Eating Disorder Ward rated ‘Excellent’ by accreditation programme

An NHS inpatient unit based in Leicester, which provides specialist care and support for patients with eating disorders has been rated as providing excellent patient care.

Langley Ward, situated within the Bennion Centre, on the Glenfield Hospital site provides hospital care and treatment to adults aged 18 or over who have anorexia nervosa.

The ward is part of the Adult Eating Disorders Service which also provides day and outpatient care for people with anorexia nervosa, bulimia nervosa, binge eating disorder and other diagnosable eating disorders. The service is run by Leicestershire Partnership NHS Trust (LPT).

Langley Ward recently took part in the Royal College of Psychiatrists ‘Accreditation for Inpatient Mental Health Services’ (AIMS) programme that is organised by the College Centre for Quality Improvement and the College Quality Network for Eating Disorders. The AIMS programme is an initiative to help raise standards across inpatient mental health units. The Leicester service was asked to participate in the process by health commissioners.

For Langley Ward, this involved a self-review of the current service provided, submission of questionnaires to the Royal College by patients, carers and staff as well as an external peer review visit, comprising a team made up of Eating Disorder professionals as well as a patient. The peer review team met independently with staff, patients and carers to gather feedback.

The team were assessed against around 300 standards categorised into five sections, with themes including safety, timely and purposeful admission, the environment and facilities and therapies and activities on offer. The peer review team confirmed that the ward met all of the essential standards and over 95% of the standards demonstrating that they were providing a high quality service, meaning that the Ward was accredited as Excellent.

Paul Williams, Team Manager of the Eating Disorder Service, said “We are very proud of this acknowledgment that we provide a high quality safe service with positive outcomes. Our service users have very specific and often complex needs, and the process of recovery from anorexia nervosa takes time. For some people part of that process involves a lengthy hospital admission. We always strive to put our service users at the centre of their care and to provide high quality specific interventions aimed at helping facilitate recovery. We also ensure that support is in place for carers and families.”

Pam Marshall, Head of the Eating Disorder Service, said “This is wonderful news. A great deal of care and attention was taken to get the ward environment right, prior to its opening in 2013. We have also put a lot of effort into staff training and development in order to provide
a meaningful timetable of psychological and therapeutic activities within a safe and containing environment.”

The service is staffed by a number of highly skilled health professionals including psychiatrists, specialist nurses, occupational therapists clinical psychologists, psychotherapists, administrative staff, researchers and a dietician.

Patients from within Leicestershire and Rutland are usually referred to the service by their GP but referrals may also be made by other mental or physical health care clinicians to ensure they get the timely and individual support that they need.

Helen Thompson, Divisional Director for Families, Young People and Children’s services, at Leicestershire Partnership NHS Trust, said: “We are absolutely delighted about our ward receiving excellent status. This outcome is recognition of the team’s ongoing commitment and passion to delivering excellent care to local patients.”

For information on eating disorders and the services we provide visit http://www.leicspart.nhs.uk/_OurServices-EatingDisordersforAdultMentalHealthService.aspx which lists downloadable information to carers as well as the health risks associated with eating disorders.

ENDS

Notes to Editors

Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £282 million and employs approximately 5,400 staff. For more information visit www.leicspart.nhs.uk.

For further information contact: Liz Mattock, Communications Manager, Leicestershire Partnership NHS Trust, Tel: 0116 295 0919, E: liz.mattock@leicspart.nhs.uk

Our service works in accordance with national guidance for the management of eating disorders set out by the National Institute for Clinical Excellence (NICE).

How Does Our Service Work? Our clinicians are trained in a range of therapies including dynamic psychotherapy, cognitive behavioural psychotherapy (CBT), interpersonal psychotherapy (IPT), motivational enhancement therapy, and dialectical behaviour therapy (DBT). We have a well-established system of clinical supervision. The head of the service is Pamela Marshall.

Outpatient Service Nearly all the people we help - more than 90% of them - are seen as outpatients. For patients presenting with features of bulimia nervosa and other bulimic disorders, we offer brief, time-limited therapies in line with NICE guidance. These therapies tend to be Cognitive Behaviour Therapy (CBT) or Interpersonal Therapy (IPT). People with difficulties associated with anorexia nervosa or disorders with anorexic type symptoms may be offered longer-term outpatient treatment, such as cognitive behavioural therapy (CBT).

Inpatient Services Only a small number of people with anorexia nervosa need hospital treatment. This is provided on Langley ward which is a regional unit which offers inpatient treatment for people across the East Midlands who have anorexia nervosa and other related problems.

College Centre of Quality & Improvement