FOI/DA/0123

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 models. 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" in question 1 (either of the two options), that is all that is required, thank you for your response.

	Eating disorder service for children and young people	Eating disorder service for adults
Answer:	Yes	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 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.**

	Eating disorder service for children and young people	Eating disorder service for adults
Answer:	**For Bedfordshire and Luton county wide service:** Currently we offer the home intensive treatment option, which aims to provide an alternative to hospital admission (whether Tier 4 or medical) for children and young people with severe eating disorders. This model is based on the Maudsley Family Treatment approach, a manualised, modelling film, but empathic support with the task of feeding the young person, then empowering parents to manage this task. The team provides emotional and practical support and advice to parents and young people who have not yet managed to establish a healthy pattern of eating to achieve adequate weight gain. The young people under this pathway will also be open to our core CEDS, and have access to psychiatric and dietetic input and reviews. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** Eating Disorder Intensive Programme (EDIP) is a community intensive outpatient model. EDIP provides a mixture of in clinic, home, school and community support. Sessions are delivered in person or virtually depending on the needs of the young person. The set-up is keyworkbased in an MDT context, meaning that the enhancement tends to be meal support, key work sessions and parental support (offered by the keyworker) with additional specific dietetic, psychiatry and nursing input. This model is our entrl under the evidence-based therapy offer that is provided by the core eating disorder team. This model is currently under review.	In Bedfordshire eating disorder service for adults the Trust refers patients to the East of England Regional Virtual Intensive Treatment (VIT) Service for adults with a severe eating disorder. It is provided by Hertfordshire Partnership University NHS Foundation Trust. The pilot soft launched 07.12.23 with a full launch planned for 11th January 2024. The service is a partnership between the virtual team and the Community Eating Disorders Services (CEDS). The virtual team provide the intensive part, the CEDS provides the in-person physical health and weight monitoring.

Question 3 **What is the intensity of this/these models 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:	Eating disorder service for children and young people	Eating disorder service for adults
Number of hours per day (if applicable to model)	**The Bedfordshire and Luton county wide service** currently operates Monday – Friday, between 08:00 and 20:00. **For East London wide service for City & Hackney, Newham and Tower Hamlets**, this depends on the individual's programme. Attending on a full day is dependent on the staff and objective sessions provided. On average a young person is seen 3 times a week for an average hour long session at the most, depending on session length. The time could encompass supervised meals, therapy, nursing, psychiatry, dietetics and/or key working.	Between 8.30 and 3.30 (times slightly different on Wednesdays)
Number of days per week (if applicable to model)	**The Bedfordshire and Luton county wide service** currently operates Monday – Friday **For East London wide service for City & Hackney, Newham and Tower Hamlets, Eating Disorder Intensive Programme (EDIP)** is a Monday-Friday service offering support 9am-5pm.	Five days per week Monday – Friday
Number of contacts per week and minimum duration of those contacts (if applicable to model)	**For Bedfordshire and Luton county wide service:** There is not currently a set number of contacts, however this will be adapted to each individual caseweek. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** As minimum, the VF and their family are invited to an initial goal setting meeting, a mid-point review and an end-of-programme review with the MDT. In terms of enhanced support at minimum, 5 contacts per week (x3 meal support sessions + key working session + therapy [core team]) are offered. On top of these there are nursing, psychiatry and dietetic sessions, as needed.	Twelve-week programme for eight patients who will be expected to attend five days per week for the full duration between 8.30am and 3.30pm.
Is supervised meal support provided? (If so, for how many meals per day?)	**For Bedfordshire and Luton county wide service:** Depending on the individual need, they will receive daily input and support for at least one meal a day (more if required – up to 3 max.) and this will gradually reduce over time as the initial crisis begins to reduce. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** EDIP offers three times a week meal support. The number of meals per day depends on the need of the young person, minimum offers written above.	Yes. Meal support for breakfast, lunch and two snacks per day.

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

Answer:	Eating disorder service for children and young people	Eating disorder service for adults
	For Bedfordshire and Luton county wide service. The model is currently under review, to ensure that the service is meeting the demand and needs of the young people and their families. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** We offer a holistic MDT enhanced approach that is tailored for each patient/family's needs.	In Bedfordshire eating disorder service for adults a Virtual Intensive Team (VIT) team member will meet with the patient and the community team, virtually, to plan and prepare for their admission. This will include the patient signing a contract of commitment to attend the whole programme. VIT will provide meal and snack support for breakfast, morning snack, lunch and afternoon snack and regular groups during the week. Attendance at these meals and groups is a compulsory part of the programme. VIT will respond to the weekly weighing (by community team) by adjusting the meal plan if necessary. The VIT offers groups including weekend planning and review, creative group, emotional skills management, a MAFRA based group for example and weekly community meetings. The service is staffed by nurses, occupational therapists, support workers, an administrator, and a manager. Throughout the 12-week programme the patient will be expected to gain 0.5kgs a week. The community team will be clinically responsible for the patient throughout the VIT treatment. The VIT staff will communicate relevant information in order that risk can be managed. The community team prepare the patient to access the VIT and conduct weekly weighing, medical monitoring and other interventions as appropriate. The patient will agree to attend all meal support and groups online and the weekly weighing, the medical monitoring and any other interventions provided by the community team. The patient will participate in weekly reviews with the VIT and the community team. Being virtual, the service takes place in a person's home so can be culturally sensitive, friendly to neurodiversity and allows people to retain current supports and evening/weekend activities.

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.**

	Eating disorder service for children and young people	Eating disorder service for adults
Answer:	**For Bedfordshire and Luton county wide service:** **Please see the attached information sheet that is shared with young people and their families. (Appendix 2)** From the moment that the treatment commences, parents and carers are encouraged to be involved, in order to learn how to continue the support for their young person. It may not be appropriate for a parent or carer to be present in some cases, should a young person prefer for them to not be. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** Families/carers are a core part of the EDIP programme. A family member/carer is encouraged to be at every supervised meal support. Family members/carers are requested to eat with the young person at these supervised meals/snacks. Parents are taught skills on how to support a loved one with an eating disorder. Therapy also follows the first line recommended treatment of Family Therapy.	The VF offers fortnightly carers' group and fortnightly carer calls by a team lead. There is also the Provider Collaborative Carer Support Line available to carers.

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?**

	Eating disorder service for children and young people	Eating disorder service for adults
Answer:	**For Bedfordshire and Luton county wide service:** The intensive treatment offer tends to be a short term intervention, between 4 – 8 weeks. This is however reviewed regularly for each individual case, and can be extended if need be. Should there be no significant improvement at 12 weeks, we would be required to consider alternative options. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** The EDIP programme is a 6-8 week programme, with the last 2 weeks focusing on preparation to step-down to the core team. As if this was a step-down from inpatient care, the first 2 weeks are used to get to know the VF/family and facilitate step-down through in-reach work.	The VF is a twelve-week programme and the patient is expected to commit to attend the whole programme.

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).**

	Eating disorder service for children and young people	Eating disorder service for adults
Answer:	**For Bedfordshire and Luton county wide service:** In order to receive input from the intensive treatment pathway, the young person will be under a local GP within Bedfordshire and Luton. They will have a diagnosed eating disorder, and need to already be open to the core Community Eating Disorders service (CEDS) team with an allocated care-co-ordinator and in receipt of therapy as per NICE guidelines for treatment of eating disorders. If a young person known to core CEDS or new to the service is showing signs of deterioration for example, rapid weight loss, reduced eating, disengaging – or they have been admitted at risk of admission to the medical wards or Tier 4. If a young person is due to be discharged from a Tier 4 inpatient setting, regular contact will have commenced prior in order to support the discharge back into the community. The service is offered to young people, up until aged eighteen. Assessment of needs and risk will be required prior to determine an appropriate safety and care plan. Exclusion criteria – young people who do not meet threshold for a diagnosis of an eating disorder. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** EDIP referral criteria (in process of being ratified in the Operational policy) - see below. General Referral Criteria: Live and have a GP within East London boroughs of City and Hackney, Newham and Tower Hamlets. Have a diagnosed eating disorder and have been allocated a therapist (and ideally have had a trial of evidence-based treatment) within the Community Eating Disorders Service. Young person is under 18 years of age The young person must be willing to engage in an informal community care package that involves multiple sessions per week. A risk assessment determining suitability of a community care package must be undertaken in advance of this offer commencing. Eligibility Criteria: The eligibility criteria is in accordance to national access and waiting time standards for intensive outpatient programmes. Lack of progress for a young person in existing core community eating disorder treatment, as defined by: •Lack adequate weight gain in anorexia nervosa, despite accessing first line therapy. Literature defines this as at least 2.5kg by session 3 in family-based treatment. Rationale: Literature states that this - gaining at least 2.5kg by session 3 - is the earliest predictor of end of treatment remission during FBT (Lock et al., 2005) and the strongest predictor of EOT remission in FBT in a weight gain of 0.68kg by session 8 (Doyle et al., 2002; Le Grange et al., 2014). No reduction in compensatory behaviours in bulimia nervosa after 4 weeks of treatment. Rationale: Calthorpe et al. (2004), showed that more than 50% reduction in purging frequency within the first 4 weeks of treatment (cognitive behavioural therapy and interpersonal psychotherapy for bulimia nervosa) was predictive of response. This was an adult-based study. Similar findings were found in the adolescent population by Le Grange et al. (2005) - i.e., that symptom reduction at week 4 treatment (family-based treatment for bulimia nervosa or supportive psychotherapy) predicted remission post-treatment and at 6-month follow-up. No reduction in binges in binge-eating disorder by 8th week of treatment. Rationale: Grilo et al. (2006) showed that adult patients who had a 65% or greater reduction in binge-eating by the 8th treatment week were more likely to reach remission. No increase in 'normalised' or 'never' foods in ARFID despite evidence-based/informed treatment. (At the moment, the team is not commissioned to accept ARFID) Young person at risk of requiring hospital admission, both paediatric/medical and/or psychiatric MH inpatient unit admission. Young people have been medically stabilised on an acute medical hospital setting and require intensive eating disorder support in the community to prevent re-admission. Young person on inpatient mental health unit requiring intensive support to transition them back into community CEDS care. In complex cases, the intensive programme should engage in collaborative discussion about the most appropriate way to meet the need of the patient. •Comorbid diagnosis of ASC or EUPD should not be an exclusion criterion. Exclusion criteria: •Young people who do not engage informally with the intensive programme •Young people who have not yet started eating disorder therapy •Young people who do not have a diagnosis of an eating disorder •Young people who have self-harm/ aggression and/or violence toward others or who cannot be kept safe in a clinic setting. •Young people who do not have a diagnosis of an eating disorder	In Bedfordshire eating disorder service for adults the community team refer patients for the VIT via the East of England Single Point of Access (SPA) and deems the patient suitable to be considered for the VIT. The VIT is for patients aged 18+ The community team provides SPA and VIT with background clinical information to assess referral and suitability for VIT including ability to attend VIT programme. Ability to attend the programme involves the patient having a private space at home to eat meals and attend groups. This place should be kept confidential so that anyone else the patient lives with is not able to see other patients or hear what they are saying. The patient will need a good internet connection and a device on which they can attend video calls whilst eating meals. The staff on the call will need to be able to see what food is on the patient's plate at the beginning and end of the meal and will need to see them eating. The patient will need a phone so that they can be contacted if the internet connection fails. The patient must be medically stable and not requiring a medical admission. Community team will provide regular updates to the SPA whilst waiting for a place on the VIT.

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)?**

	Eating disorder service for children and young people	Eating disorder service for adults
Answer:	**For Bedfordshire and Luton county wide service:** The catchment area is the counties of Bedfordshire and Luton. For any required services outside of this area, we would liaise with our provider collaborative for options. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** EDIP catchment area is that of the commissioning includes City and Hackney, Newham and Tower Hamlets.	The VIT is available for all patients in the East of England. For the Trust, this covers Bedfordshire and Luton.

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:**
•21 March 2023
•20 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:	Eating disorder service for children and young people	Eating disorder service for adults
	21 March 2023 Caseload: 15 Age range: Under 18	21 March 2023 Caseload: 58 Age range: 18+
	20 September 2023 Caseload: 14 Age range: Under 18	20 September 2023 Caseload: 126 Age range: 18+

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.**

	Eating disorder service for children and young people	Eating disorder service for adults
Answer:	**For Bedfordshire and Luton county wide service:** ICB – NHS England (Specialised Commissioning) ICB – BLMK collaboration (3 x nurses, 0.4 support worker for Beds, Luton, MK) + 1 x nurse, 2 x support workers for each area. There are 2 trusts ELFT and CNWL NHS. **For East London wide service for City & Hackney, Newham and Tower Hamlets:** EDIP programme is commissioned by the North Central and East London Provider Collaborative (NCEL).	In Bedfordshire eating disorder service for adults, Hertfordshire Partnership University NHS Foundation Trust are funded by the East of England Adult Eating Disorder Provider Collaborative to provide the Virtual Intensive Treatment (VIT) team to cover the East of England for Adult Eating Disorders.

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:

The Trust has reviewed question 10 of your request for information under the Freedom of Information Act (FOI) 2000.

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 does not record the information requested and is therefore unable to provide a response.