

Trudy Dent

Clinical Nurse Specialist, Southern Support Eating Disorder (SSED) Service, *DUNEDIN*

Trudy Dent is a Clinical Nurse Specialist at the Southern Support Eating Disorder (SSED) Service in Dunedin. She has been part of the nurse-led intervention service since its establishment in 2010. Alongside other clinicians, she provides support and expertise for the identification, assessment, treatment and referral of people with eating disorders.

Graduating with a Bachelor of Nursing degree from Otago Polytechnic in Dunedin, Trudy became a registered comprehensive nurse in 2000. She went on to earn a Post Graduate certificate in Mental Health Nursing in 2002 and a Masters of Mental Health Nursing (Clinical) in 2008 from Victoria University in Wellington.

Trudy was instrumental in developing and reviewing the Health Pathways online programme relevant to the assessment and treatment of eating disorders for General Practitioners in the Southern Region. She was also involved in setting up the Eating Disorders Oversight group for the Southern region.



Trudy is a member of The National Forum for Eating Disorders, New Zealand and the Dunedin Mental Health Network Group and has formerly been a member of their Eating Disorders Working Party. She has contributed to the Ashburn Clinic Seminar Series through providing training in the assessment of eating disorders.

Trudy has worked as a clinical nurse specialist in the adult mental health service and a registered nurse for the Southern District Health Board in New Zealand, coordinating the care and treatment of those with acute and complex mental health disorders, including eating disorders. She has also worked as a mental health nurse educator for the Southern District Health Board, educating nurses in the primary health sector on complex mental illnesses, including eating disorders.

Trudy is passionate about the Eating Disorders Genetics Initiative (EDGI), which aims to identify the genes associated with eating disorders, in order to revolutionise research in the field to improve treatment of eating disorders and save the lives of many New Zealanders.

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