

The Eating Disorder Multidisciplinary Team

NICE guidance Eating Disorders: Recognition and Treatment NG69 (2017) highlights the need for multidisciplinary care for those with eating disorders.

Psychiatrist

- Diagnoses the type of eating disorder and psychiatric co-morbidities.
- Prescribes and manages psychotropic medications when required.
- Provides risk assessment for self-harm and suicidality.

Medical doctor / consultant

- Oversees medical stabilisation and management of complications e.g. electrolyte imbalance, cardiac risk.
- Performs physical examinations and investigations e.g. ECG and blood tests.
- Liaison with other medical specialities in medically complex cases.

Psychologist

- Conducts psychological assessments and formulation.
- Delivers evidence-based eating disorder therapies e.g. CBT-E, MANTRA, FBT.
- Provides specialised psychological interventions e.g. EMDR.

Registered Mental Nurse

- Provides ongoing medical and psychiatric monitoring.
- Delivers evidence-based eating disorder therapies e.g. CBT-E, MANTRA, FBT.
- Co-ordinates care across the MDT.

Eating Disorder / Family Therapist

- Delivers evidence-based eating disorder therapies e.g. CBT-E, MANTRA, FBT.
- Co-ordinates care across the MDT.
- Works systemically with patients and their families.

Dietitian

- Assesses nutritional status, eating patterns and nutritional needs.
- Develops and monitors individualised meal plans to meet patients' needs.
- Provides nutrition psychoeducation and supports with food-based skills.

Occupational Therapist

- Assesses the impact of the illness on the patient's daily functioning and provides interventions e.g.
 - Food based skills
 - Coping strategies
 - Return to occupation
 - Sensory assessment and recommendations

Support / Outreach Worker

- Works closely with patients on a day-to-day basis to support the patient with the interventions recommended by the MDT. This may be in inpatient care or within the home environment.

Peer Supporters

- Individuals with lived experience who can offer a unique perspective on the patient's journey and their clinical care.

Carers

- Family and loved ones can play an active part in a person's treatment, particularly children and young people.

How does this relate to T1DE?

Those with T1DE have told us the importance of extending the MDT to include diabetes professionals:

- “It’s really crucial that we integrate mental and physical health services together”
- “Having every different member of the team working with you.... It’s just important to have everyone’s skills and knowledge”