

Dear

FREEDOM OF INFORMATION – EATING DISORDERS

I write in response to your request for information in relation to eating disorders within NHS Lothian.

Question:

1. Is the Trust commissioned to provide a service for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)**?
 1. For under 18s
 2. For 18+ year olds

Answer:

a.	Yes - these young people would be seen primarily for eating disorder treatment in our CAMHS services.
b.	Yes

Question:

2. Does the Trust provide any kind of treatment for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)** or signpost them to services provided by other organisations?
 1. For under 18s
 2. For 18+ year olds

Answer:

a.	Yes
b.	Yes

Question:

3. If applicable, please outline the services that the Trust provides for patients **assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)**, including:
 - a) the **types of treatment** that the Trust provides **specifically for Binge Eating Disorder (BED)** (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED])

and,

b) **how these are provided** (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).

In the case of self-help, please specify whether this is guided or unguided.

Answer:

a.	CBT-ED, IPT, family-based interventions
b.	Primarily via our CAMHS service.

- Within Adult Weight Management Psychology:
 - Compassion Focused Therapy transdiagnostic group treatment for disordered eating (some patients will meet criteria for BED but not all) - not specifically commissioned for treatment of BED but part of psychology support for patients and the team; combination of core Weight Management funding for permanent psychology post and temporary psychology posts (funds from the Scottish Government East Region Type 2 Diabetes Prevention Framework)
 - **guided** self-help for binge eating difficulties (funded via additional Scot Gov eating disorders treatment allocation for NHS Lothian)
 - some patients referred onto LEDS.

Question:

4. If applicable, please describe any **service restrictions/eligibility criteria** around accessing treatment **specifically for Binge Eating Disorder (BED)** (e.g. age, weight/BMI, comorbidity, severity etc). *If the Trust provides more than one relevant service, please list answers separately against each.*

Answer:

- For CAMHS - No
- Within Adult Weight Management services, we would not accept a referral straight to the dietetic-led service if the patient is known to have a current eating disorder, as treatment of the eating disorder is recommended prior to focusing on weight loss. Some referrals are discussed further with referrers and LEDS, including transfer of referral to LEDS for ED treatment, where appropriate
- For patients who have been assessed by Weight Management dietitians, if the assessment indicates a possible eating disorder, there would be team discussion and usually an internal referral to Weight Management Psychology (or LEDS if clear Eating Disorder presentation with high complexity, e.g. complex trauma background, history of complex mental health difficulties).
- For patients who remain within Weight Management Psychology services, there are no restrictions based on weight/BMI. We would usually encourage consideration of the eating disorders service for patients who have a severe eating disorder and complex mental health history but this is decided with the patient on a case-by-case basis to account for

their journey into the service and health concerns. Most patients assessed by Weight Management Psychology remain within the service. Guided self-help would only be suitable for patients with mild-moderate severity with ability to work through written materials and commitment to trying the changes that are recommended within the book. For patients whose binge eating difficulties are secondary to other mental health difficulties and they are already in treatment for this or waiting for treatment for this, completion of that treatment is sometimes the most appropriate form of care. Some patients might need onward referrals to mental health teams or substance misuse/alcohol services.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
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Cc: Chief Executive