

Freedom of Information Request: Our Reference CTMUHB_598_23

You asked:

I am writing to you under the Freedom of Information Act 2000 to request information regarding intensive community and day patient treatment programmes for patients with eating disorders. [If this request is forwarded internally, please do not cut out the introductory wording before the questions].

A note for clinicians/services involved in responding to this request

We are conducting this survey to help us understand how widely available these forms of treatment are across the UK. The top-level findings will be published in a report, in which individual services/providers will not be named. Instead, we will report the findings in terms of the proportion of providers or areas that offer intensive community and/or day patient treatment programmes for people with eating disorders.

We recognise that eating disorder services are under extreme pressure and are facing major challenges in recruiting and retaining the staff they need. This request will form part of a wider Beat project that will aim to understand and help overcome the barriers that the NHS faces in expanding access to these innovative service models. This will include challenging policy makers and commissioners to provide the required resources.

Background

Intensive community and day patient treatment programmes offer increased contact hours for the patient compared to traditional outpatient treatment. The patient returns home at night and therefore is not an inpatient. Such treatment programmes can help minimise inpatient admissions and reduce length of stay when admission is necessary.

Day patient treatment programmes (sometimes called 'day care') tend to be run as a group programme, with patients attending the service during the day and returning home for evenings and weekends. Such programmes could potentially be delivered partially or wholly online/virtually. Some intensive community treatment programmes include home treatment, whereby a clinician visits the patient's home to support meals and snacks and offer psychosocial intervention. There are other models of intensive community treatment aside from home treatment and we are very interested in hearing about these approaches too.

Questions

- 1. Does the Health Board 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.**

No, the Health Board does not provide this service.

If you answered "No" to question 1 (either of the two options), that is all that is required, thank you for your response.