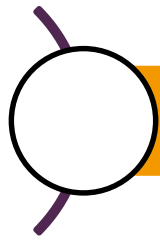


Health and Adult Social Care Overview and Scrutiny Committee

June 2019

Presented by
Sharon Hall, Head of Service
Nina Marshall, Integrated Team Manager
Brid Johnson, Director of Operations





Referrals

Medway Activity Data for All-age Eating Disorder

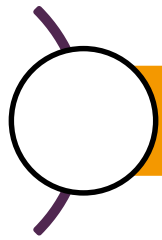
ED Kent Activity Detail - NHS Medway CCG

April 2018 - March 2019



Referrals	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19	Feb-19	Mar-19
Number of Referrals	7	4	8	5	6	9	10	12	16	8	6	7
Number of re-referrals within 6 months	3	1	2	0	1	0	2	0	2	1	0	0
Number of accepted referrals	6	4	7	4	4	4	9	10	10	8	2	4
Number of referrals not accepted to service	1	0	1	0	1	4	1	1	6	0	2	3
Numbers discharged from the service	8	8	9	9	11	11	3	13	9	7	10	7



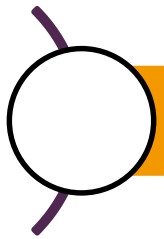


Source of Referrals

Medway Referrals - SOURCE

Source of Referrals	Apr-18	May-18	Jun-18	Jul-18	Aug-18	Sep-18	Oct-18	Nov-18	Dec-18	Jan-19	Feb-19	Mar-19	YTD
A&E	0	0	0	0	0	0	0	0	1	0	0	0	1
Carer	0	0	0	0	0	1	0	1	0	0	0	2	4
GP	6	3	5	4	5	8	4	3	12	4	3	4	61
Internal - Community Mental Health Team (Adult Mental Health)	0	0	0	0	0	0	1	1	1	0	0	0	3
Internal - Community Mental Health Team (Child and Adolescent Mental Health)	0	0	0	0	0	0	2	6	0	1	0	0	9
Local Authority Social Services	0	0	0	0	0	0	0	0	0	0	0	0	0
Occupational Therapy Service	0	0	0	0	0	0	0	0	0	0	0	0	0
Other	1	1	2	0	0	0	3	0	1	0	1	0	9
Other clinical specialty	0	0	1	0	0	0	0	0	0	1	0	0	2
Out of Area Agency	0	0	0	0	0	0	0	0	0	0	0	0	0
Self	0	0	0	1	1	0	0	1	1	2	2	1	9
Total	7	4	8	5	6	9	10	12	16	8	6	7	98





Discharges

- A discharge care plan is completed with patients and next steps will depend on that care plan.
- On occasions we may discharge to the GP but the majority of patients are discharged with care plan/relapse plan.
- We have one family who have completed an episode of care who are assisting with our family/carer group.
- We hope in the future that we can develop this further that recovered patients if they wish help us to develop the service and peer support.





Referral to Assessment/Referral to Treatment

- There is not a wait for treatment for under 18's.
- NICE concordant evidence based treatment from assessment.
- Over 18's receive regular reviews whilst awaiting treatment, including psychoeducation, physical monitoring and low level therapeutic interventions.
- There are currently less than 10 Adults in Medway that are waiting to be seen.





Support offered to carers during and after treatment

- NICE evidence based treatment the first line for under 18's is family therapy. A high majority of our staff have been trained in Family Therapy for anorexia.
- Over 18's can receive family therapy if they would like to or find it useful as part of treatment.
- 2 family carer groups running for under 18's and over 18's. Feedback received:

“Ability to share worries on a weekly basis helped immensely. Excellent.”

“Valuable to connect with others who are dealing with the same. Very useful to hear others' perspectives.”

“Very useful - some of the things I knew were confirmed but there was new information. The sheets were helpful to show others too.”



Young Person

Referral received on a Friday afternoon. Had lost 6 kgs in a month, eating 350 cal a day. No contact with ED previously. Referred via YPWS but had attended YPWS for non ED related mental health. Required immediate admission to hospital. From there they had support from ED team and then were moved to an inpatient unit.

Adult pathway

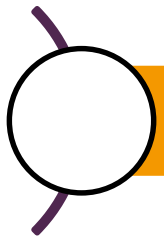
Referral received from the GP. Patient with a very low BMI of 10 who was declining to engage with any services. Contact made via telephone and encouragement/support given. A nurse undertook a home visit immediately and an immediate referral was made to a medical ward. They were supported there by us and then moved to an ED unit.



Onward Referrals

- Our Preferred location for beds would be Woodlands Unit Staplehurst. They are able to treat some non-complex Eating Disorders Patients.
- Specialist beds are outside of Kent - Brighton Elysium Healthcare, Rhodes Wood Elysium, Priory Huntercombe and Ellern Mede.
- Tier 4 NHSE funded day service at the Maudsley.
- Nationally we know that there has been an increase in hospital admissions for both adults and children, which correlates with the increase in referrals. Some reports indicate nationally that bed admission for under 19's has doubled from 2011 (7260) to 2018 (16,023) (NHS digital, 2019). There is very little data nationally re: adults.
- Exam time/summer there is often an increase in both referrals and admissions for young people.
- According to our internal records we currently have 10 adults in beds, of those none are Medway CCG. We have 13 young people admitted to wards. One of which is a Medway child.





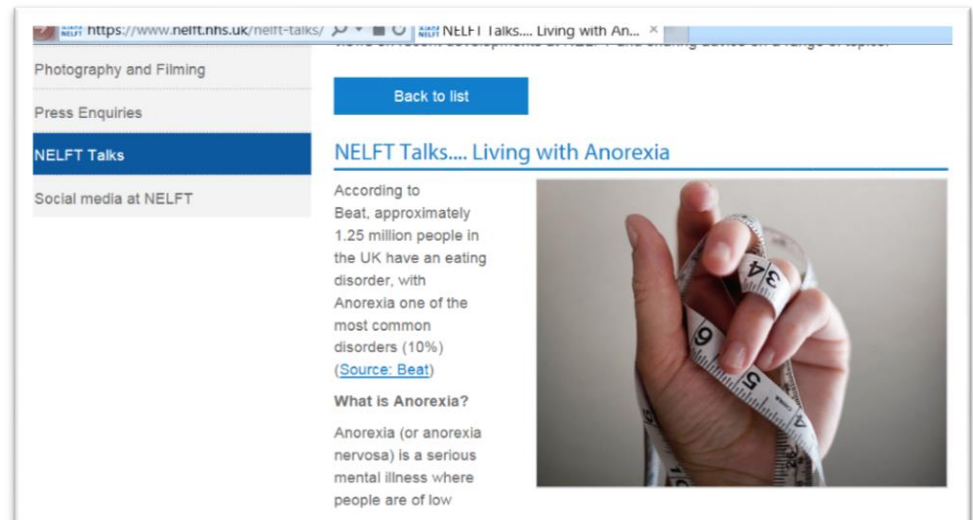
Additional Information

Additional information –

We shared a blog from one of ED patients for ED awareness week – included as Appendix 2 in the agenda

NELFT TALKS - Living with Anorexia

<https://www.nelft.nhs.uk/nelft-talks/blog20190228nelfttalkslivingwithanorexiaeatingdisorderawarenessweek-3268>



Crisis Model

**Provision of 24
hour crisis
cover**



**NELFT
Mental
Health Direct
(MHD)
provides a
telephone
service after
hours**

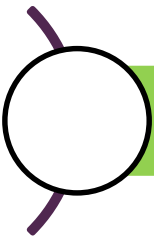


**We support
the Crisis
Care
Concordat to
deliver a safe
and effective
network of
places of
safety**



**Additional
support from
a consultant
& NELFT
manager on-
call out of
hours &
weekends**





Future in Mind

Partnership working

Early Help

Primary care pathways

Transition

User engagement/improved experience

Looked after children and young people

Digital innovation

School development

Tier 4

Data flows

