

Freedom of Information Request

Reference Number: EPUT.FOI.24.3358
Date Received: 7th February 2024

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)?

For under 18s

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

For 18+ year olds

The new service specification for the county-wide Community Adult Eating Disorder Service will detail the commission to provide a Trustwide service for moderate to severe presentations of Binge Eating Disorder (BED).

Services in Essex were previously provided by two separate Trusts: North Essex Partnership University NHS Foundation Trust (NEP) and South Essex Partnership University NHS Foundation Trust (SEPT). These two Trusts merged and formed Essex Partnership University NHS Foundation Trust (EPUT). NEP and SEPT were commissioned separately and as such, the commission was different with regard to BED. NEP were commissioned to treat moderate to severe BED, whereas SEPT were not. Now, the county-wide provider (EPUT) of adult eating disorder services has standardised the commission across the service.

2. 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?

For under 18s

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

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. If applicable, 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])

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.

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.

For under 18s

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

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>