

## Freedom of Information Request: Our Reference CTHB\_281\_18

### You asked:

- 1) Please state the average waiting time from referral to treatment for eating disorders in days for your health authority's patients in each of the following financial years:**

#### **Adult Mental Health**

The data provided below refers to waiting times to see the Cwm Taf University Health Board Tier 2 Eating Disorder Lead Clinician for a therapeutic intervention. This is a single psychology post, providing a "bolt-on" specialist resource to our secondary care Community Mental Health Teams (CMHTs). Data is not available on patients with eating disorders who are not referred to the lead clinician, but who may be engaged in different forms of treatment within CMHTs or Primary Care Mental Health Support Services (PCMHSS).

Figures below also do not include data for patients referred into the Tier 3 Severe & High-risk Eating Disorders (SHED) team who are employed by Cardiff and Vale University Health Board (C&VUHB), but also cover CTUHB.

<b>Financial Year</b>	<b>Average waiting time (days)</b>
2013-14	27 days
2014-15	13 days
2015-16	26 days
2016-17	44 days
2017-18	31 days
2018-19 to 02.07.18	23 days

Estimated average waiting time for treatment in the adult Tier 3 eating disorders service (which is managed by Cardiff and Vale UHB) is 30 days.

#### **Child and Adolescent Mental Health Service (CAMHS)**

Please see provided in the table below the average waiting time in days from referral to assessment, for eating disorders in each of the following financial years:

<b>Financial Year</b>	<b>Average waiting time (days)</b>
2013-14	8 days
2014-15	33 days
2015-16	37 days
2016-17	55 days

2017-18	17 days
2018-19 to 02.07.18	6 days

**2) Please state the 5 longest waiting times from referral to treatment for eating disorders in days for your health authority's patients in each of the following financial years:**

**Adult Mental Health**

The data provided below refers to waiting times to see the CTUHB eating disorders lead clinician for a therapeutic intervention. Data is not available for additional patients with eating disorders who may be engaged in different forms of treatment within the CMHTs or PCMHSS. Furthermore, the figures below also do not include data for patients referred into the Tier 3 SHED service hosted by C&VUHB.

Financial Year	5 longest waiting times (days)
2013-14	98 / 80 / 48 / 38 / 34
2014-15	65 / 42 / 34 / 29 / 28
2015-16	154 / 69 / 49 / 45 / 42
2016-17	163 / 128 / 102 / 77 / 66
2017-18	180 / 112 / 67 / 64 / 56
2018-19 to 02.07.18	50 / 41 / 27 / 20 / 15

The longer waiting times are due to occurrences where there was minimal input into the lead clinician post (1 day per week in 2016). All clients waiting longer than 8 weeks were also being seen by other practitioners in PMHSS or CMHT, and their risk in terms of their eating disorder was assessed as low.

The longest waiting times are now unlikely to happen as the service model is being developed so that the lead clinician is working with teams (supervision, training and consultation) to support clients with eating disorders so that patients have PCMHSS or CMHT support, and then adding clients to the waiting list for 1:1 work with the lead clinician when there is a clear need for a therapy intervention. This is reflected in the shorter waiting times in the 2018-2019 category below.

**Child and Adolescent Mental Health Service (CAMHS)**

The 5 longest waiting times in days from referral to assessment for eating disorders in each of the following financial years:

Financial Year	5 longest waiting times (days)
2013-14	38 / 36 / 27 / 22 / 21
2014-15	102 / 102 / 89 / 77 / 72

2015-16	189 / 87 / 83 / 71 / 67
2016-17	376 / 225 / 219 / 219 / 211
2017-18	90 / 75 / 53 / 49 / 47
2018-19 to 02.07.18	31 / 22 / 2 / 1 / 1

- 3) For patients referred for treatment at an inpatient eating disorder clinic, please state the average time from referral to treatment recorded in days for your health authority's patients in each of the following financial years:**

**Adult Mental Health**

CTUHB does not have "an inpatient eating disorder clinic" or unit. We have Tier 3 tertiary specialist service contractual arrangements at an inpatient eating disorders clinic in England (Cotswold House). This is accessed via the Tier 3 team, based in Cardiff & Vale University Health Board. Therefore, you may wish to redirect this element of your request to [CAV\\_FOI.Requests@wales.nhs.uk](mailto:CAV_FOI.Requests@wales.nhs.uk).

**Child and Adolescent Mental Health Service (CAMHS)**

There is no Children and Young Persons' (Child and Adolescent Mental Health) inpatient eating disorder clinic/unit within Cwm Taf or the associated CAMHS network (hosted by us). However, as commissioners of services for the Cwm Taf population, should a child or young person with an eating disorder require specialist inpatient services, this is commissioned on an individual basis to ensure their health need is met. Cwm Taf host a Tier 4 Eating Disorder Network for South Wales to ensure specialist community services are delivered.

- 4) For patients referred for treatment at an inpatient eating disorder clinic, please state the 5 longest waiting times from referral to treatment recorded for eating disorders in days for your health authority's patients in each of the following financial years:**

**Adult Mental Health**

Not applicable. Please see response to question 3.

**Child and Adolescent Mental Health Service (CAMHS)**

Not applicable. Please see response to question 3.

- 5) Please state the number of your health authority's patients currently in inpatient eating disorder clinics as of 02.17.18. I**

**appreciate some of these may be out of area, but please include these patients if you have figures available.**

**Adult Mental Health**

Not applicable. Please see response to question 3.

**Child and Adolescent Mental Health Service (CAMHS)**

Not applicable. Please see response to question 3.

- 6) Please state the number of your health authority's patients currently in inpatient eating disorder clinics that are**
- a) Receiving psychological therapies**
  - b) On the waiting list for psychological therapies**
  - c) Not currently receiving psychological therapies**
- This could be CBT or other therapies, operated in line with refeeding treatments at the inpatient clinic.**

**Adult Mental Health**

Not applicable. Please see response to question 3.

**Child and Adolescent Mental Health Service (CAMHS)**

Not applicable. Please see response to question 3.

- 7) Please state the number of suicide attempts recorded in eating disorder clinics managed by your health authority in each of the following financial years. Please provide a breakdown by unit if figures are available.**

**Adult Mental Health**

Not applicable. CTUHB does not manage any "eating disorder clinics". Please see response to question 3.

**Child and Adolescent Mental Health Service (CAMHS)**

Not applicable. Please see response to question 3.

- 8) Please state the number of suicides recorded in eating disorder clinics managed by your health authority in each of the following financial years. Please provide a breakdown by unit if figures are available.**

**Adult Mental Health**

Please see response to question 7.

**Child and Adolescent Mental Health Service (CAMHS)**

Not applicable. Please see response to question 3.