

Freedom of Information Act 2000 – Request Reference FoI/23/682

Eating Disorders

1. Does the Health Board 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 Health Board has never provided such a service
 - No, but the Health Board 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.

If you answered “Yes” to question 1, please answer the remaining questions below. If the Health Board 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 Health Board 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 Health Board 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.
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 Health Board 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)
 - Number of days per week (if applicable to model)
 - Number of contacts per week and minimum duration of those contacts (if applicable to model)
 - Is supervised meal support provided? (If so, for how many meals per day?)
- b) Please provide any more information that we should know about regarding the intensity of treatment provided by this/these programme/s.

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.
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?
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).
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 Health Board's usual geographic area)?
8. Please state the size of the caseload (number of accepted referrals) at the Health Board'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 Health Board 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. Please tell us what the Health Board is proud of about its intensive community and/or day patient treatment programme/s for eating disorders and outline the challenges and opportunities the Health Board has experienced in providing this/these programme/s.

Response Details:

In response to questions 1 and 2

The Service for High-Risk Eating Disorders (SHED) at Cardiff and Vale University Health Board (the UHB) is currently developing an intensive treatment pathway and it has started to pilot this with a small number of adult patients in the last three months.

For under 18s, meal support and meal coaching are provided at home via the children and young people Emotional Wellbeing and Mental Health (EWMH) Intensive Home Treatment and Eating Disorders Team. There are also welfare calls to the home during the weekend provided by the Crisis Team. Clinic appointments – which can include a combination of individual therapy, family-based therapy, dietetic input, parent skills groups, psychiatric input, and physical observations – are equally offered.

In response to question 3

This has involved offering patients twice daily meal support and post-meal support either in their home or at the SHED team base. There is not currently a day patient programme.

Support is offered in person as much as possible, but has also been offered online or via telephone support. This is offered Monday to Friday only, and the duration of this per patient has been between two to four hours per day, depending on specific need.

For under 18s, this can be daily for a brief period of time (i.e. up to 12 weeks), but is dependent on need. This can be up to 90 minutes per day, up to five days per week – the EWMH Care Group operates Monday to Friday from 09:00 to 17:00, however the Crisis Service provides welfare calls during weekends. Supervised meal support is also provided for up to one meal per day.

In response to question 4

Families are often involved in this for the adult service and may be present when the support is being offered.

For under 18s, families are routinely involved for therapy and meal coaching.

In response to question 5

This is a time-limited intervention based on patient need and effectiveness, which is reviewed by the multidisciplinary team (MDT) on a weekly basis. The SHED will be developing an intensive treatment care pathway which will have more clearly defined timescales following the pilot.

It is based on clinical need for under 18s.

In response to question 6

There is no 'referral criteria' at present for adults. The decision to include patients in the pilot has been based on MDT discussion. It has involved patients with Anorexia Nervosa, who are underweight, currently experiencing a relapse and potentially at risk of needing inpatient admission.

For under 18s, the criteria are based on the MEED risk assessment. There are no exclusion criteria but, where appropriate, young people may be referred into other areas of the Care Group for support, for instance for disordered eating.

In response to question 7

The catchment area is Cardiff and the Vale of Glamorgan.

In response to question 8

As the pilot service for adults was not being offered during the stated time periods, the caseload was zero.

This information is not held in relation to the under-18s service.

In response to question 9

The UHB does not hold this information. Please be aware that the Freedom of Information Act 2000 only applies to information that a public authority holds in recorded form at the time of request.

The Information Commissioner's Office (ICO) states that if a public authority does not hold a particular piece of information that a requestor has asked for, it does not have to create it. For more information, please see [ICO: Determining Whether a Public Authority Holds Information](#).