**Ref No:** FOI/2324/SG14063

**Date FOI request received:** 21 December 2023

**Date FOI response:** 23 January 2024

**REQUEST & OUR RESPONSE:**

**REQUEST:**

**Questions**

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.

 Yes

 No, and the Trust has never provided such a service.

 No, but the Trust did provide such a service in the past [Please provide more information below, including what led to the closure of this service/s]

**OUR RESPONSE:**

Yes

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.

**OUR RESPONSE:**

Leicestershire Partnership NHS Trusts offer a Step-Down programme which is a 4-week post discharge programme and supports transition from inpatient care back to community.The aims of Step-Down are to ease transition from the intensity of inpatient care back into the community; a gradual adjustment to integrating back into community; to support patients to maintain or continue progress made, transferring the skills into the home setting with the aim of reducing hospital admission.

Support consists of **–**

* X2 virtual calls a week with named step-down practitioner if the individual is recovery focused – such as a BMI of 17.5 and above (x1 call a week if not recovery focused).
* X1 virtual practical session a week – this will either be in a group setting or individually depending on the patients in the Step-Down programme at the time.
* Weekly virtual coffee and catch-up call which includes other discharged patients.
* Everyone offered x1 carers call a week.

We are now also running an inpatient prevention programme (IPP) which is an intensive region-wide 12-week (5 days a week 10am – 5pm) day programme delivering practical and psychoeducational groups and therapeutic interventions for referred patients, with an aim of preventing inpatient admission and helping on the road to recovery. Most of the programme is virtual with the occasional session competed in person by local teams.

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)

**OUR RESPONSE:**

Please see above, Q2.

* Number of days per week (if applicable to model)

**OUR RESPONSE:**

Please see above, Q2.

* Number of contacts per week and minimum duration of those contacts (if applicable to model)

**OUR RESPONSE:**

Please see above, Q2.

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

**OUR RESPONSE:**

Inpatient Prevention Programme: Yes. Breakfast 3 x week, Snack 2 x a day 5 days a week, Lunch 5 days a week.

Step-Down: Yes**.** Lunch once a week.

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

Leicestershire Partnership NHS Trust have nothing more to add than what has already been detailed.

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.

**OUR RESPONSE:**

Yes, carer calls form part of both programmes with carer support sessions in Inpatient Prevention Programme.

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?

**OUR RESPONSE:**

Please see above, Q2.

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).

**OUR RESPONSE:**

Step-Down – All patients leaving our inpatient unit can attend.

Inpatient Prevention Programme –

* A diagnosis of anorexia nervosa.
* The patient would be engaged in treatment within regional eating disorder team, either individual or group therapy or regular sessions with a clinician.
* Willing to take part in group activities on-line.
* ‘Recovery minded’ – someone who is wanting to work towards recovery and is prepared to gain weight/someone who is losing weight and unable to turn this around/someone that feels stuck in terms of weight gain, struggling to make changes discussed in therapy.
* Minimal physiological deterioration in response to weight loss that can be managed safely. Referrer’s will continue to organise blood tests and any physical monitoring.
* Cognitively able to take part.
* Able/willing to commit to a plan of ‘attendance’.
* Able to use and have access to IT equipment.
* No BMI cut offs in criteria, but an expectation that patient will not have reached such a low weight that they are unsafe to be managed in this way or not ‘able’ to restore weight without more intensive input.

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)?

**OUR RESPONSE:**

Anyone from the East Midlands Provider collaborative area.

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

**OUR RESPONSE:** Inpatient Prevention Programme – was not operating then.

* 30 September 2023

**OUR RESPONSE:**

Inpatient Prevention Programme – had only been operating for a few weeks. Caseload was 1.

Stepdown: From our preliminary assessment, we estimate that compliance with your request would exceed the appropriate costs limit under section 12 of the Freedom of information Act 2000. This is because to locate, retrieve and extract the information you have requested would take more than 18 hours. Section 12 of the Act makes provision for public authorities to refuse requests for information where the cost of dealing with them would exceed the appropriate limit, which is £450.

(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.)

* **OUR RESPONSE:**

CAMHS Eating Disorder Team:

The CAMHS Eating Disorder Team in Leicester, Leicestershire & Rutland provides treatment to children and young people up to the age of 18 years.

The team has a pathway for the Home Intervention Team [HIT], which provides in reach support to local hospital settings and outreach support to children and young people in the community.

The case load varies depending on case complexity and need.

30th March 2023:

Case load of 12 patients with 5 waiting for Home Intervention Team.

30th September 2023:

Case load of 9 patients with none waiting for Home Intervention Team.

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.

**OUR RESPONSE:**

East Midlands Provider Collaborative for Adult Eating Disorders.

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.

**OUR RESPONSE:**

The Trust is proud that we can deliver high quality care to service users from across our region in a compassionate and inclusive way. The services provide care that aims to prevent admission but in an environment that patients are comfortable and familiar with. A wide variety of disciplines contribute to the service delivery, providing expertise and support.

Challenges have been around technology (access for some patients). Other challenges include collaborative working across different trusts, which has also provided rich learning opportunities.