

# Procurement of an all age eating disorder service in Kent and Medway

September 2016

Patient focused,  
providing quality,  
improving outcomes

## Procurement of an all age eating disorder service in Kent and Medway

### Summary

This paper is being submitted to the HOSC to inform them of the agreement by Kent and Medway commissioners to procure an all age eating disorder service across Kent and Medway to commence from 1st September 2017.

### Recommendation

Members of the HOSC are asked to note the contents of this report.

*Members are reminded of their statutory duty to declare any conflict and have it properly resolved.*

### 1.0 Definition of eating disorders

Eating disorders are serious, often persistent, mental health disorders associated with high levels of impairment to everyday functioning and development, and a high burden on families and carers. They can be associated with life-long physical, psychological, educational and social impairment and in some cases can be fatal.

The most common eating disorders are:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder
- 'Atypical' eating disorders

### 2.0 Introduction and background

The first designated eating disorder service (EDS) in Kent and Medway was developed in 2008. The Kent and Medway eating disorder redesign project, sponsored by NHS West Kent Clinical Commissioning Group (CCG), was set up in July 2014 in response to:

- The issue of a 'Preventing Future Deaths' report from the Coroner
- Concerns raised at the effectiveness of the current EDS delivery model
- Current delivery model not compliant with National Institute for Health and Care Excellence (NICE) guidance
- Patchy and inconsistent service provision across the health economies
- Difficulties faced by patients and carers at the interface between children's and adult services
- Unreasonable distances to travel to receive treatment
- Presence of a Body Mass Index (BMI) "screen" prior to GP referral, which is a barrier to currently recommended preventative and early intervention treatment
- Waiting times that are longer than the national standards.

### 3.0 Current service provision

*Kent and Medway children's and adolescent services (Sussex Partnership Foundation Trust - SPFT)*

Children and adolescent eating disorder services are delivered as part of a 'block contract' children and young people's mental health service with SPFT. Eating disorder cases are prioritised and there is no waiting list. However, the prioritisation of these cases increases the waiting times for patients requiring general children and young people (ChYPS) services. Currently children and young people with an eating disorder can only access services once the condition is established and moderately

advanced. The generic ChYPS service supports some children and young people with mild anorexia and bulimia.

There are links with the Primary Care eating disorder service managed by Kent and Medway NHS and Social Care Partnership trust (KMPT) to share good practice and discuss cases as needed. A transition protocol between ChYPS and adult mental health services is in operation and has improved transitional arrangements between the two services.

#### *KMPT's Community Eating Disorder across Kent and Medway*

KMPT's Primary Care service receives referrals from GPs and other primary care workers as well as other services supporting young people/adults such as schools and further education. The Primary Care service can accept referrals of patients aged 14 upwards across Kent and Medway for patients who have not had symptoms for more than 18 months and where there has not been a diagnosis of an eating disorder.

KMPT also provide secondary care services although the service does not support people requiring a secondary care specialist eating disorder service aged 17 years and under (this service is provided by SPFT). However, joint working practices are in place to provide information to 17 year olds before transition to adult services.

#### *Kent and Medway NHS England/Tier 4 Admissions*

In-patient treatment is commissioned separately, on a case by case basis, by NHS England and is 'out of area' as there are no in-patient beds for eating disorders in Kent and Medway. Following assessment by the community eating disorder team tier four providers are approached to determine bed status and put the patient on their waiting list if there are no beds available. The criterion is per NHSE guidance:

- BMI below 15 with physical issues
- Poor outcomes with community treatment.

#### 4.0 Engagement with service users and professionals

Service user and professional engagement has been undertaken over the past few years to gather feedback on the current provision of eating disorder services across Kent and Medway and to make recommendations for improvements. The key recommendations are summarised below.

Early intervention is considered essential for eating disorders by patients, carers and health professionals. All respondents indicate that the specialist services need to be more responsive and that the waiting times need to be improved. Moreover, a number of issues were raised relating to the location of services with many suggesting there need to be more services available across the region to ensure they are 'closer to home'.

Furthermore, concerns were raised regarding the provision of separate children and adult services and the problems this can cause when a patient moves from one to the other, for example the need for a new referral, delays in getting continuing treatment, changes in the treating specialist. There are suggestions that there should be an 'all age' referral pathway to ensure smooth transition from one to another and to avoid unnecessary waiting times and duplication of assessments.

#### 5.0 Proposed new service model for the Kent and Medway all age eating disorder service

Table 1 below outlines the differences in service provision between the current model and the new model which would deliver evidence based specialist intervention and will not have any transition issues between children and adult services:

<b>The current model</b>	<b>The new model</b>
Separate children's and adult service providers	All age (eight upwards) service provision
Risk of disengagement during transition from children's to adult services	No gap between children's and adult services
Delay in treatment at time of transfer	No gap between children's and adult services
Children's services provided within generic ChYPS service	Dedicated team with a greater breadth of skills and expertise across the age range
Unacceptable waiting times for assessment/treatment	Compliance with national access and waiting time standards
High use of in-patient beds (out of area)	Early identification and specialist treatment, improved cure and recovery rates and reduced demand for in-patient services
No commissioned early intervention services	Early intervention services included in new clinical care pathways
Patchy and inconsistent service delivery across Kent and Medway	Consistent provision of NICE compliant interventions across Kent and Medway
Difficult access for patients and carers due to distance from services	New pathway development will establish more local service provision

#### 6.0 Key components of the proposed new service are:

Key points of the new model for eating disorders include the following:

- Specialist patient and family interventions delivered by trained professionals, in the context of multidisciplinary services, which are highly effective in treating the majority of children and adolescents with eating disorders
- Focus on evidence based early intervention which will reduce the need for more intensive and expensive interventions, thereby reducing morbidity and mortality
- Direct access to specialist eating disorder out-patient services, which results in significantly better identification of people who require treatment
- Specialist eating disorder services offering a range of intensity of interventions and which will provide a consistency of care that is highly valued by families

The detail required to deliver the model will be contained within the national specification guidance and the service specification will inform the future contracts and the contractual framework required.

#### 7.0 Service specification

- The draft service specification has been signed off by CCG committees across Kent and Medway
- A consultation event has been held to gather feedback on the draft service specification from specialists within the field of eating disorder services
- These documents will remain in draft format throughout the procurement process in order to be developed in partnership with service providers.

## 8.0 Financial envelope

The annual current financial envelope for eating disorder services across Kent and Medway is £2.6 million. The agreed annual financial envelope for the new model is £2.6 million.

## 9.0 Procurement process and contracting

- A contract procurement board is being established with representatives across Kent and Medway
- Commissioners have agreed to utilise the expertise of the South East Commissioning Support Unit (SECSU) to procure the service
- The procurement process is set to begin in September 2016 with a commencement date of the new service being 1 September 2017.

## 10.0 Next steps of the contract process:

- Refinement of outcomes and key performance indicators KPIs within the service specification
- Governance approval to begin procurement
- Implement procurement.

## 11.0 Recommendations

Members of the Kent Health and Overview Committee are asked to:

- (i) NOTE the contents of this report.

## 12.0 Appendices

Appendix 1      Draft service specification

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