

<b>Reference:</b>	FOI.6669(2).21
<b>Subject:</b>	Eating Disorders
<b>Date of Request:</b>	12 August 2021

**Request and response:**

I am writing to you under the Freedom of Information Act 2000 to request information on:

- Demand and capacity regarding eating disorder treatment
- Plans and investments made in response to the Welsh Eating Disorder Service review 2018.

Hywel Dda University Health Board (UHB) does not record information relating to individual patient diagnosis on referral to Mental Health and Learning Disabilities (MHLDD) services. Once a patient's referral to the Specialist Child and Adolescent Mental Health Service (sCAMHS) or adult Eating Disorder Services (EDS) is accepted, the diagnosis would be recorded.

The UHB's sCAMHS does not currently have a dedicated EDS and the UHB's Tier 1 EDS is incorporated within other Mental Health Services (MHS) across the UHB. The UHB's Tier 2 EDS was not established until November 2020, prior to which the Tier 2 service was delivered in the same manner as Tier 1 services.

Therefore, the UHB is only able to provide responses in relation to Tier 3 services and Tier 2 services from November 2020 and do not include individuals with Eating Disorders (ED) who are treated within other MHS, for example Community Mental Health Teams (CMHT), Psychological Therapies Services (PTS) or Primary Mental Health Teams (PMHT).

Consequently, the UHB is unable to provide you with all of the information requested, as it is estimated that the cost of answering your request would exceed the "appropriate limit" as stated in the Freedom of Information and Data Protection (Appropriate Limit and Fees) Regulations 2004. The "appropriate limit" represents the estimated cost of one person spending 18 hours (or 2 ½ working days) in determining whether the UHB holds the information, and locating, retrieving and extracting the information.

Historically, the reason for referral was not recorded centrally by the MH&LD services. The UHB is therefore unable to provide you with the following information:

- The number of ED referrals assessed by a Mental Health (MH) or EDS having an ED but closed without starting ED treatment
- Number of ED referrals closed without receiving clinical eating disorder assessment from a MH or EDS
- The specific spend on ED treatments
- The total of dedicated and identifiable ED staffing for the period ending 31 March 2018 and 2019

In order to provide you with the requested information, the UHB would need to undertake a manual search of all referrals, patient records, financial invoices and staff personnel records, to identify any information that fulfils these parts of your request, as the information is not recorded centrally.

Furthermore, the UHB has a standard clinical coding backlog of at least three (3) months and is therefore unable to provide the figures for the current financial year, as they have not been recorded as yet. To provide this information would again require a manual trawl of records.

The UHB is therefore applying an exemption under Section 12 of the Freedom of Information Act 2000 (FoIA), which provides an exemption from a public authority's obligation to comply with a request for information where the cost of compliance is estimated to exceed the appropriate limit.

However, under Section 16 of the FoIA, we are required as a public authority, to provide advice and assistance so far as it is reasonable, to individuals who have made a request under FoIA and therefore provide the information it holds below.

### **Demand and capacity regarding eating disorder treatment**

1. Please complete the table below with data on referrals to mental health services provided by the Health Board, for patients with a suspected eating disorder. *Please note that 'Adult Tier 3' should include any adult eating disorder service.*

The UHB provides, within the table below, the number of referrals accepted into the adult EDS during the requested financial years.

Please note, the UHB is unable to distinguish between the referrals accepted into Tier 2 and Tier 3 from November 2020 onwards without conducting a manual search of the referrals, and as such, one collective figure has been provided for both services.

Financial year	Number of referrals accepted
2018/2019	Section 12
2019/2020	20
2020/2021	34
2021/2022 to date	Section 12

2. Please detail any service restrictions/eligibility criteria around accessing eating disorder treatment from your Health Board, in the following financial years. *Please list answers separately for each relevant mental health service including any Tier 3 adult eating disorder service.*
  - a. 2018/2019
  - b. 2019/2020
  - c. 2020/2021
  - d. 2021/2022

#### Tier 3 EDS

The UHB's Tier 3 EDS provides consultation and supervision to Tier 1 and 2 patients and assessment/treatment for patients with a Body Mass Index (BMI) of less than 15. Patients with blood abnormalities, complex presentations and/or whom were unresponsive to treatment at Tier 2 would also be seen under Tier 3, regardless of BMI.

The implementation of the Tier 2 EDS has enabled all presenting patients to have access to specialist assessment and treatment from an ED specialist.

Throughout the requested financial years, all children and adolescents presenting with an ED would be seen within SCAMHS. Since 2018, adolescents transitioning from SCAMHS to Adult Mental Health Services (AMHS) have also received support from Tier 3 adult services alongside their SCAMHS input.

### sCAMHS

Criteria within sCAMHS is following screening, speaking with family, carers, GPs, and young persons with any concerning issues regarding diet, weight loss and perceptions around body image. Referrals are accepted within PMHT or sCAMHS, with the appropriate service being chosen dependent on Frequency, Intensity, Duration and Onset (FIDO) of symptoms.

Additionally, sCAMHS has recently been successful in securing funding to develop a specific EDS, which will enable the service to provide treatment and support for more young people with eating disorders.

3. Does the Health Board provide treatment specifically for child and adolescent patients (under 18 years old) assessed as meeting diagnostic criteria for Avoidant Restrictive Food Intake Disorder (ARFID)? If Yes, which Health Board service/s is this treatment provided by?

The UHB confirms that it does not provide treatments specifically for child and adolescent patients with Avoidant Restrictive Food Intake Disorder (ARFID). Children and adolescent patients with ARFID would access treatment via existing paediatric services (including dietetics) and/or sCAMHS, according to need/level of difficulties.

4. Does the Health Board provide treatment specifically for adult patients (18 years old and over) assessed as meeting diagnostic criteria for Avoidant Restrictive Food Intake Disorder (ARFID)? If Yes, which Health Board service/s is this treatment provided by?

The UHB confirms that it does not provide treatments specifically for adult patients with ARFID. Adult patients with ARFID would access treatment via the existing PTS or CMHT/EDS as indicated according to need/level of difficulties.

5. Please complete the table below regarding the total staffing dedicated to eating disorder treatment - in Whole Time Equivalents (WTE) and broken down by professional discipline - at your Health Board, as this was on the dates below. (Please see the fictional example entered in the table below). *Please include all staff in post, whether or not they happened to be at work on these dates. Please also include any bank or agency staff that were working on those dates.*

The UHB provides, within the table overleaf, the Whole Time Equivalent (WTE) and professional disciplines of the ED staff for the periods it holds the information for.

Period	ED staff	
	Adult Tier 2	Adult Tier 3
At 31 March 2018	N/A	Section 12
At 31 March 2019		
At 31 March 2020		0.5 WTE Clinical Lead 1.4 WTE Nurse 0.4 WTE Systemic Therapist 0.4 WTE Dietitian 0.1 WTE Consultant Psychiatrist

		0.6 WTE Health Care Support Worker (HCSW)
At 31 March 2021	1.6 WTE Nurse	0.5 WTE Clinical Lead 1.4 WTE Nurse 0.4 WTE Systemic Therapist 0.4 WTE Dietitian 0.6 WTE HCSW

6. Please complete the table below with the number of patients who were under treatment for their eating disorder and had not yet been discharged on the dates specified, broken down by the category of mental health service they were primarily receiving treatment from. *Please note that this question is asking about the services' total caseloads on the dates specified, not the number of appointments that took place on those dates.*

The UHB provides, the caseload patient numbers of who were under treatment for an ED, during the requested periods. As advised at question 1, one collective figure has been provided for both services.

Period	Number of caseload patients
At 31 March 2018	Section 12
At 31 March 2019	
At 31 March 2020	34
At 31 March 2021	35

Please note: Tier 3 ED assessments are not included in caseload figures.

7. Does your Health Board provide eating disorder treatment for patients who are normally resident within the geographic area of any other Health Board in Wales? If so, please provide information on this below, including the number/s of such patients (if any) included in answer to question 6, on each of the dates specified in question 6

The UHB confirms that it does not provide ED treatment for adults that are resident outside of the UHB's geographical area.

8. Please complete the table below, regarding median referral to start of treatment waiting times for outpatient eating disorder treatment provided by your Health Board. *Please do not provide data which relates to Inpatient treatment. Please measure this as the length of time between the referral being received by the service and the date of the second appointment. Please specify whether figures are in days, weeks or months.*

The UHB provides, within the table overleaf, the median Referral to Treatment (RTT) waiting times for outpatients waiting for ED treatment, during the requested periods.

Financial year	Median RTT	
	Adult Tier 2	Adult Tier 3
Patients added to the caseload during 2018/19	N/A	Section 12
Patients added to the caseload during 2019/20 (From October 2020)	2 weeks	1 week
Patients added to the caseload during 2020/21	2 weeks	1 week
Patients added to the caseload during 2021/22 (if available, please specify the months covered)	2 weeks	1 week

9. Please attach any formal protocol that the Health Board has in place to govern co-working between mental health services and diabetes services for patients who have both an eating disorder and diabetes

The UHB confirms that it currently has no formal protocols relating to co-working between MH and Diabetes Services for patients that have both an ED and diabetes. However, regular meetings are held between the two (2) services.

10. Please attach any formal protocol that the Health Board has in place to govern co-working between mental health services and neurodevelopmental services for patients who have both an eating disorder and autism

The UHB confirms that it currently has no formal protocols relating to co-working between MH and Neurodevelopmental Services for patients that have both an ED and autism.

### **Plans and investments made in response to the Welsh Eating Disorder Service review 2018**

On 25 September 2019 Vaughan Gething MS, the then Minister for Health and Social Services, wrote to all Health Board Chief Executives about the Welsh Eating Disorders Service review 2018. In this letter, the Minister asked Health Boards to begin developing plans and making service improvements, in line with the vision set out in the service review. All Health Boards were asked to *“conduct a baseline review of current waiting times and to develop improvement plans”* and the letter ended with: *“Please respond with your views on the report [the Service review] and recommendations and with your improvement plans following baseline reviews by 8<sup>th</sup> November [2019].”*

11. Please supply recorded information on the baseline review of waiting times for eating disorder treatment conducted by the Health Board and the correspondence, including improvement plans, that the Health Board sent to the Welsh Government in response to this letter.

Action 6.2(i) of the Welsh Government’s [Review of the Together for Mental Health Delivery Plan 2019-2022 in response to COVID-19](#) commits the Government to *“work with service users, carers and health boards to develop a new model of service in response to the recent independent review.”* The milestones set for this action for 2020 and 2021 were to *“Develop and begin implementation on local improvement plans”* (p.38).

The UHB confirms it does not hold the information requested. The UHB confirms that there is no waiting list for its Tier 2 and Tier 3 EDS and adheres to the Welsh Government (WG) performance standard waiting time of forty eight (48) hours for urgent assessment and twenty eight (28) days for routine assessment.

12. Please supply recorded information on how the Health Board has developed and begun implementation of local improvement plans in response to the Welsh Eating Disorder Service review 2018, in:

- a. 2020, and
- b. 2021 (to date, please specify the months covered)

The UHB provides copies of its proposals for additional funding to Welsh Government, which have been approved, at the following attachments:

- Attachment 1 – SCAMHS ED proposal
- Attachment 2 – Adult ED proposal
- Attachment 3 – ED proposal
- Attachment 4 – Tier 2 ED proposal

The Tier 2 service has been completely resourced via the additional ED funding, enabling patients referred to CMHTs to access specialist ED assessment and intervention. The recent funding will enable further development of provision at Tier 2.

Additionally, an initial recruitment exercise of sCAMHS EDS team lead and practitioners did not receive any applicants; therefore, the posts were re-developed at a higher band and have now been out to advert twice.

13. Since the publication of the Welsh Eating Disorder Service review 2018, the Government has asked Health Boards to submit proposals for funding to support planning and service improvements in line with the service review. Please enclose recorded information that relates to:

- a. The proposals submitted by the Health Board's clinical staff to relevant Health Board senior management
- b. The response of relevant Health Board senior management to these proposals, including whether they were funded, in part or in whole.

The UHB provides copies of the Local Mental Health Partnership Board (LMHPB) agenda and minutes, at the following attachments:

- Attachment 5 – LMHPB Agenda
- Attachment 6 – LMHPB Minutes

14. Please state how much money the Health Board has spent on its Tier 3 adult eating disorder service (if applicable) in the following financial years:

- a. 2018/19
- b. 2019/20
- c. 2020/21
- d. 2021/22 (if available, please specify the months covered)

The UHB provides, within the table below, the total spend on Tier 3 EDS, for the financial years requested.

Financial year	Total
2018/19	£260,862.00
2019/20	£247,886.00
2020/21	£294,994.00
2021/22 (1 April to 31 August)	£137,941.00

15. Please state how much money the Health Board has spent specifically on the treatment of eating disorders (excluding that detailed in answer to Question 14) in the following financial years:

- a. 2018/19
- b. 2019/20
- c. 2020/21
- d. 2021/22 (if available, please specify the months covered)

The UHB is unable to provide the specific spend on ED treatments, as it is not recorded separately to the total spend provided at question 14. Therefore, a Section 12 exemption has been applied. Full details of the exemption are at the top of this letter.