

Information Governance

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Our reference: FOI DA5123

I am responding to your request for information received 21 December 2023. 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,

Information Rights Coordinator

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

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Interim Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: I am writing to you under the Freedom of Information Act 2000 to request information regarding intensive community and day patient treatment programmes for patients with eating disorders. Please provide a reference number for this request in your acknowledgement email. [If this request is forwarded internally, please do not cut out the introductory wording before the questions].

A note for clinicians/services involved in responding to this request

We are conducting this survey to help us understand how widely available these forms of treatment are across the UK. The top-level findings will be published in a report, in which individual services/providers will not be named. Instead, we will report the findings in terms of the proportion of providers or areas that offer intensive community and/or day patient treatment programmes for people with eating disorders.

We recognise that eating disorder services are under extreme pressure and are facing major challenges in recruiting and retaining the staff they need. This request will form part of a wider Beat project that will aim to understand and help overcome the barriers that the NHS faces in expanding access to these innovative service models. This will include challenging policy makers and commissioners to provide the required resources.

Background

Intensive community and day patient treatment programmes offer increased contact hours for the patient compared to traditional outpatient treatment. The patient returns home at night and therefore is not an inpatient. Such treatment programmes can help minimise inpatient admissions and reduce length of stay when admission is necessary.

Day patient treatment programmes (sometimes called ‘day care’) tend to be run as a group programme, with patients attending the service during the day and returning home for evenings and weekends. Such programmes could potentially be delivered partially or wholly online/virtually. Some intensive community treatment programmes include home treatment, whereby a clinician visits the patient’s home to support meals and snacks and offer psychosocial intervention. There are other models of intensive community treatment aside from home treatment and we are very interested in hearing about these approaches too.

Question 1: Does the Trust 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 Trust has never provided such a service
- No, but the Trust 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.

Answer: Yes.

Question 2: What model/s of intensive community or day patient treatment for eating disorders does the Trust provide (or refer patients onto)? (Examples include



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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.

Answer: The Trust provides eating disorder services in both East London and Bedfordshire. There are different models of care in each geographical area. These have been set out separately to aid your understanding.

Please see Appendix 1.

Question 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 Trust provides, or refers patients onto, more than one intensive community or day patient treatment programme please provide separate answers for each):

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

Answer: Please see Appendix 1.

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

Answer: Please see Appendix 1.

Question 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.

Answer: Please see Appendix 1 and Appendix 2.

Question 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?

Answer: Please see Appendix 1.

Question 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).

Answer: Please see Appendix 1.



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Question 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 Trust's usual geographic area, potentially as part of an NHS-led Provider Collaborative)?

Answer: Please see Appendix 1.

Question 8: Please state the size of the caseload (number of accepted referrals) at the Trust'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 Trust 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.)

Answer: Please see Appendix 1.

Question 9: Which organisation/s commission the intensive community and/or day patient treatment programme/s for eating disorders? If this is one or more NHS Integrated Care Board (ICB) or NHS Trust (as lead provider for an NHS-led Provider Collaborative), please specify their name/s in your answer to this question.

Answer: Please see Appendix 1.

Question 10: Please tell us what the Trust is proud of about its intensive community and/or day patient treatment programme/s for eating disorders and outline the challenges and opportunities the Trust has experienced in providing this/these programme/s.

Answer: Please see Appendix 1.



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