

Dear

FREEDOM OF INFORMATION – MEAL SUPPORT

I write in response to your request for information in relation to meal support in NHS Lothian's Eating Disorder services, as a follow up to our previous responses ref. numbers 8231 and 8378.

Question:

Children under 18 years

Day programmes:

1. I realise that the intensity of treatment will vary depending on patient need, but is it possible for patients to attend the day programmes full time (for 8 hours per day for 5 days per week)? If not, what is the maximum hours/days that it is possible for a patient to attend? [Please note that we are trying to gauge the maximum intensity of treatment that the service is able to provide].

Answer:

Yes, full time attendance would be possible as the maximum treatment available. However, this would be rare as clinically we would also want to support ongoing community and education involvement where possible in addition to our day services.

Question:

2. Regarding supervised meal support, what is the maximum that the service is able to provide in terms of the number of meals supported per day (in your answer please outline the meals/snacks that can be supported with)? [Please note that we are trying to gauge the maximum intensity of treatment that the service is able to provide].

Answer:

The service structure for our day programme would be one meal and two snacks.

Question:

3. As the Health Board was unable to answer question 8 in the FOI, in line with the principles behind section 15 of the FOI (Scotland) Act, could the service please disclose an approximate typical number of patients with eating disorders that it would expect to be on the day programme caseloads at any one time?

Answer:

There is no maximum or minimum caseload of young people with eating disorders, but generally we run our adolescent day programme with approximately 8 young people with eating disorders in addition to other young people with other mental health presentations.

Question:

Community Assertive Outreach service:

4. Can you please ask the service to provide answers to FOI questions 3-8 for this service, and highlight the need to outline the maximum intensity of treatment that it can provide when answering question 3? If it is not possible to provide an answer to question 8, in line with the principles behind section 15 of the FOI (Scotland) Act, could the service please disclose an approximate typical number of patients with eating disorders that it would expect to be on the Community Assertive Outreach service's caseloads at any one time?

3. What is the intensity of this/these model/s of intensive community or day patient treatment for eating disorders? Number of hours per day (if applicable to model):

Answer:

This model is based on community based task rather than number of hours. The intensive outreach service operates 9-5 Monday to Friday.

Question:

Number of contacts per week and minimum duration of those contacts (if applicable to model):

Answer:

The number of contacts varies by individual need, but in some cases can be a maximum of 5 days per week. On average we would estimate approximately 4 contacts per week of an hour's duration.

Question:

Is supervised meal support provided? (If so, for how many meals per day?):

Answer:

Yes. Frequency is decided on a case by case basis. Where it is provided it would cover lunch or a snack with an FBT aligned model of meal coaching rather than traditional meal support.

Question:

4. Are families or other carers engaged with (when appropriate) in the treatment provided by this/these intensive community and/or day patient treatment programme/s for eating disorders? If so, please describe or attach further information outlining this engagement.

Answer:

Families are highly engaged with the treatment provided and are supported via meal support coaching, family therapy and support and they have access to parent support groups and parent advocacy.

Question:

5. Is/are the intensive community and/or day patient treatment programme/s for eating disorders time limited, or is the length of this treatment based on clinical need? If it is time limited, what is the maximum length of treatment?

Answer:

Length of treatment is based on clinical need and is determined on a case by case basis, there is no minimum or maximum time frame.

Question:

6. What are the referral criteria for patients to access the intensive community and/or day patient treatment programme/s for eating disorders? In your answer, please detail any exclusion criteria (e.g., age, type of eating disorder/diagnosis, BMI, comorbidity, or otherwise).

Answer:

The service is for children under 18 years of age. There are no exclusion criteria and intensity of input is based on clinical need and ongoing assessment.

Question:

7. What is/are the geographic catchment area/s for referrals to the intensive community and/or day patient treatment programme/s for eating disorders (including any such programmes provided outside the NHS Board's usual geographic area)?

Answer:

The catchment area is NHS Lothian.

Question:

8. Please state the size of the caseload (number of accepted referrals) at the NHS Board's intensive community and/or day patient treatment programme/s for eating disorders on the dates below.

Answer:

As requested, we would estimate our current caseload to be 12 young people with eating disorders in addition to young people with other mental health presentations also covered by our intensive outreach service.

Question:

Adults

5. Would 5 contacts of 1 hours duration each represent the maximum that the service is able to provide when needed?

Answer:

No, there is no maximum, more contacts can be provided if indicated by clinical need.

Question:

6. Regarding supervised meal support, what is the maximum that the service is able to provide (please outline the meals/snacks that can be supported with)? [Please note that we are trying to gauge the maximum intensity of treatment that the service is able to provide].

Answer:

In the community, supervised meal support may be offered up to 5 days per week, and could theoretically include multiple meals and snacks per day if needed.

Question:

7. As the Health Board was unable to answer question 8 in the FOI, in line with the principles behind section 15 of the FOI (Scotland) Act, could the adult eating disorders community team please disclose an approximate typical number of patients that it would expect to be receiving more intensive treatment (such as that which it outlined in its answer to question 3) at any one time?

Answer:

Approximately 40 patients on the caseload receive more intensive treatment, whether this be the involvement of multiple professional disciplines (for instance psychology, psychiatry or dietetics) and / or more community meal support and / or several appointments per week.

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 reviewer at the address at the top 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>

Yours sincerely

ALISON MACDONALD
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Cc: Chief Executive