

National Audit of Eating Disorders (NAED) 2024-2027

Information for Services

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What is NAED?

The National Audit of Eating Disorders (NAED) is a new audit programme commissioned by the Healthcare Quality Improvement Partnerships (HQIP) as part of the National Clinical Audit and Patient Outcomes Programme (NCAPOP) on behalf of NHS England. NAED will run from August 2024 to July 2027. Participation is required as part of the NHS England Quality Accounts.

Through collecting, linking, analysing, and reporting data on eating disorders access and treatment, the audit seeks to improve the quality and consistency of eating disorder services for all ages in England. Its overarching quality improvement objectives are framed within the key areas of quality care, namely that services are safe, effective, patient centred, timely, efficient and equitable.

Who we work with

The Royal College of Psychiatrists leads the audit with support from a range of individuals and organisations, ensuring that relevant expertise is included in its design and development. Our clinical leadership includes representatives from professional bodies, charities, and care providers. The organisations that sit on the NAED Steering Group are as follows:

- NHS England
- Health Quality Improvement Partnership (HQIP)
- RCPsych Eating Disorders Faculty
- British Psychological Society
- Royal College of Nursing
- British Dietetic Association
- Royal College of General Practitioners
- Royal College of Physicians
- Royal College of Paediatrics and Child Health
- British Association for Parenteral and Enteral Nutrition (BAPEN)
- First Episode Rapid Early Intervention for Eating Disorders (FREED)
- BEAT
- Myominds

We are excited to be partnering with **BEAT** who will coordinate and facilitate our **Service User and Carer Advisory Group (SUCAG)**, which includes individuals with lived experience to ensure the audit addresses key issues for service users and their carers.

Inclusion criteria

Services

Eating disorder services in **England** that are:

- NHS commissioned services, including those commissioned by specialised commissioning and CCGs/ICSs and Provider Collaboratives

- Inpatient and community eating disorder services, including Tier 4 services (this will include all in-patient CYP mental health units as CYP with eating disorders can be admitted to these units)
- Services delivered in partnership with and by the voluntary, community and social enterprise (VCSE) sector that are commissioned by the NHS
- Services delivered in partnership with and by the voluntary, community and social enterprise (VCSE) sector that are not NHS funded will be included in the initial mapping of eating disorder services but excluded from the patient level data collection and the organisational and staff surveys
- In the future, consideration may be given to including primary care, acute care and non-specialist mental health services supporting individuals with eating disorders.

Service users

- All NHS-funded patients referred to eating disorder services in England, including Children and Young People (CYP) and Adults
- People receiving NHS funded services in independent organisations
- There is no upper or lower age limit for inclusion.

Exclusion criteria

- Eating disorder services in England that are not NHS funded (with the exception of VCSE services that will be included in the initial service mapping) e.g. non-NHS funded independent sector
- NHS funded non-eating disorder services that provide eating disorder treatments
- Services treating co-morbid conditions other than eating disorders
- Non-NHS funded patients

Service mapping activity

During the first year of the audit, eating disorder services in England will be mapped to understand the breadth and depth of service provision. In the second year, a pathway mapping exercise will be undertaken to understand the journey of patients that fall outside of the scope of eating disorder services.

Service Mapping Timeline

Audit Component	Date	Description
Registration	November 2024 – January 2025	Services are expected to register for the audit.

Data collection	January 2025	Services are expected to complete a general survey regarding commissioning (e.g. ages and eating disorders treated).
	February 2025	Services are expected to complete a service-specific survey regarding service provision (e.g. caseload, outcome measures and referrals).
Reporting	August 2025	NAED will submit the service mapping report to HQIP for review.
	November 2025	Report on service mapping will be made publicly available. The report will detail the breadth and depth of service provision in eating disorder services.

NAED core data collection

After the service mapping activity is complete, the NAED will report on approximately 12 key performance metrics. The metrics will relate to access and waiting times, interventions and outcomes for eating disorders and will be finalised during the first year of the audit by the NAED Steering Group and Service User and Carer Advisory Group (SUCAG).

Where possible, routinely available data will be used to reduce audit burden on teams. The data will be collected, linked, and analysed against the agreed performance metrics. The analysis will be used to report on performance and outcomes for eating disorders access and treatment at national, regional and local levels.

After the data flows from the routine data sources have been established, services will be able to view their benchmarked performance over time via an online dashboard on a quarterly basis. The first quarterly report is expected to be available in July 2026. We will be in contact with services with more information detailing this audit activity in due course.

Quality improvement support

NAED will support services in using their data for quality improvement initiatives. From the end of 2025, services will be invited to participate in NAED's Quality Improvement Network. There will be support for project design and QI methods

through training workshops and webinars led by our QI Expert and Coach. Helpful resources to support local QI will be provided.

Our NAED QI coach will deliver monthly QI clinics to discuss progress of QI initiatives and provide ongoing support. Quarterly shared learning workshops will also bring teams together to share experiences and learning from their change ideas being tested.

Additionally, a learning hub on the RCPsych website will offer resources and celebrate successful QI initiatives. QI resources will be available via the online data dashboard once it is live.

Expectations of participating teams

We hope that all eligible services will be excited to participate in the audit. The programme of work has been designed to minimise burden on participating eating disorder services. However, services will be expected to engage in tasks which include but are not limited to:

- Completing surveys about service structure, provision, and staffing
- Identifying sample of patients for audit and sending to the NAED team
- Reviewing data before final submissions and amending or completing data where necessary
- Engaging with NAED's QI support (such as QI clinics and shared learning workshops) to develop, test, and evaluate local QI initiatives, using audit data to drive improvement in services

Information governance

For more information on how your data will be used as part of the NAED, please see our online [privacy notice](#).

Contact information

If you have any questions about the audit, please get in touch with the NAED Team at NAED@RCPsych.ac.uk.

More information can also be found on our NAED webpage, [here](#).

We look forward to working with you.