

## North Somerset Health Overview & Scrutiny Panel Overview of Eating Disorders 23 June, 2022

### Purpose of report

A request was received via the Head of Stakeholder Engagement, Dr Lou Farbus, NHS England and Improvement, for the South West Provider Collaborative (SWPC) to provide an overview of Eating Disorder service for people across all ages to the Overview & Scrutiny Panel.

The SWPC can provide this detail for commissioned inpatient Eating Disorder services only as it does not have any commissioning responsibility for community services throughout the South West region.

### Overview of the South West Provider Collaborative:

The South West Provider Collaborative is an award-winning partnership of five NHS organisations, with Devon Partnership NHS Trust as the lead provider, three independent sector organisations and a community interest company working together to improve the care pathway for people needing specialised mental healthcare in the South West.

With a geography that spans from Cornwall to Gloucester, covering 22,000 square kilometres and a population of around five million, our aim is to ensure that people experience high quality care as close to home as possible, so they can better connect with their support network and local clinical teams and return to their family, friends and community as quickly as possible.

Since 2017, our healthcare providers in the South West have been sharing knowledge, resources and expertise, making a significant difference to peoples' lives.

By bringing together clinicians at the very start of our partnership and involving our patients, their families and carers in decision-making, we have been able to design new clinical pathways. This innovative way of working is already delivering efficiencies that are benefitting our local population.

We commission specialised services for people in the South West including:

- Adult Low and Medium Secure Services
- Children and Young People's Mental Health Services (CAMHS)
- Adult Eating Disorder Services (AED)

### Eating Disorder Pathway:

#### CAMHS

- All Young People being considered for an inpatient placement are filtered through the SWPC regional patient flow system. This is live and monitored daily via the SWPC Case Management team for anything requiring urgent attention. There are weekly meetings with inpatient and community teams across the region to review, assess and clinically prioritise each referral received.
- Currently there are no specialist eating disorder beds within the SWPC footprint. Young People are placed outside the region where it is clinically necessary to place them in a specialist inpatient unit.

#### AED

- The SWPC has two Inpatient units within its commissioning footprint

**SWPC summary of CAMHS Tier 4 services within the South West Provider Collaborative footprint:**

ICS	T4 provision and provider(s)	Community provider(s)
BNSSG	Riverside Unit (General Adolescent Unit - GAU): 12 IP beds and 4 Day patient places Provided by AWP	AWP
Somerset	Wessex House (GAU): 12 IP beds Provided by Somerset FT	Somerset FT
Devon (including Plymouth)	Plymbridge House (GAU): 12 IP beds Provided by Livewell CIC	Livewell CIC (for Plymouth) Child and Family Health Devon (for the rest of Devon)
Kernow	Sowenna (GAU): 12 IP beds Provided by Cornwall FT	Cornwall FT

**Additional general information CAMHS Tier 4:**

- All community CAMHS teams now offer 24/7 crisis support as part of their intensive outreach offer
- All units and intensive outreach teams attend the weekly Clinical Activity panel – this has governance and clinical support functions
- We operate an online referral and patient flow system to ensure we have full oversight of all SW Young People, wherever they are placed.
- We have a case management function that are responsible for quality oversight of both the patient pathway within each service, and pathway management.
- There are currently no specialist IP services in the region but a blended PICU/Low Secure clinical model has been approved and there is scope to procure this within region

**SWPC summary of Adult Eating Disorder services within the South West Provider Collaborative footprint:**

Integrated Care System (ICS)	Adult Eating Disorder provision and provider(s)	Community provider(s)
Bristol North Somerset South Glos (BNSSG)	STEPS Inpatient Unit: 10 IP beds Provided by AWP	Avon & Wiltshire NHS Partnership Trust
Devon (including Plymouth)	Haldon Unit: 12 IP beds (10 in use) Provided by DPT Trust	Community CEDS team Devon Partnership NHS Trust.

**Additional general information Adult Eating Disorder services within the South West Provider Collaborative footprint:**

- Inpatient units work alongside community eating disorder teams (CEDS) to support transition in/out of inpatient treatment.
- We operate an online referral and patient flow system to ensure we have full oversight of all SW eating disorder adults, wherever they are placed.

- We have a case management function that are responsible for quality oversight of both the patient pathway within each service, and pathway management.
- Considering options for developing a whole treatment pathway to support transitions between young people and adult mental health services.

**Current situation for the BNSSG system (Bristol, North Somerset, South Glos):**

The SWPC works across all local Clinical Commissioning Groups (CCG) within Integrated Care Systems (ICS). The BNSSG CCG covers the area in question for the purposes of this report.

You will see in table 1, the current situation regarding patients in both our CAMHS Tier 4 and Adult Eating Disorder services that are a) referred & awaiting an inpatient bed; and b) already admitted to an inpatient bed.

**Table 1: Referrals and Admissions with BNSSG (as at 30/5/22)**

Service type	Referrals (no. waiting) + Admitted (in a bed)	Currently in Out Of Region placement
Adult Eating Disorders	2 + 7 = 9	0
CAMHS Eating Disorder	2 + 4 = 6	4

**Adult Eating Disorders** – demand for inpatient beds in this service has been increasing over recent months but currently the SWPC is able to place patients close to home and within the South West footprint. This is being monitored by on a daily basis by the case management team and provider inpatient units. Transferring to out of region placements (unless indicated) will be avoided where at all possible but cannot be ruled out.

**CAMHS Eating Disorders** – due to having no in-region specialist eating disorder beds, all young people are being placed outside the South West. The shortage of these specialist beds is a national challenge, not specific to the South West, and there are transformation plans within the SWPC to address this.

The SWPC has a medium and long term plan to address both the level of need and deliver enhanced care closer to home which includes:

- Good engagement with ICS's and the SW regional NHS England (NHS E) Mental Health Team to develop the whole pathway commissioning and delivery and assurance regarding targeted Long Term Plan investment. This includes assurance regarding health promotion and early intervention (e.g. Mental Health Support Teams in schools).
- Good engagement with the South West Paediatric Clinical Senate to develop regional guidance for acute Trusts extending into primary care for early intervention.
- Pilot of community Naso-Gastric feeding service in BNSSG, funded by NHS England.
- Existing programme of 3 week acute hospital refeeding pathways (the South West are national leads for this).
- SWPC in collaboration with NHSE and Health Education England to deliver information regarding appropriate training for acute hospital staff to Trusts.
- Regional training programme to enhance Intensive Outreach team's skills to do extended hours meal support in young people's homes.
- Larger training programme across Units, intensive outreach teams and community Eating Disorder teams to enhance care at all levels and pump prime the planned blended GAU/ED clinical model.
- Enhanced Case Management, including weekly patient flow and network meetings to facilitate flow through all units (in place currently).

- GAU service re-design to develop a blended GAU/ED offer. Identified risk that this will not meet the needs of all those requiring inpatient care for their eating disorders. Does not include NG feeding as part of the offer, this is and will be provided by acute hospitals.
- Possible development of a blended PICU/Low Secure Unit in region which will also deliver NG feeding under restraint to one YP at a time.
- The current use of Specialist Eating Disorder Unit SEDU is primarily to initiate treatment and get young people off their NG tubes (where 3 week intervention in acute hospitals has failed to do this). We have GAU capacity in region to facilitate rapid repatriation once the aims of admission in SEDU have been achieved.

**Paper prepared by:**

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