

Eating Disorder Services

*Outpatient and
Community Services*



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Section 1 – Referrals and Assessment

Depending on which borough you live in, you may have been referred by your GP or through a mental health team at your local hospital.

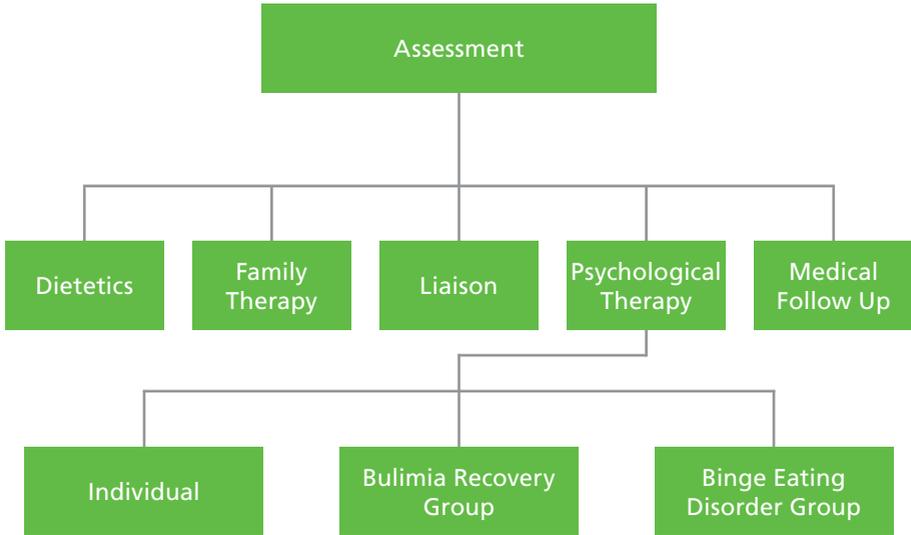
You will be invited to attend an assessment appointment with one of the Specialist Eating Disorder Doctors. You are welcome to bring a relative/carer to this assessment. You will be asked about the development of your difficulties and how these are affecting your life. In addition, background information about your general health, family and life events will help us to understand your situation in more detail.

Your diagnosis/diagnoses will then be discussed with you and treatment options explained. The doctor may recommend some self-help reading material about eating difficulties. There will be an opportunity to ask questions and to plan the next step in your treatment.

After the assessment a letter outlining this discussion and the agreed outcomes will be sent to the person that referred you and you will be asked if you would like to receive a copy of this report.



Section 2 – Treatment Options



Medical Follow Up

Further appointments with the doctor may be offered in certain circumstances to:

- assess additional mental health issues
- review diagnoses
- discuss medication
- manage the physical complications of an eating disorder
- review progress and consider changes to your treatment plan
- advise on referrals to other professionals.

During your treatment at the Eating Disorder Service other members of the team may discuss your care with a specialist doctor when considering the best treatment options for you.

Psychological Therapy

The Psychology team is comprised of Clinical and Counselling Psychologists, Clinical and Counselling Psychology trainees and a Psychology Assistant. We provide outpatient individual and group therapy to people who have been referred to Psychology by their Specialist Eating Disorders Doctor.

Individual therapy

One-to-one therapy is the outpatient treatment pathway for those with Anorexia Nervosa (AN) and some patients with Other Specified Feeding or Eating Disorder (OSFED) with moderate/severe symptoms and complex presentations and where group interventions are not deemed to be appropriate (e.g. when there is a need for an interpreter).

Individual therapy is provided on a weekly, 50 minute session basis and is grounded in a cognitive behavioural framework in line with the NICE guidelines. Therapy contracts are offered in blocks of sessions, agreed between therapist and client after initial assessment. The current number of sessions is 16, with some flexibility to change the length of

therapy depending on the nature, complexity and severity of difficulties and the client's engagement and progress. During the initial assessment there is a chance for you to decide if therapy is right for you. If you decide to commit to treatment, it will be important to attend regular sessions and homework tasks will be set each week which you will be expected to complete between sessions.

The Bulimia Recovery Group and The Binge Eating Disorder (BED) Recovery Group

These two groups are cognitive behavioural therapy based groups for individuals who meet the diagnostic criteria for Bulimia Nervosa or Binge Eating Disorder. The NICE guidelines recommend a cognitive behavioural approach for the treatment of these



two eating disorders. Both groups run weekly for thirteen weeks (90 minute sessions). Twelve sessions are led by two members of the Psychology team and one session is led by a member of the Dietetic team. The groups run on a weekday during working hours and each group contains between six and twelve clients.

The groups start with an introductory session to allow group members to get to know each other, establish group rules and allow the group facilitators to explain the programme. Homework tasks will be set each week and group members are expected to complete these. It is important for participants to attend all thirteen sessions, as information from each session follows on from the next. Research suggests that group treatments for Bulimia Nervosa and Binge Eating Disorder can be more successful than individual treatments. The outpatient treatment pathway for those with Bulimia Nervosa and Binge Eating Disorder is group therapy unless group interactions have been deemed to be inappropriate, ie. where there is a need for an interpreter.

Family Therapy

Families can help support the recovery of someone who suffers from Eating Disorders. Family therapy is an opportunity for you and your family to work together in the battle to fight your eating disorder. Family therapy focuses on:

- Change and how things can be done differently
- Establishing a healthier relationship with food
- Helping families and carers who may need advice and support to deal with the difficulties associated with having family members suffering with Eating Disorders

The therapy focuses on the relationship between you and your family. It explores how the family affects you, and how you affect other family members. Early sessions will concentrate on practical help and advice in managing the Eating Disorders and any difficulties experienced at meal times. Later sessions will be concerned with relationship issues with the family and how best to deal with the difficulties associated with change and family developments.

Usually, one member of the team will interview the family, whilst the rest of the team will be in an adjoining room. From time to time the team will share their ideas with you and your family to help you think about your concerns. Where necessary, the Family and Systemic Psychotherapist may sometimes work alone. Discussion in the session will be shared with your treatment team so that we can all work together for your benefit.

We will discuss with you and your family how you might wish to work together.

The number of appointments offered will depend on your needs. Appointments usually vary between once to twice a month but decisions about the number of sessions and the intervals between appointments are made with the therapist and family.

Dietetics

Dietetic treatment is offered to individuals with a range of eating disorder diagnoses either in a group format or on a one-to-one basis. The primary role of the specialist eating disorder dietitians is to provide support with the goal of normalisation of nutritional status and eating behaviour.

What we offer:

- A comprehensive nutritional assessment is conducted at your first appointment including anthropometric measurements, dietary intake and eating behaviours to assess your nutritional needs and eating difficulties
- A customised meal plan or dietary advice is provided to help you achieve your goals whilst taking in consideration any medical conditions, allergies and religious dietary requirements
- Weight monitoring and adjustments to meal plans where appropriate
- If required prescriptions for oral nutritional supplements can be requested through your GP

- Nutrition education covering topics such as nutritional needs, the functions of various food groups in the body, symptoms associated with nutritional deficiencies and how eating disorder behaviours can harm the body
- Practical skills regarding meal planning, portion sizes, shopping and cooking
- Liaise with other professionals involved in your care
- Support families and carers where necessary

Community Liaison

The community liaison team provide a range of services for people with an eating disorder whilst living in the community.

We offer:

- Specialist Supportive Clinical Management for Eating Disorders (SSCM) treatment
- Home visits
- Hospital visits
- Support to families and carers
- Liaison with other professionals involved in your care
- Basic nutritional advice
- Weight monitoring

First appointment

Once a referral has been made one of the team will contact you, usually with 5 working days, to arrange an appointment. This can take place in a wide range of community settings or external inpatient hospital settings if you have been referred to the service by your care team.

Your first appointment is an opportunity for you and Liaison worker to identify the work you can do together.

Day Programme

The Russell Unit Day Programme is a comprehensive programme designed to offer specialist treatment for up to 6 patients with diagnosis of an eating disorder. We offer treatment to men and women over the age of 18.

Treatment lasts for 3 months fulltime followed by a graded reduction in the programme over the following 3 months. You will be able to attend Mon-Fri 10am-3:30pm.

Admissions and referrals are made from professionals working within the St. Ann's Eating Disorder Service, which receives referrals from GPs, CMHTs and other healthcare professionals.

Your treatment will be delivered by our Multi Disciplinary Team that includes Doctors, professionals from medical, nursing, dietetics, psychology, occupational therapy, family therapy, and arts therapy.

During your time with us we aim to help you with:

- Restoration (where appropriate) of weight to a healthy BMI of 20-25 at a rate of 0.3-0.5kg per week
- Normalisation of eating behaviour and reduction of eating disorder behaviours and symptoms Increasing psychological understanding of eating disordered behaviour
- Strengthening the psychological apparatus for making and maintaining changes to disordered eating

Our philosophy is to involve you in the decisions made about your treatment and to work with you to set goals that reflect your own needs to recover from your eating disorder.

Each patient will also be allocated their own keyworker and be able to attend the group programme. All keyworkers are trained in using a model called Specialist Supportive Clinical Management for Eating Disorders (SSCM-ED) which is an evidence based, standardised treatment proved to be helpful in Eating Disorders.

There is a rolling group programme, which includes Occupational Therapy Groups, DBT skills group, Body Image group, Goal setting group, Relaxation and Mindfulness group and others.

Section 3 – Your Attendance

Attending Assessment Appointments

If you do not attend your initial assessment and have not contacted the department to inform them of your cancellation, your slot will be allocated to another client and you will be discharged back to whoever referred you. If there are specific circumstances preventing you from attending please let the department know as soon as possible and we will try to accommodate your needs as appropriate.

Attending Therapy Appointments

In order for treatment to be beneficial and also so that we can offer a fair service to everyone who is referred, it is important that you attend consistently.

If you are unable to attend an appointment you must let the service know at the earliest possible time.

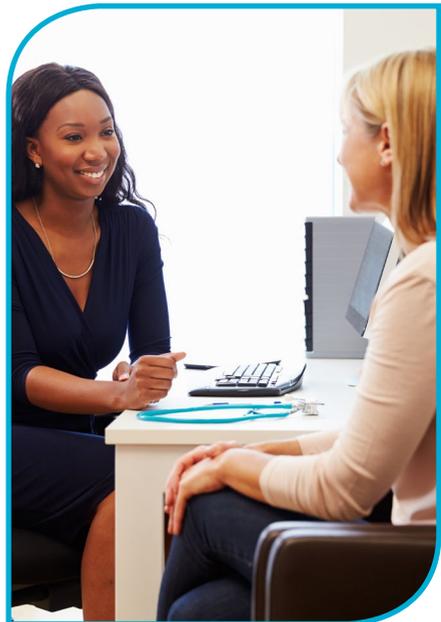
If you do not attend or you cancel two or more pre-arranged sessions, then unless there are exceptional circumstances these may be counted as 'missed sessions' and will be deducted from your remaining scheduled sessions or you may be discharged back to the referrer.

Other Appointments (Medical/Dietetics)

If you do not attend or you cancel two or more pre-arranged sessions you may be discharged back to the referrer.

Late Arrival

If you arrive after your appointment time you may be seen for the remaining time of that session or the therapist may need to reschedule the appointment, depending on the intended duration and arrival time.



Section 4 – Supporting and involving your family and friends

In addition to family therapy interventions, carers are invited to a facilitated support group on Monday evenings. This provides a safe space to explore issues relating to caring for someone with an eating disorder. Twice a year we provide a carers' skills workshop for those caring for someone with anorexia nervosa. The workshop consists of 15 hours of training and runs over the course of 5 months. We also have a range of leaflets, booklets and resources for carers.

Useful references

BEAT: BEATING EATING DISORDERS

<http://www.beat.co.uk/>

Helpline: 0845 634 1414

Youthline: 0845 634 7650

information on public transport to any location. London Travel Information on 020 7222 1234

www.tfl.gov.uk

How to get to the St Ann's Hospital

Nearest Tube / Train Stations:

Turnpike Lane: Piccadilly Line

Seven Sisters: Victoria Line

Manor House: Piccadilly Line

Use the free Transport for London Journey Planner and follow the simple instructions to get up to date

Car Park

The visitor's car park is located at the rear of the Site on South Road and South West Road.

There are car parking charges displayed in the car parking area. Please remember to bring change with you when you visit.

All visitors must park in a marked bay on the pay and display car parks at all times.



Section 5 – Research and Innovation

The Eating Disorders Service is committed to consistently reviewing the care that we provide. We undertake quality improvement and research projects and are involved in multi centre research trials. We incorporate innovative approaches as evidence emerges.

Section 6 – Tell us what you think

We want your feedback!

We want to know whether you think our service is great, or whether we can do better.

You can send us your feedback by emailing beh-tr.Phoenix-Wing@nhs.net. You can rate us on the NHS Choices website, or if you would like to complain then please contact the Eating Disorder Service Manager, or our Patient Engagement Team on beh-tr.patient.experience@nhs.net or by ringing 020 8702 4700.

If you, however, feel unable to speak up for yourself or you feel that you are not being listened to, you can contact an Advocate who will act on your behalf by helping you to put your case forward. The Advocacy Service can offer support, information or help you make a complaint. Discussions are confidential.

Independent Complaints Advocacy Service (ICAS)

VoiceAbility
United House, 39-41 North Road,
London, N7 9DP

Tel: 0300 3305454

Email: beh-tr.patient.experience@nhs.net
patient.experience@beh-mht.nhs.uk



Monday - Friday
9:00am - 5:00pm



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