

## Eating Disorder query and response

NHS Norfolk and Waveney CCG received a query relating to eating disorder services across Norfolk and Waveney.

The query and answers provided in a written response can be found below:

**Our question is regarding the need for improved local services, including a local in-patient NHS Specialist Treatment Unit for those suffering from Anorexia Nervosa, which has the highest mortality rate of any mental illness. Recent publicity has yet again exposed the tragic outcome to young women in Norfolk due to the lack of appropriate services. We are aware of the voluntary sector, BEAT, and also the existence of Newmarket Clinic in Norwich. However, these services do not meet the needs of those with a severe degree of Anorexia Nervosa; the lack of a Norfolk in-patient specialist ward and the fact that the contract has been given to Cambridgeshire and Peterborough Foundation Trust means that many patients will be very reluctant to be admitted such a long way from their family support. This means that detention under the MHA has to be used. Given the recent inquiry outcomes which were highly critical of the local NHS response to patients at severe risk, our question is– what changes are to be made by the CCG to prevent future similar tragedies?**

The CCG has made significant and continuous improvements over a number of years, much of which can be detailed below.

- The CCG has in place, and has for several years had, an established route for people living with eating disorders to receive medical monitoring in primary care through a Locally Commissioned Service (LCS). This includes improving primary care clinicians' knowledge of effective monitoring of people with eating disorders and specialist support and training for clinicians.
- The CCG chairs a Norfolk and Waveney wide all-age Management of Really Sick People with Anorexia Nervosa (MaRSiPAN) steering group to facilitate learning and opportunities for improvement across the health and care system.
- A new complex/comorbid clinical review group reports into the MaRSiPAN group and involves partners working collectively to coordinate care across services for individuals whose needs span multiple providers.
- Over the last two years the CCG has invested just over half a million pounds into specialist community eating disorders for adults and children and in the commissioned charitable eating disorders service. This investment means that patients can access support and help at an earlier stage, improving outcomes in the longer term. This includes funding to support early intervention for people with eating disorders aged 16-25 years, following the model developed by the South London and Maudsley NHS Foundation Trust. This will be delivered from 2021.
- The CCG has been engaged with the development and roll-out of the Provider Collaborative (formerly termed 'New Care Model') for adult inpatient eating disorders care and treatment. Whilst Cambridgeshire and Peterborough

Foundation Trust (CPFT) are leading the Provider Collaborative for Adult Inpatient Eating Disorders, this does not mean that all services will be based in the footprint of Cambridgeshire & Peterborough and we are informed that there is no plan to decommission existing inpatient provision. This existing inpatient provision includes the Newmarket House Clinic, which is fully NHS commissioned and does provide specialist inpatient services for people with severe Anorexia Nervosa. This is also one of three NHS commissioned adult inpatient eating disorders units in the East of England.

The CCG is committed to further improving the provision of eating disorders services to patients, and as such is working closely with stakeholders to scope the needs of patients. This will flow into a programme of improvement work to be taken forwards during the remainder of 2020 and 2021 to further improve the quality and availability of care and treatment.