

(Formerly known as EDOS)
2 Finney Road
Indooroopilly Qld 4068
Intake Phone: (07) 3114 0809
Fax: (07) 3100 7555

Email: queds@health.qld.gov.au

Queensland Eating Disorder Service (QuEDS)

Consultation, Training and Treatment

QuEDS is committed to developing and improving the quality of services in Queensland for people affected by eating disorders, enabling better access to a range of treatment options.

Consultation Services

- The QuEDS intake phone line (Ph. 3114 0809) operates from 9am to 4pm, Monday to Friday for information provision to people affected by eating disorders, concerned family and friends, treating teams and individual practitioners.
- If requested the QuEDS consultation service can offer treatment advice for medical and psychiatric treating teams in Queensland hospitals or community health settings, to provide assistance with assessment, management, discharge planning. These services can be provided by videoconferencing, teleconferencing or on site if appropriate. Where indicated, transfer to the tertiary adult specialist beds at the Royal Brisbane and Women's Hospital (RBWH) can be considered.
- A specialist consultation clinic is available for adults at the RBWH and provides a one-off treatment appointment with recommendations tailored to the needs of the client and their family. These may involve referrals to private practitioners, or public services including the QuEDS outpatient clinics or day program.
- QuEDS provides consultation for health service directors and managers to assist with eating disorder service development.

Training and Education Services

- QuEDS provide education to health professionals throughout Queensland to facilitate skill development in assessment and treatment of people with eating disorders.
- A range of training opportunities are offered including in-service days on inpatient care, adult outpatient treatments, management in primary care, as well as other dietetic, psychological and nursing care topics on request.
- Training is open to Queensland Health staff, private practitioners and community based professionals. Training can be provided in accordance with the local area or individual service development needs.

Treatment Services

- QuEDS offer a Day Program which runs four days per week over an eight week period. This intensive program includes supported meals and therapeutic groups facilitated by a specialised multidisciplinary team. Therapeutic groups focus on practical (e.g. food preparation), psychological (e.g. challenging food rules) and nutritional (e.g. improving variety in eating) aspects of recovery. Family and carers are engaged in this process via family consultation and education, information sessions and ongoing involvement throughout the program.
- QuEDS currently provide two modalities of evidence-based outpatient treatment. Cognitive Behavioural Therapy Enhanced (CBT-e) and Specialist Supportive Clinical Management (SSCM) are time limited therapies that require a five to ten month commitment, depending on individual needs. Family involvement is strongly encouraged throughout.
- QuEDS collaborate with the Eating Disorders Association (EDA) to offer families a six week skills-based learning program “caring for a loved one with an eating disorder”.

Partnerships and Research

- QuEDS is staffed by a specialised multidisciplinary team - psychiatrists, psychiatric registrars, psychologists, mental health nurses, social workers, dietitians and occupational therapists. We also regularly consult with carers and consumer representatives.
- We partner with a range of other government and non-government organisations to deliver training, consultation treatment and research. QuEDS values the expertise of those with lived experience in the planning, development, delivery and evaluation of our services.
- QuEDS has established partnerships with the University of Queensland (UQ), Queensland University of Technology (QUT), and the Queensland Institute of Medical Research (QIMR). We are happy to collaborate on grant applications and research projects with other organisations or to offer students clinical or research placements.
- All clients and their families are invited to participate in research that contributes to the quality improvement and international level research in eating disorder care.

How to connect with QuEDS

- Queensland Health staff can access further information about QuEDS services and resources on QHEPS at <https://metronorth.health.qld.gov.au/rbwh/healthcare-services/eating-disorder>
- Subscribe to the QuEDS newsletter by emailing QuEDSNews@health.qld.gov.au
- Referrals to QuEDS consultation, training or treatment services can be made via:
Intake phone: 3114 0809
Fax: 3100 7555
Email: QuEDS@health.qld.gov.au