

Reference:	FOI.012
Subject:	Treatment for eating disorders
Date of Request:	10 January 2019

Requested

Throughout this FOI we will use the term “**intensive outpatient treatment**” to refer to treatment programmes which offer **increased contact hours for the patient compared to traditional outpatient treatments** (e.g. Cognitive Behavioural Therapy or Family Based Treatment), **yet the patient returns home at night therefore is not an inpatient**. Intensive outpatient programmes range in their intensity, for example, a patient may attend the programme for eight hours, three days a week or up to twelve hours, seven days a week.

Day treatment programmes are the most common form of intensive outpatient treatment and tend to run as a group therapy, with the patients attending the programme during the day and returning home for evenings and weekends. Home treatment in which a clinician visits the patient’s home to support meals and snacks and offer psychosocial intervention, is an additional form of intensive outpatient treatment. There are other models of intensive outpatient treatment which may not be either day treatment or home treatment, and we are interested in hearing about these too.

- 1) Does your Local Health Board provide any intensive outpatient treatment for patients with Eating Disorders, for example, a day treatment programme or home treatment (or another model of intensive outpatient treatment)? We are interested in programmes for both children and young people, and/ or adults.

If “no” to question 1, that is all that is required. Thank you for your response.

If “yes” to question 1, please answer the questions below. If you have more than one model of intensive outpatient treatment and 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.**

- 2) What model/s of intensive outpatient treatment does this service adopt? E.g. day treatment or home treatment, or any other treatment modalities. Although we give day treatment and home treatment as examples, we are keen to hear about any other forms of intensive treatment too.
- 3) What is the intensity of this model/s of intensive outpatient treatment and intended length of treatment? E.g. number of hours a day/ days per week, number of contacts per week, length of treatment duration.
- 4) What are the referral criteria for the intensive outpatient service? E.g. restrictions by age or diagnostic criteria.
- 5) What is the catchment area for referrals to your intensive outpatient Eating Disorders service?
- 6) Please state the size of the caseload (number of accepted referrals) at your intensive outpatient Eating Disorders programme/s (as described above) on the dates below...

31 March 2017:

31 March 2018:

If you have more than one intensive outpatient programme, please provide the size of the caseload separately for each, and specify whether the programme is for over 18s or under 18s.

7) Where possible, please provide the web address explaining more about the programme.

Response:

- 1) Hywel Dda University Health Board (UHB) provides one intensive outpatient treatment of Multi Family Therapy (MFT) for the treatment of Anorexia Nervosa.
- 2) The MFT offered is a form of day therapy which follows the Maudsley model.
- 3) The UHB's programme is a four day intensive programme that runs between the hours of 9:00am and 4:00pm followed by up to five follow up days running fortnightly between 9:00 am and 4:00pm.
- 4) The therapy is utilised as treatment for patients diagnosed with anorexia nervosa and their families. The UHB has only provided the service for Specialist Child and Adolescent Mental Health Services (S-CAMHS) but the intention is to make the service available to adults too. However, in order to offer the group, the UHB has to consider all members of the group and ensure there is a close enough bracket and their clinical need is deemed appropriate for the treatment.

For example a group of patients aged 10 to 17 wouldn't be deemed appropriate due to the wide age bracket and individual needs of each of the patient could be too broad for the treatment to work effectively.

- 5) Patients living within the UHB's catchment area of Carmarthenshire, Ceredigion and Pembrokeshire were considered for the programme.
- 6) The UHB did not have a caseload for its Intensive Outpatient Eating Disorder programme as at 31 March 2017 and 2018.
- 7) The UHB does not have a website offering further information on this programme.