

Freedom of Information Request

Reference Number: [EPUT.FOI.23.3292](#)
Date Received: [21st of December 2023](#)

Information Requested:

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]

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.

- a) [EPUT is commissioned to provide adult eating disorder day treatment, in-person, at two locations within Essex, for adults aged 18 and over.](#)
- b) [In addition, a *Virtual* Intensive Treatment \(VIT\) team provides support centrally through the East of England Adult Eating Disorder Provider Collaborative. The service is offered to all East of England residents who are open to a Community Eating Disorders Service within the region.](#)

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

- Number of contacts per week and minimum duration of those contacts (if applicable to model)
 - Is supervised meal support provided? (If so, for how many meals per day?)
- b) Please provide any more information that we should know about regarding the intensity of treatment provided by this/these programme/s.

Day treatment:

We provide day services that typically would run Monday to Fridays from 8.30am to 4.30pm, at two locations in Essex. Day services would include supervised meal support during these times, and a group programme including psychology and Occupational Therapy input. However, these services are limited by staffing constraints as we are experiencing recruitment challenges. These forms of intensive support require a high staff to patient ratio, and as we do not currently have sufficient staff to provide the necessary level of intensive support, then these services have been temporarily suspended.

In agreement with the commissioners, this temporary suspension to the day services allows us to focus resources on our core service provision. Patients are still able to access support in the community including a range of psychological therapies, and medical monitoring. Furthermore, patients within Essex have access to local Specialist Eating Disorder Unit beds for inpatient treatment, where indicated.

We are currently planning to re-open the day service based in Colchester and we plan to do so within the next month.

Virtual Intensive Treatment:

- a) It is planned for the VIT to operate on weekdays (five days a week, with a slightly different timetable on a Wednesday) between 8.15 and 4.15pm on each of these days; where supervised meal support is typically provided x2 meals a day and x2 snacks a day. The VIT launched on the 7th December 2023 and does not yet have data available on contacts.
- b) Other planned interventions include OT led groups, goals and keeping motivated groups, creative groups, specialist groups dependent on staff such as MANTRA skills, 1:1 key worker sessions.

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.

Day treatment:

We do provide support to families and carers in our community services and we plan to continue to involve them in the treatment provided (when appropriate) by day services.

Virtual Intensive Treatment:

It is planned that Carers will be contacted regularly as part of the 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?

Day treatment:

Whilst the day services have been suspended we have reviewed how they are organised and function and plan to make them more recovery-focused. This means length of treatment would be based on clinical need, and reviewed regularly to determine the helpfulness of the intervention.

Virtual Intensive Treatment:

The length of treatment is 12 weeks.

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).

Day treatment:

When running day services will accept adult patients (aged 18+) with a primary diagnosis of an eating disorder, who are medically stable and do not require a medical admission or an admission to a Specialist Eating Disorder Unit (SEDU). We do not anticipate excluding any patients based on specific diagnoses, BMI or comorbidity. However, we would review referrals on a case by case basis to consider whether they might agree to, engage with, and potentially benefit from the programme (i.e. it would work with their difficulties); and not disrupt the programme for others attending.

Virtual Intensive Treatment:

It is for individuals at risk of needing admission to a specialist eating disorder unit (SEDU) bed or those needing supported early discharge from such a unit; at low risk of refeeding syndrome and medically stable; for those who commit to gaining 0.5kg a week or maintaining if at target weight; with a BMI of 16 or lower (minimum of 13.5 if in SEDU); and who are able to have access to a private space with internet connection and their camera on.

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)?

Day treatment:

Essex.

Virtual Intensive Treatment:

The East of England region.

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
- 30 September 2023

(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.)

Day treatment:

We anticipate that both day services would accept and treat up to eight patients each, at any one time.

Virtual Intensive Treatment:

This commenced on the 7th December 2023 so did not have a caseload on these dates.

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.

Day treatment:

The three ICBs covering Essex commission these services - Mid and South Essex (MSE), Suffolk and North East Essex (SNEE), and Hertfordshire and West Essex (HWE).

Virtual Intensive Treatment:

The lead provider of the East of England Adult Eating Disorder Provider Collaborative is Cambridgeshire and Peterborough NHS Foundation Trust (CPFT).

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.

We are pleased to offer a range of community treatment options to provide a more comprehensive service to residents of Essex.

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>