

## Improving support for people of any age with an eating disorder service in Kent and Medway

Health and Overview Scrutiny Committee 1 March 2019

### Summary

This paper is being submitted to the HOSC to provide a briefing regarding the mobilisation of the Kent and Medway all age eating disorder service which commenced on 1 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 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 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

Since 1 September 2017 Kent and Medway Clinical Commissioning Groups (CCGs) have procured a new service to deliver high quality, evidence based, early intervention and specialist treatment to service users with suspected or diagnosed eating disorder.

The service is required to achieve the national access standard for children and young people with an eating disorder. The national requirement is that by 2020/21, 95 per cent of children and young people will access NICE concordant treatment within four weeks for routine cases, and within one week in urgent cases.

## 2.0 Key components of the new eating disorder service:

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
- Through an all age service the issues of transitioning at 18 years old to a different provider will no longer be experienced
- Staff have a greater breadth of skills and expertise for eating disorders – rather than generic mental health teams delivering this service.

## 3.0 Mobilisation

The mobilisation process has been managed through a robust project governance structure that includes key stakeholders from the three CCG systems (east, north and west), and service user representatives.

The governance is now focused on performance and contract management of the service which is monitored at regular quality and performance meetings. These arrangements have been dovetailed with similar arrangements for the new Children and Young People's Mental Health Service which also commenced on 1 September 2017.

## 4.0 Delivery of service transformation

The new clinical model and pathway for the all age eating disorder service in Kent and Medway has been delivered since April 2018. The process of transformation has included the development of evidence based care pathways, robust systems, efficient processes and innovative technology.

We have successfully amalgamated the two separate teams (adult and children) and are delivering NICE concordant care pathways for eating disorders within our multi-disciplinary community service which includes nurses, cognitive behavioural therapy (CBT) therapists, psychologists and dietitian. Our service model includes carers groups for both children and adults with an eating disorder. Online technology is available where this is appropriate, for example Bulimia treatment. Furthermore we are undertaking research in collaboration with University College London.

## 5.0 Performance

The data below shows the Referral to Assessment (RTA) and Referral to Treatment (RTT) data for the eating disorder service, as at the end of December 2018:

<b>Number of Referral to Assessment (RTA) waiters</b>	
NHS ASHFORD CCG	4
NHS CANTERBURY AND COASTAL CCG	9
NHS DARTFORD, GRAVESHAM AND SWANLEY CCG	7
NHS SOUTH KENT COAST CCG	10
NHS SWALE CCG	5
NHS THANET CCG	11
NHS WEST KENT CCG	13
<b>Grand Total</b>	<b>59</b>

<b>Number of Referral to Treatment (RTT) waiters</b>	
NHS ASHFORD CCG	10
NHS CANTERBURY AND COASTAL CCG	26
NHS DARTFORD, GRAVESHAM AND SWANLEY CCG	15
NHS SOUTH KENT COAST CCG	24
NHS SWALE CCG	8
NHS THANET CCG	15
NHS WEST KENT CCG	30
<b>Grand Total</b>	<b>128</b>

During the period 1 April 2018 – 31 December 2018 there have been 643 referrals, and 521 accepted referrals. 515 people have been discharged from the service during the same timeframe. In December 2018 100 per cent of children and young people met both national standards for eating disorders; starting treatment within four weeks of a routine referral and within one week for urgent referrals.

There is no waiting list for young people and treatment commences within four weeks. Adults who access the service are seen within four to eight weeks, which has significantly improved since NELFT have delivered the service. The previous adult service had an assessment time of six months. Furthermore the service inherited a waiting list which has been reduced from 200 to 80 since service transfer.

As of 15 February 2019 within Kent and Medway there are three young people in an eating disorder inpatient bed. There are also five young people at the Kent and Medway Adolescent Unit (KMAU) on the eating disorders pathway in inpatient beds.

#### 6.0 Staffing – including recruitment and retention

The establishment for the all age eating disorder service is 27.8 WTE (whole time equivalents) including clinical and administrative staff. The service has successfully recruited highly competent staff to the vast majority of posts. There are no retention issues for this service and staff receive high quality supervision.

All staff now trained to deliver NICE concordant treatments which include CBT; (Mantra) Maudsley model of Anorexia Nervosa treatment for adults; Dialectual Behavioural Therapy; IAPT Family Therapy for eating

disorders and Radically Open Dialectical Behaviour Therapy. This year staff have received additional training in Multi Family Therapy, Emotional Focused Therapy and SPEAKS. SPEAKS is a new treatment which NELFT are developing for people with anorexia in partnership with NHS England.

## 7.0 Recommendations

Members of the Kent Health and Overview Committee are asked to

- (i) NOTE the contents of this report.

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