral to an Eating Disorder Specialist Service is likely.
   - Acceptance into the Trial is unable to be confirmed without the receipt of the **Medical Assessment Form** in the above instances.
   - In instances other than those named above, the **Medical Assessment Form** is required to be completed by week 4 of participation within the Trial and is not required to determine a participants’ eligibility.

3b. The **Open Referral Form** is most commonly completed by a participants GP, and contains a section seeking the following:
   - GP Management Plan – Item 721; and
   - Team Care Arrangement – Item 723.
   - Particularly in instances where the **Open Referral Form** has been completed by a health professional other than the participants’ GP, participants are encouraged to confirm that their GP has provided the above documents to Artius to support their referral.

4. Complete the **Eating Questionnaire (Smart Form Version of EDE-Q and DASS-21)**
   - Completion of the **Eating Questionnaire** is required to finalise referral into the Trial.
   - Referral via the **Open Referral Form** provides access to 2 psychological assessment sessions to support of this Assessment by the participant’s existing mental health practitioner, triage team, or an appropriate registered Service Provider with the Trial.

All referrals will be processed by Artius Health Services on behalf of the CQWBSC PHN, and supported by the Project Team.

**Forward completed documentation:**
- Email to scedat@artius.com.au
- Fax to (07) 5502 7414.
- Medical Objects to “ARTIUS, Sunshine Coast”

**REFERRAL CHECKLIST**

- Open Referral Form (any health professional)
- Consent to Release for Team Treatment Form
- Medical Assessment Form (GP or specialist eating disorder service)
- GP Management Plan – Item 721 (GP)
- Team Care Arrangement – Item 723 (GP)
- Eating Questionnaire (Psychological services provider)
The aim of the Trial is to develop understanding of systemic barriers to accessing treatment for eating disorders and to measure the effect of removing specific barriers. The barriers to be modified by the trial are:
- securing an early diagnosis;
- cost and location of evidence-based treatment; and
- clinician attitudes towards treatment.

This is a ‘real world’ trial: as far as possible all activities will be based on existing resources within the region and Queensland. External resources will only be sourced when they are essential to the project and cannot be sourced locally.

After treatment, participants and service providers will have an opportunity to participate in a qualitative investigation of their experience and the barriers to accessing eating disorders treatment.

Participant Information and Consent for Research
- Access to services and care through the Trial is not contingent on participants’ consent for research.
- Completion of the Participant Information and Consent for Research form is required for the Project to access de-identified participant information for research purposes.
- Participants are encouraged to read the Participant Information and Consent for Research form and consent where comfortable to do so.
- Outcomes of the Trial will influence future government policy on care pathways for people with eating disorders.

FURTHER INFORMATION