

Reference:	FOI.13479.23
Subject:	Eating Disorders (ED)
Date of Request:	21 December 2023

Your request and our response

1. Does the Health Board provide any intensive community and/or day patient treatment for eating disorders (or refer patients on to receive such treatment from another NHS or non-NHS provider)? This may include day patient treatment, home treatment, or other innovative model/s. We are interested in programmes for children and young people, and/or adults.

Yes

No, and the Health Board has never provided such a service

No, but the Health Board did provide such a service in the past [Please provide more information below, including what led to the closure of this service/s]

If you answered “No” to question 1 (either of the two options), that is all that is required, thank you for your response.

If you answered “Yes” to question 1, please answer the remaining questions below.

If the Health Board provides more than one model of intensive community or day patient treatment and/or has separate programmes based on age or any other criteria, please provide separate answers for each treatment programme and specify which programme is being referred to. If the Health Board refers patients on to receive intensive community or day patient treatment from another NHS or non-NHS provider, please state the name of this provider, and cover this treatment programme within the answers you give to questions 2-8.

Please note:- Hywel Dda University Health Board (UHB) will provide responses below for its three (3) ED Services; Adult ED Service, Child and Adolescent Mental Health Service (CAMHS) ED Service and the Weight Management Clinical Psychology Service (WMCPS).

2. What model/s of intensive community or day patient treatment for eating disorders does the Health Board provide (or refer patients onto)? (Examples include day treatment or home treatment, but we are keen to hear about any other forms of intensive treatment too aside from inpatient care.) In your answer, please specify whether these are provided in-person or online/virtually.

The Adult ED Service usually provides intensive home treatment in person, although virtual appointments, phone and/or text contact can be arranged.

The CAMHS ED Service also provides intensive home treatment for patients who require additional support in the community.

The WMCPS offers outpatient treatment for binge eating disorders by virtual appointments, phone contact and face to face appointments.

3. What is the intensity of this/these model/s of intensive community or day patient treatment for eating disorders?

a. Please provide the information requested below. (If the Health Board provides, or refers patients onto, more than one intensive community or day patient treatment programme please provide separate answers for each):

- Number of hours per day (if applicable to model)
- Number of days per week (if applicable to model)
- Number of contacts per week and minimum duration of those contacts (if applicable to model)
- Is supervised meal support provided? (If so, for how many meals per day?)

b. Please provide any more information that we should know about regarding the intensity of treatment provided by this/these programme/s.

The intensive home treatment provided by the Adult ED Service is in addition to normal input, which is usually a six (6) week intervention. Intensity of support is dependent on an individual's needs. Support is available from 9am to 5pm, Monday to Friday. Adult ED patients are offered:

- Week one (1) – Five (5) days' input
- Week two (2) – Four (4) days' input
- Week three (3) - Three (3) days' input

Following a review with patient input, they are offered any of the following, again dependent on a patient's individual needs:

- Continues at three days per week (Weeks 4 to 6 - 3 days per week) OR
- Gradual reduction in input (Week 4 - 2 days, Week 5 - 1 day) OR
- Input stopped.

Support includes meal support as an additional support before and after meals (managing anxiety, distraction) as required. Intensive support is in addition to normal appointments (dietitian, medical monitoring, therapy, etc) and the number of meals supported is dependent on a meal plan and patient/family need.

Within the CAMHS ED Services, Children and Young People (CYP) and their family members are supported in their home one (1) to three (3) times per day, with Crisis Team support at weekends if required. This can be from one (1) to three (3) hours per visit, Monday to Friday, depending on the patient/family needs. Support on the weekends is provided by the Crisis Assessment and Treatment Team (CATT). Support and treatment are provided for CYP and their families for as long as is required.

Supported meals are provided by qualified staff including nurses, social workers, family therapists, as well as Health Care Support Workers (HCSW), up to two (2) meals per day.

Staff complete Maudsley meal support and parent coaching for one (1) hour per week, as well as supporting the CYP with coping with anxiety, dysregulated and/or low mood through distraction techniques, mindfulness, Dialectical Behaviour Therapy (DBT) tools and Cognitive Behavioural Therapy (CBT) tools within the intensive home support method.

The WMCPs provides weekly or fortnightly appointments, dependent upon need, with support available from 9am to 5pm, Monday to Friday.

4. Are families or other carers engaged with (when appropriate) in the treatment provided by this/these intensive community and/or day patient treatment programme/s for eating disorders? If so, please describe or attach further information outlining this engagement.

For the Adult ED and WMCPS, the level of family engagement in treatment is dependent on a patient's individual needs and wishes.

For the CAMHS ED Service, family support is often well received as it engages the family as part of the solution/recovery of the ED. In cases where family/carers are not engaged, this would trigger a level of concern to include possibly safeguarding due to the level of risk with an ED. In which case, multidisciplinary or multiagency working may be required in aiding to preserve recovery and engage the family, following medical advice and guidance.

5. Is/are the intensive community and/or day patient treatment programme/s for eating disorders time limited, or is the length of this treatment based on clinical need? If it is time limited, what is the maximum length of treatment?

For Adults with ED, intensive support is limited to six (6) weeks, following which, a patient may continue to receive daily input. However, visits are likely to be one to one and a half (1 to 1.5) hours per day, as per normal service input.

Within the CAMHS ED Service, there is no limit to the length of treatment. Services and support are provided to CYP and their families, until the CYP has recovered or reaches eighteen (18) years of age. However, CAMHS ED support in the community is voluntary, unless a patient is under the Mental Health Act (MHA).

The WMCPS offers group and one (1) to one (1) CBT-T which is ten (10) sessions with two (2) follow-up sessions as per treatment protocols.

Those who present with the most complex needs and require a multi-faceted approach may remain within the service for up to two (2) years.

6. What are the referral criteria for patients to access the intensive community and/or day patient treatment programme/s for eating disorders? In your answer, please detail any exclusion criteria (e.g., age, type of eating disorder/diagnosis, BMI, comorbidity, or otherwise).

The Adult ED Services referral criteria is that patients at risk of inpatient admission (to a medical or physical bed) or those discharged from an inpatient admission, are offered a six (6) week package of care in addition to any normal input.

The CAMHS ED Service referral criteria includes:

- Changes to % BMI and/or faltering growth and development (especially if under 85% BMI)
- Weight loss (more than one (1)kg a week for more than two (2) weeks is additionally risky)
- Dieting/restriction which are worrying to families, carers and/or professionals
- Changes in eating behaviour
- Social withdrawal (in particular situations that involve food)
- Co-occurring mental health difficulties / suicidality
- Significant and disproportionate concern around shape and weight

- Endocrine and/or menstruation disturbance
- Co-occurring physical health conditions which affect shape/weight and eating (such as diabetes, irritable bowel syndrome, coeliac disease)
- Physical signs of malnourishment such as fainting, dizziness (see MEED guidance for further information)
- Compensatory behaviours such as over exercise, laxative use and purging
- Deranged bloods not otherwise explained (see MEED guidance for further information)
- Associated high risk i.e. professional sports, dance, relations with eating disorders
- Families/carers being unable to engage with caring responsibilities (on a case-by-case basis)

The CAMHS ED Service works hard to ensure that intensive support is provided equally to all families who meet clinical requirements for the need of support; there is no firm exclusion criteria.

The WMCPs referral criteria includes:

- Adults with BMI 35+
- Binge eating
- Occasional Bulimia Nervosa

7. What is/are the geographic catchment area/s for referrals to the intensive community and/or day patient treatment programme/s for eating disorders (including any such programmes provided outside the Health Board's usual geographic area)?

The UHB's catchment area covers the counties of Carmarthenshire, Ceredigion and Pembrokeshire.

8. Please state the size of the caseload (number of accepted referrals) at the Health Board's intensive community and/or day patient treatment programme/s for eating disorders on the dates below:

- 31 March 2023
- 30 September 2023

(If the Health Board provides more than one intensive community or day patient treatment programme, please provide the size of the caseload separately for each and specify whether the programme is for over 18s or under 18s.)

The UHB is unable to provide you with all of the information requested, as it is estimated that the cost of answering your request would exceed the "appropriate limit" as stated in the Freedom of Information Act 2000 and the Data Protection (Appropriate Limit and Fees) Regulations 2004. The "appropriate limit" represents the estimated cost of one person spending 18 hours (or 2½ working days) in determining whether the UHB holds the information, and locating, retrieving and extracting the information.

Adult ED and CAMHS ED Services caseloads are not recorded centrally. Therefore, the UHB would be required to undertake a manual search of Specialist Eating Disorder Service patient records to identify the information that fulfils your request.

The UHB is therefore applying an exemption under Section 12 of the Freedom of Information Act 2000 (FoIA), which provides an exemption from a public authority's obligation to comply with

a request for information where the cost of compliance is estimated to exceed the appropriate limit.

However, under section 16 of the FoIA, the UHB has a duty to provide advice and assistance. Therefore, the UHB provides the accessible information it holds for the WMCPS, within the table below.

WMCPS caseload	
Period	Number
31 March 2023	15
30 September 2023	30
Current caseload	21

9. Please tell us what the Health Board is proud of about its intensive community and/or day patient treatment programme/s for eating disorders and outline the challenges and opportunities the Health Board has experienced in providing this/these programme/s.

The Freedom of Information Act 2000 (FoIA) covers any recorded information that is held by a public authority; recorded information includes printed documents, computer files, letters, emails, photographs, and sound or video recordings. The FoIA does not cover information on estimates, opinions or recommendations. The UHB has an obligation to provide information already in recorded form but cannot create new information to answer a question.