

Our Ref: NG/RM/23006  
Date: 17<sup>th</sup> May 2024

Nicola Griffiths  
Deputy Director of Governance  
North Staffordshire Combined Healthcare NHS Trust  
Lawton House  
Bellringer Road  
Trentham  
ST4 8HH

Reception: 0300 123 1535

Dear

### **Freedom of Information Act Request**

I am writing in response to your e-mail of the 15<sup>th</sup> April 2024. Your request has been processed using the Trust's procedures for the disclosure of information under the Freedom of Information Act (2000).

#### ***Requested information:***

##### **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.

You have requested further information on the care offer from our specialist Eating Disorder services regarding the model of therapy we offer and the intensity of the model. Where able, we have provided a response to questions 1 to 8 of your original FOI request as follows:

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.

**The North Staffordshire Combined Healthcare NHS Trust (NSCHT) eating disorder services are not part of an 'outpatient clinic' or 'day care' treatment model and have been commissioned to work with service users and their families within our catchment area to offer early identification, intervention, and treatment for CYPs and Adults with an eating disorder.**

On receipt of a referral and following screening, an initial assessment with a clinician is offered (face to face) to assess and establish the clinical need. Should an eating disorder not be identified, the service user is signposted to the most appropriate service to manage their needs and discharged. Should an eating disorder be identified, a careplan is created at the initial assessment and the service user is then offered a further appointment and treatment is commenced.

Both CYP and Adult teams offer a consultation model to our community partner agencies where agencies may discuss a service user prior to referral to ensure early identification and access to the right clinical pathway. This consultation model has been successful in supporting our local GP and A&E departments to identify and initiate appropriate intervention and care for urgent presentations of an eating disorder.

For our Adult team, there is a developing programme within the West Midlands collaborative which they can refer to for adult, day patient care.

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 Trust 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 Trust 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.

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.

**Both CAMHS and Adult services offer community-based care following the Maudsley model.**

**Our CYP ED Team offer family therapy, CBT E, Dietetic assessment and intervention, meal support, Psychiatric review, physical health Monitoring, MDT clinic assessment including members of the team and a Consultant Gastro Paediatrician, Carers group and Parent Peer Mentors support.**

**Our Specialist Adult Eating Disorder Service (SAEDS) offer CBT-E, CBT-T, MANTRA, SSCM, Specialist Dietetic intervention, Meal support, Exposure work, Occupational Therapy, Psychiatric review, Medication reviews, Physical Monitoring, Binge Eating Group, Carers Group. Training workshops.**

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):
    - Number of hours per day (if applicable to model) **N/A**
    - Number of days per week (if applicable to model) **N/A**
    - Number of contacts per week and minimum duration of those contacts (if applicable to model) **N/A**

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Chief Executive: Dr Buki Adeyemo

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**These are on an individual needs led basis. Where clinically required, we would offer multiple contacts for both CAMHS and Adults.**

- Is supervised meal support provided? (If so, for how many meals per day?)

**Supervised meal support is part of the service offered, this is offered on an individual, need led basis. Where clinically required, we would offer multiple daily contacts for both CAMHS and Adults.**

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

- 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.

**Yes. Both CAMHS and Adult Teams offer support and co-production of careplans with family's and carers where able and appropriate**

- 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?

**No, the interventions offered are not time limited and are needs led and agreed by the MDT team providing the intervention (both CAMHS and Adult).**

- 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).

**CAMHS eating disorder therapeutic admissions to the Paediatric ward are planned/ offered if lack of progress is being made in the community setting and the team provide intensive support for the YP and parent who is also resident on the ward. There is a phased discharge with increasing ward leave to ensure that parents are confident to continue progress within the community.**

**For Adult eating disorder patients, we refer to the Provider Collaborative if lack of progress is being made with the teams' community support offer.**

- 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)?

**Any Young person/ adult who falls under the care of the team open to a GP within Stoke and North Staffordshire.**

- 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

**CAMHS eating disorder service : 63 open cases.**



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**Adult eating disorder service: 74 open cases.**

- 30 September 2023

**CAMHS eating disorder service : 71 open cases.**

**Adult eating disorder service: 70 open cases.**

**Both services have a baseline commissioning of managing 50 referrals per year.**

(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.)

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.

**This is not commissioned with the Trust for Adult or CAMHS eating disorder services.**

**CAMHS eating disorder team has developed close partnership working with the University Hospital of North Midlands NHS Trust (UHNM). This partnership working was achieved through a service level agreement, which means that there is an allocated paediatrician working as part of the CYPEDS. This facilitated the development of a pathway for planned therapeutic admissions for AN and Bulimia with our local paediatric ward. We aim to reduce the need for a Tier 4 specialist inpatient bed via improved carer engagement and understanding, alongside supporting the family, and preventing the young person becoming further physically compromised.**

**Over time the therapeutic admissions have evolved, and the level of therapeutic input has increased. Currently admissions are to support refeeding the young person with daily contact with the CAMHS eating disorder service who provide meal support on the paediatric ward and psychoeducation for parents who are resident on the paediatric ward. An important aspect of these admissions is that they offer gradual home leave to aid discharge: at first, young people go home for a meal, then for a meal and snack, then for a day, next overnight, and finally a weekend. This gradual home leave allows the team to identify issues that arise at home and address them on the paediatric ward prior to discharge, such as establishing appropriate boundaries around mealtimes, to reduce the likelihood of repeat admissions in future.**

**The Adult eating disorder team (SAEDS) – are part of the pilot day hospital programme currently being run by Kinver Unit Stafford.**

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.

**The North Staffordshire CAMHS eating disorder service believe that the structure and content of the therapeutic admissions has been beneficial as they**

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have reduced out-of-area, Tier 4 admissions. This has given the CAMHS eating disorder service the ability to equip and support families in a more controlled setting that also reduces physical health risks, so that families are in a better position to resume treatment once the young person has been discharged from the paediatric ward. Following a service evaluation, we were able to evidence a reduction in the number of Tier 4 admissions that over an 18-month period since using this model for therapeutic admissions.

If you are dissatisfied with the handling of your request, you have the right to ask for an internal review of the management of your request. Internal review requests should be submitted within two months of the date of receipt of the response to your original letter and should be addressed to: Dr Buki Adeyemo, Chief Executive, North Staffordshire Combined Healthcare Trust, Trust Headquarters, Lawton House, Bellringer Road, Trentham, ST4 8HH. If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF.

Yours sincerely



**Nicola Griffiths**  
**Deputy Director of Governance**



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