INSIDEOUT
Institute for Eating Disorders

DRAFT FRAMEWORK NATIONAL EATING DISORDERS RESEARCH & TRANSLATION STRATEGY

2020-2030

Establish priorities
Drive excellence
Transform the landscape

A national framework for building collaborative action to transform the prevention and treatment landscape for eating disorders in Australia

SECTION 1: OVERVIEW

This section of the strategy will summarise the key elements of the Strategy. It will outline:

- the Vision and principles underpinning the document as well as the intended audience
- it will demonstrate the research translation cycle with a diagram depicting the Research (knowledge production) – Translation (knowledge application) – Implementation (Practice change) – Integration (research and practice, question generation) – feedback loop.
- It will identify the Enablers of success: the vital elements that will support the Strategy
- It will overview the principles underlying the strategy e.g. equity, collaboration
- It will summarise the Strategies and key action areas

Vision

The National Eating Disorders Research & Translation Strategy 2020-2030 identifies the vision to improve the lives of people at risk of developing or living with an eating disorder as well as their families, carers and communities. This will be achieved through excellence in research & research translation, by supporting innovation and strengthening partnerships, focused workforce design & development and strategic allocation of research and implementation funds.

It will:

Establish national research and translation priorities that address knowledge gaps, build on our existing strengths and which prevent illness, cure eating disorders and improve the health care journey and outcomes of Australians.

Advocate for increased investment in innovative, collaborative, co-designed research, which can be rapidly translated from lab to bedside and implemented by all health care providers.

Identify research accelerators and enablers that will drive excellence in the sector and will meaningfully impact on prevention, early intervention, treatment and recovery.

Outline strategies to transform service delivery at all levels, integrating co-design, driving practice change, increasing workforce capacity and capability, and providing leadership to the sector.

1. **Equity**: Research into prevention, cure and treatment of eating disorders should be funded commensurate with other life-threatening illness.

2. **Individualised Care:** Eating disorders consist of a number of illness that each exist across a spectrum of severity. They require targeted, specific interventions which can be delivered across the service spectrum; in the community, in primary care and in specialist and non-specialist settings.

3. **Rigour & Innovation:** Prevention, early intervention and treatment that improves health outcomes, reduces mortality rates and improves consumer and carer experience of care will only be achieved with rigorous, innovative research, that is translated across all areas of practice.

4. **Improve the Knowledge Base:** Addressing knowledge gaps, building on existing evidence and improving individualised approaches will improve treatment acceptability and outcomes for consumers and carers, for health services and for research organisations.

5. **Co-design:** Research co-design by people with a lived experience including families and carers, as well as people who provide clinical care and the eating disorder community more broadly, is a fundamental requirement of all stages of research.

6. **Integration:** Bridging the gap is not sufficient, the integration of research with practice in all service settings is required.

SECTION 2: ABOUT EATING DISORDERS

The purpose of this section is to set the scene around eating disorders, it will provide information about the following:

- Definitions and descriptions of the eating disorders

- Brief epidemiological information

- Information about prevention, risk and how eating disorders develop

- The social and economic impact of eating disorders

- A summary of what we know about treatment

- Where care happens across the system, including a map of the service spectrum, primary, secondary, tertiary specialist (and non-specialist) services, NGO's, in the home

- An overview of the national community and clinical context in which research and translation occurs: an overview of service provision for eating disorders within each jurisdiction of Australia and the major gaps for each

SECTION 3: ABOUT EATING DISORDERS RESEARCH

The purpose of this section is to provide some contextual information around eating disorders research – both in Australia and overseas. It will include:

- **Timeline of discovery** – this will include all the key research achievements that have contributed to the body of knowledge we have about eating disorders
- An overview of **Australia's contribution** to the eating disorder body of knowledge; this will include a summary of the Australian institutions currently conducting eating disorder research. This is an opportunity to showcase the work of Australian researchers.
- **The financial investment** in eating disorders research in terms of research dollar spend per affected individual. This will include a summary of all the major grants that have been allocated to eating disorders research nationally for the past 5-10 years, including through the NH&MRC, ARC, Rotary and philanthropy.
- **Where research happens in the system**: an outline of all the different types of and settings for research from the lab to quality assurance in a clinical setting.
- **The current research and translation landscape**. This will include a rapid literature review being conducted by an external consultant. This will report on the key knowledge areas that are identifiable in the literature.
- **Method for the development of the research and translation strategy and priorities:** this will include information on the InsideOut Institute's consultation process and the development of this document including all of the consultations, the surveys, the Advisory Committee, the Expert Research Advisory Group, the Lived Experience Research Advisory Group.
- **The eating disorder research and translation knowledge base:** This section will include the research and translation knowledge base and gaps identified through the rapid review and the consultation process.
- **Lived experience and research:** this section will include the research and translation focus areas and the real language questions identified by people with a lived experience of eating disorders through the InsideOut Institute consumer and carer consultations.
- **The research and translation national priorities:** This section will identify the research and translation national priorities determined as a result of the synthesis of the rapid literature review, other published research, the InsideOut Institutes extensive consultation process which will include a number of surveys to ensure we get the priorities right.

SECTION 4: THE BLUEPRINT FOR EXCELLENCE

This section will provide detail about the strategies into the Strategic Priority Areas:

1. **Research Excellence**
2. **Translation Excellence**
3. **Workforce Development**
4. **Implementation Excellence**

It will also identify the Key Recommendations and an Action Plan that will lay out the work that needs to be done in the field to support better outcomes in research. It will identify what needs to change, how we monitor and measure change, what success looks like (for consumers, carers, services, universities) and what the implementation priorities are.

The Strategies

Strategy 1: Deliver research that will impact health outcomes in eating disorders

- Funding of research
- Quality of research
- Research innovation
- Filling knowledge gaps
- Prioritising research

Strategy 2: Make evidence part of everyday practice

- Transform research and translation design practices
- Co-design with consumers, carers, clinicians and researchers at all stages of the research process
- Enable evidence generation at the point of care

Strategy 3: Build mechanisms to ensure timely translation of research findings

- Strategic funding of translational activities/translational funding
- Reduce translation to practice timelines
- Communication strategies and partnerships
- Applied across the service spectrum

Strategy 4: Build the research workforce capacity and capability in research settings and health services

- Workforce development requires hubs of expertise
- The research workforce is closer to the point of care
- Strategies and policies to develop, maintain and support the research workforce, including the peer workforce

Strategy 5: Implement evidence-based practice in eating disorders across the health spectrum

- Co-designed service planning and development
- Training and workforce development
- Maintenance/fidelity strategies, supervision and support
- Embedding research and translation into everyday practice across the service spectrum