

Freedom of Information Request

Reference Number: EPUT.FOI.23.3151
Date Received: 21st September 2023

Information Requested:

Under the Freedom of Information Act, I would like to request the following information:

- 1) Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?

- a) For under 18s

Eating Disorder Services for under 18s are provided by another Trust (NELFT).

- b) For 18+ year olds

We are in the process of establishing the first standardised, county-wide service specification for the Community Adult Eating Disorder Service. Prior to this there were two separate commissions in Essex, which only included a commission for (moderate to severe) Binge Eating Disorder in the west, mid and north east areas of the county. The new, county-wide service specification will detail the commission to provide a Trust wide service for moderate to severe presentations of Binge Eating Disorder (BED).

- 2) If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?

- a) For under 18s

Eating Disorder Services for under 18s are provided by another Trust (NELFT).

- b) For 18+ year olds

Where patients do not meet the criteria for our service then where appropriate, they may be signposted to the charity ‘Beat’, or to NHS Talking Therapy Service (formerly known as IAPT services), or recommended self-help workbooks.

- 3) Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:

- a) The types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,

First-line treatment is binge eating disorder-focused guided self-help; we also have

the option of offering individual Cognitive Behavioural Therapy (CBT-ED) where it is warranted by complexity in the clinical presentation.

- b) how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).

In the case of self-help, please specify whether this is guided or unguided. Please specify the names of all applicable services and the ICBs (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.

Where the presentation is moderate to severe then this will be offered by the Eating Disorder Service and would typically be guided self-help.

Services within Essex are commissioned by Suffolk and North East Essex (SNEE), Hertfordshire and West Essex (HWE) and Mid and South Essex Integrated Care Board (MSE ICBs). There are a number of providers of NHS Talking Therapies Services (formerly known as IAPT) across the county.

- 4) If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc.). *If the Trust provides more than one relevant service, please list answers separately against each.*

- a) For under 18s

Eating Disorder Services for under 18s are provided by another Trust North East London NHS Foundation Trust (NELFT).

- b) For 18+ year olds

The commission is for moderate to severe BED. Only if the presentation is more complex and there is another comorbid condition which may make BED treatment currently ineffective, then the patient may be advised to access treatment in another service first.

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>