

Information Governance

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6th July 2022

Our reference: FOI DA4100

I am responding to your request for information received **15th February 2022**. I am sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,



Lara Cousens
Information Governance Manager – Information Rights

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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Chief Executive: Paul Calaminus
Interim Chair: Eileen Taylor

Request: Eating Disorders in Bedfordshire and Luton area.

Referral Criteria

Question 1: Does your service have BMI criteria for Anorexia Nervosa outpatient referrals

Answer: The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.

The information requested is accessible here:

<https://www.elft.nhs.uk/sites/default/files/Community%20Eating%20Disorder%20Service%20%28B%26L%29%20Service%20Leaflet.pdf>

<https://www.elft.nhs.uk/services/community-eating-disorder-service-bedfordshire-and-luton>

Question 2: If yes, what is your BMI criteria for accepting Anorexia Nervosa referrals? (Tick all that apply)

- Referral accepted for Extreme AN (BMI <14)
- Referral accepted for Severe AN (BMI <15)
- Referral accepted for Moderate AN (BMI < 16)
- Referrals accepted for Mild AN (BMI < 17)
- Other (e.g. comorbidity with other condition - please specify in comments)

Answer: The service accepts referrals of individuals with any eating disorder: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Eating Disorders Not Otherwise Specified.

The service works in a stepped care partnership with a VCSE partner and together we are commissioned to offer services for any individuals with eating disorders across the spectrum of severity.

Question 3: Does your service have criteria based on frequency of binge eating and compensatory behaviour in Bulimia Nervosa outpatient referrals?

Answer: The Trust is commissioned for severe and complex bulimic and binge eating disordered presentations, but not defined by frequency on its own.

Question 4a: If yes, what criteria based on frequency of binge eating and compensatory behaviour does your service have? (Tick all that apply)

- Referral accepted for Extreme BN (14+ episodes a week)
- Referral accepted for Severe BN (7-14 episodes a week)
- Referral accepted for Moderate BN (4-7 episodes a week)
- Referral accepted for Mild BN (1-3 episodes a week)
- Other (e.g. comorbidity with other condition - please specify in comments)



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Answer: Not applicable.

Question 4b: If you have criteria for accepting referrals, what is the reason for this?

Answer: Criteria is required as it is related to our commissioned purpose – to improve lives by treating severe and complex eating disorders. The Trust also believes in partnership working with VCSE organisations to harness the strengths of all sectors.

Question 5: Does your service accept patient self-referrals?

Answer: The Trust does not accept self-referrals for this service.

Effect of Referral Criteria

Question 6: What percentage of referrals for outpatient treatment are declined due to not meeting referral criteria?

Answer: In 2020 33.2% of our referrals were not accepted. However it should be noted that the Trust works in an integrated healthcare system alongside other NHS and third sector partners, and individuals can have multiple and complex needs, and that criteria have validity (eg diagnostic criteria for eating disorders when accepting for evidence based treatment of eating disorder), the data will not accurately represent a definition of 'refused access' as it will include recommendation and facilitation of appropriate treatment in other services, notably treatment of eating disorders in our charity partner's service.

Question 7: What is the population size of the catchment area for your service?

Answer: 689912

Referral from Primary or Acute services

Question 8: How many of your patients are typically admitted to acute hospitals in a given year? (For both medical and psychiatric reasons)

Answer: Section 1(1) of the Freedom of Information Act 2000 states:

*Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.*

East London NHS Foundation Trust is not an Acute Trust and cannot therefore answer this question.



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Waiting times

Question 9: What is the average waiting time in your ED service (in weeks) following assessment?

- Average waiting time for non-urgent referrals to begin evidence-based outpatient treatment:
- Average waiting time for urgent referrals to begin evidence-based outpatient treatment:
- Average waiting time following non-urgent referral for a specialist ED inpatient bed to be offered:
- Average waiting time following urgent referral for a specialist ED inpatient bed to be offered:
- Average waiting time following referral for a place in a day care ED service to be offered:
- If you have different waiting times based on different levels on urgency, please specify below:

Answer: For bullet points 1 and 2 please see below:

Calendar Year	All referrals
2020	76 days / 109 weeks
2021	81 days / 11.6 weeks

For bullet points 3 to 5 please see below:

Answer: Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—

- (a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
- (b) if that is the case, to have that information communicated to them.

The Trust does not record this information and cannot therefore answer these point.

For bullet point 6 please see below:

The Trust operates three levels of priority which therefore will have different average waiting times.

Question 10: Do waiting times vary depending on the eating disorder diagnosis?

Answer: Not directly or as a matter of policy but some priority criteria such as risk are likely to correlate with ED diagnosis.

Treatments offered: Anorexia Nervosa

Question 11: For Anorexia Nervosa, what individual treatments are offered by your service?

- CBT-E (Enhanced Cognitive Behavioural Therapy)
- MANTRA (Maudsley Model of Anorexia Nervosa Treatment for Adults)
- SSCM (Specialist Supportive Clinical Management)
- FPT (Focal Psychodynamic Therapy)



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- **Other (please specify, eg CAT, CFT or DBT):**

Answer: The Trust has reviewed question 11 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.

The information requested is accessible here:

<https://www.elft.nhs.uk/services/community-eating-disorder-service-bedfordshire-and-luton>

Question 12: Has your service offered group therapy as a main treatment for Anorexia Nervosa?

Answer: No.

Question 13: For each treatment or therapy offered for Anorexia Nervosa, with current funding how many individual sessions on average (or estimated average) is your service able to offer each patient?

- **CBT-E (Enhanced Cognitive Behavioural Therapy)**
- **MANTRA (Maudsley Model of Anorexia Nervosa Treatment for Adults)**
- **SSCM (Specialist Supportive Clinical Management)**
- **FPT (Focal Psychodynamic Therapy)**
- **Other (please state what types and how many sessions)**

Answer: CBT-E 20 to 40 with extension if indicated as per Fairburn manual.
 MANTRA 20 to 40 sessions
 SSCM 20 to 40 sessions

Other / formulated would tend to be similar in aims and duration to manualised therapy options.

Question 14: What approximate percentage of your outpatient Anorexia Nervosa patients receive dietetic input?

Answer: The Trusts dietetic audit showed 72.4% of the service's therapy caseload were referred to our dietitian during the calendar years 2016 to 2018.

Treatments offered: Anorexia Nervosa Outcomes

Question 15: What percentage of your Anorexia Nervosa patients are discharged from your service with a BMI equal to or greater than 20 (18.5 for certain ethnic groups)?

Answer: 56% recorded in the 2016 – 2017 audit.

Treatments offered: Bulimia Nervosa

Question 16: What individual therapies do you offer for Bulimia Nervosa?

- **Guided self-help**
- **CBT-E**



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- **None**
- **Other (please specify):**

Answer: The Trust has reviewed question 16 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.

The information requested is accessible here:

<https://www.elft.nhs.uk/services/community-eating-disorder-service-bedfordshire-and-luton>

Question 17: With current funding, how many individual sessions on average (or estimated average) of therapy are you able to offer each patient?

- **Guided self-help**
- **CBT-E**
- **Other (please specify type)**

Answer: GSH 4-9 weeks
CBT-E 20 to 40

Treatments offered: OSFED and Binge Eating Disorder

Question 18: What individual treatments do you offer for OSFED?

- **Guided self-help**
- **CBT-E**
- **Other**
- **None**

Answer: The Trust offers treatments for OSFED in accordance with NICE guidance.

Question 19: With current funding, how many sessions of treatment on average (or estimated average) are you able to offer each patient for OSFED?

- **Guided self-help**
- **CBT-E**
- **Other**

Answer: Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—

- (a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
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The Trust does not record a specific number of sessions for treatment of OSFED. Each case will be assessed and an appropriate number of sessions agreed depending on the presenting symptoms.



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Question 20: What treatments do you offer for Binge Eating Disorder?

- **Guided-self help**
- **Group sessions**
- **CBT-E**
- **Other**
- **None**

Answer: The Trust has reviewed question 20 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.

The information requested is accessible here:

<https://www.elft.nhs.uk/services/community-eating-disorder-service-bedfordshire-and-luton>

Additionally our charity partner Caraline provides BED group treatment which is therefore offered to suitable patients.

Question 21: How many sessions per patient on average (or estimated average) are you able to offer for each of the following for BED?

- **Group sessions**
- **CBT-E**
- **Other**

Answer: Group not applicable
 CBT-E 20
 Other circa 20-40

Treatments offered: For families and carers

Question 22: What is currently offered by your service to support relatives/carers of patients with EDs?

Answer: The Trust has reviewed question 22 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.

The information requested is accessible here:

<https://www.elft.nhs.uk/services/community-eating-disorder-service-bedfordshire-and-luton> under "Our Therapeutic Offer"

Service usage in 2020

Question 23: How many patients did your service offer treatment for in the last one calendar year (2020)?

- **Anorexia Nervosa**
- **Bulimia Nervosa**
- **Other Specified Feeding and Eating Disorders (OSFED)**
- **Binge Eating Disorder**



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- **Avoidant restrictive food intake disorder (ARFID)**
- **Others (Please indicate the type and numbers)**
- **Do not know**

Answer:

Total contacts in period	
	2020
F2F Contact	1097
Video Call	229
Telephone Contact	214
Cancelled by patient	89
Cancelled by Trust	70
DNA F2F	83
DNA Telephone	14
DNA Video	14
No Outcome	14
Third Party Contact	15
Third Party Video Call	1
Third Party Cancelled by patient	1
Third Party Cancelled by Trust	1
Third Party DNA	0
Grand Total	1842

Please note this data may not be as complete and accurate as usual due to the focus on pandemic response during this period.

Capacity from 2015-2020: Staff

Question 24: What was the number of whole time equivalents (WTE) employed in your ED service in 2015?

- **Consultant Psychiatrists**
- **Nurse**
- **Service Manger**
- **Psychologist**
- **Head of Services**
- **Dietician**
- **Family Therapist**
- **CBT Therapist**
- **Other (please specify)**

Answer:

- Consultant Psychiatrists (0.1 WTE)
- Nurse (0.0 WTE)
- Service Manager (0.0 WTE)
- Psychologist (1.3 WTE – or 1.8 WTE if incl Head of Service see below)
- Head of Services (0.5 WTE – Head of Service is a Cons Clinical Psychol see above)
- Dietician (0.2 WTE)
- Family Therapist (0.0 WTE)
- Other (Assistant Psychologist) (0.5 WTE)
- Other (Highly Specialist Practitioner – DBT Therapist/Nurse)



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(0.4 WTE)

Question 25: What was the number of whole time equivalents (WTE) employed in your ED service in 2019?

- **Consultant Psychiatrists**
- **Nurse**
- **Service Manger**
- **Psychologist**
- **Head of Services**
- **Dietician**
- **Family Therapist**
- **CBT Therapist**
- **Other (please specify)**

Answer:

- Consultant Psychiatrists (0.1 WTE)
- Nurse (0.0 WTE)
- Service Manager (0.0 WTE)
- Psychologist (0.5 WTE – or 1.3 WTE if incl Head of Service see below)
- Head of Services (0.8 WTE – Head of Service is a Cons Clinical Psychol see above)
- Dietician (0.5 WTE)
- Family Therapist (0.0 WTE)
- CBT Therapist (0.8 WTE)
- Other (Assistant Psychologist) (0.0 WTE)
- Other (Highly Specialist Practitioner – DBT Therapist/Nurse) (0.4 WTE)

Question 26: What is the number of whole time equivalents (WTE) employed in your ED service currently?

- **Consultant Psychiatrists**
- **Nurse**
- **Service Manger**
- **Psychologist**
- **Head of Services**
- **Dietician**
- **Family Therapist**
- **CBT Therapist**
- **Other (please specify)**

Answer:

- Consultant Psychiatrists (0.0 WTE)
- Nurse (2.0 WTE)
- Service Manager (1.0 WTE)
- Psychologist (3.9 WTE or 2.9 if not including Clinical Lead who is Cons Clin Psych see below)
- Head of Services (1.0 WTE for Cons Clin Psy and Clinical Lead or counted as a Psychologist post above)
- Dietician (2.0 WTE)
- Family Therapist (1.00 WTE)
- CBT Therapist (0.8 WTE)
- Other (Associate Specialist Psychiatrist) (0.6 WTE)
- Other (Assistant Psychologist) (1.0 WTE)



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- Other (GP with Special Interest) (0.4 WTE)
- Other (Health Care Assistant HCA) (1.0 WTE)

Capacity and demand from 2015-2020: Day care/day patient places

Question 27: Please indicate the number of day care/day patient places per week your outpatient service had access to within your NHS trust in 2015.

Answer: Nil.

Question 28: Please indicate the number of day care/day patient places per week your outpatient service had access to within your NHS trust in 2019.

Answer: Nil.

Question 29: Has your service had access to day patient care during the COVID-19 pandemic? If this has changed throughout, please give details on how this has changed.

Answer: Nil.

Demand from 2015-2020: Referrals

Question 30: How many referrals for specialist inpatient ED treatment did your service make.

- in 2015?
- in 2019?
- in 2020?

Answer:

2015	Please see below
2019	14
2020	12

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- (a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
- (b) if that is the case, to have that information communicated to them.

The Trust did not record this information in 2015 and is therefore unable to provide the information.



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Question 31: How many admissions for specialist inpatient ED treatment were there from your service.

- in 2015?
- in 2019?
- in 2020?

Answer:

2015	7
2019	15
2020	8

Question 32: How many outpatient referrals did your service receive.

- in 2015?
- in 2019?
- in 2020?

Answer:

2015	No data for 2015
2019	229
2020	246



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