

**Faculty of Eating Disorders, Royal College of Psychiatrists in Scotland  
ScotFED**

**Meeting held on Friday 31 May 2019 11am – 12.30pm**

1. Present: Stephen Anderson, Katharine Logan, Phil Crockett
2. Apologies: Lesley Dolan, Gavin Philipson, Heather Ireland, Katherine Morton, Louise Johnston, Jane Cowan, Alison Macrae, Kandarp Joshi, Jane Morris
3. Minutes of Previous Meeting
4. Update of Action Points
  - Carer Rep – we have not made any progress with this yet. When EDSIG was initially set up, this was a forum for eating disorder psychiatrists to meet and allowed time for discussion of cases, clinical concerns and ethical issues. ScotFED, as a faculty of the devolved RCPsych Council is a different entity with different functions so we do not really have the same kind of forum to discuss clinical matters.

**Action: SA to discuss with Sara Preston, Linda Tremble Foundation and SEDIG and also to discuss the Faculty membership with Susan Richardson at the RCPsych**

- Medical Student and CAMHS Rep – Emily Cox from Edinburgh University has joined the group as a medical student rep. We had hoped that she may have been able to join this meeting. CAMHS are represented by CAMHS Psychiatry colleagues. SA has discussed with Fiona Duffy, Consultant Clinical Psychologist in NHS Lothian CAMHS and current chair of SEDIG. Fiona would be willing to join the group if we would like further CAMHS or psychology representation.

At the last meeting we discussed the possibility of having psychology representation to improve links and communications between ScotFED and the Psychologists Eating Disorder Group. We discussed whether this was necessary or appropriate, and whether we would then want representation from dietetics and other national groups. There are other fora for multidisciplinary discussion, and there are ongoing talks about the development of a national MCN so we wondered whether increasing multidisciplinary involvement in ScotFED was appropriate and relevant.

**Action: We would appreciate colleagues thoughts on this. Please email SA with comments.**

- CAMHS Issues & Physical Monitoring – No further discussion. Can remove from agenda. No CAMHS colleagues present.
- ScotFED Conference – As noted previously, this will take place on Friday 20<sup>th</sup> September at Forth Valley Royal Hospital. In the morning we plan to have two presentations with plenty time for discussion. There will then be a break for lunch and then an afternoon multidisciplinary workshop to discuss MCN proposals.

Morning session: Ciaran Newell, Nurse Consultant, Dorset  
An all age integrated service; how it works in Dorset

Judith Piggott, Consultant Psychiatrist, CAMHS  
ASD in eating disorder in patient units and atypical eating disorder cases

- SIGN – Awaiting further contact from SIGN. Jane Morris leading on this.
- Data Collection & QED – Forth Valley have signed up to be a pilot site for the newly published QED Community Eating Disorder Service Standards. The service will be reviewed in the autumn. This will also mean that SA will visit other services as part of the review process.

[https://www.rcpsych.ac.uk/docs/default-source/improving-care/ccqi/quality-networks/eating-disorders-qed/community-standards--pilot-edition.pdf?sfvrsn=c73c6adb\\_2](https://www.rcpsych.ac.uk/docs/default-source/improving-care/ccqi/quality-networks/eating-disorders-qed/community-standards--pilot-edition.pdf?sfvrsn=c73c6adb_2)

We discussed data collection issues and the difficulty in responding to many of the recent FoIS(A) requests due to NHS IT and data collection systems. Data collection remains very difficult since IT systems are different everywhere. It is difficult to collect and report quality data. This could be discussed in the MCN workshop. Management focus is always on waiting times but no real time to chase things up and do reports other than this. The QED standard contains little about data collection - clinical outcome measurement data at 6, 12 months and annually. Data shared with commissioners. Need sufficient IT support to deliver on targets for data collection.

**Action: Could this be included in the MCN workshop Jane?**

5. Links with other bodies and feedback from these:

- Royal College of Psychiatrists in London (Faculty of Eating Disorders). SA updated on recent and ongoing Faculty Exec work. See attached document that was submitted to recent devolved council meeting.

Dasha Nicholls finishes her term as chair at the International Congree this year. Agnes Ayton is the incoming Chair and Ashish Kumar who is the current Academic Secretary will take over as VC.

There will be a Career Event for medical students and junior trainees in Perth on Friday 14<sup>th</sup> June, hosted by the RCPsychIS. SA was trying to do a presentation by VC from Prescott Street but technology is proving difficult. PC has very kindly agreed to do this presentation.

We discussed specific eating disorder training posts in Scotland - Specific eating disorder training posts in Aberdeen. General adult, psychotherapy or CAMHS can do about a year of in and out-patient training. Occasional CT. Also special interest and tasters sessions etc. Cullen have half core trainee. There will be a gap when KL leaves. Occasional higher trainee in psychotherapy. Richard Taylor is keen to get trainee in REDU and is actively pursuing this.

- Edinburgh (Devolved Council). There was a devolved council meeting earlier this week. Neither SA nor KL were able to attend. KL is rep on interface committee which is looking at interface between different Colleges. The interface group is led by a GP who has a day a week from SG looking at issues and interface in most health boards. In Grampian it's a building relationship model, doing some shadowing with other specialties. Huge area and piece of work. Looking at streamlining referrals and links with GPs. IT systems not communicating can be an issue. Lots of enthusiasm in the group for developing this. Will be feeding back to devolved council. CAMHS project – focussing on all referrals CAMHS reject and what the families hear as your child is not sick enough. GP requesting advice rather than making referral. Funded for three years and almost at end of first year. 9 boards have a group but some areas are outliers.
- National CAMHS eating disorders steering group – no feedback received.
- SEDIG – Fiona Duffy will be stepping down as chair this Summer and Karen McMahon will take over. We are trying to develop better links between peer support networks. KL mentioned Beat's ECHO peer

support program but none of us had any further information about the uptake or rollout of this. SA will request a report for next meeting.

**Action: SA request feedback from Beat about ECHO rollout.**

- EEATS – and any training and conferences. Aberdeen conference is next week. Lots of visiting speakers. Looks like it will be well attended. At Pittodrie which is a great venue for breakout rooms.
- Eating disorder psychologists group

6. Meeting with John Mitchell & potential Scottish Review

SA met with John Mitchell recently. This was arranged partly to discuss whether SG is aware of the PHSO report 'Ignoring the Alarms; how NHS eating disorder services are failing patients'. There has been a large review of Welsh Eating Disorder Services led by Jacinta Tan. The report is currently with Welsh Government and has not been published. The review started with user and carer groups, looking at what they would want if developing a service from scratch. The review has recommended an all-age service with hub and spoke model. This will have a specialist central hub and either 2 or 3 regional spokes. Much of the background of the review could be used in writing up a review of Scottish services and needs.

Following the meeting with Dr Mitchell, he made the following request:

Dear Dr Anderson,

Thanks for meeting where we discussed the issues below.

We would find it useful for a short simple document written for a lay readership that described the eating disorder landscape in Scotland now if that was possible

- Services across the tiers in the different health boards especially specialist community and inpatient beds all ages
- Staffing associated
- Regional network situations
- Current training availability for different professions – NES will know
- What is happening with SIGN guidelines – Jane may know who is involved and time scale of delivery
- What is the evidence base for treatment
- What thoughts Scotfed and RCpsych and perhaps BEAT etc have about the model for Scotland – at national, regional and local level. Could an ageless service work? What realistically can / should we do?

I appreciate this might be quite a bit of work to pull together but would be very worthwhile. There are parallels with early intervention psychosis and perinatal that

we need to capitalise on. If we thought a single national coordinated network was needed then we could articulate this and try to agree funding – challenging though this might be.

It would be helpful if colleagues could let me know your thoughts on how to proceed with this. It could be a huge piece of work, but lot of the information we already have, and this could perhaps be supported by the regional groups and networks we already have. This is obviously a multidisciplinary and multiprofessional issue and needs to involve service users and carers from the outset.

The Welsh review is 260 pages long, so this seems a good bit more than Dr Mitchell is looking for. The Welsh review was funded, and at present we have no resource and may need to ask for this. To arrange meetings of various groups would incur costs so we need to think about how to do this. We could potentially host regional events to gather service user and carer views. Lothian have done this recently as part of their service review.

Much of the background information in terms of prevalence data, guidelines, evidence base etc could be taken from the Welsh review.

The aim is to think about how we develop services for Scotland that allow anyone, regardless of location to access timely, equitable, evidence based treatment for their eating disorder.

Sara Preston and colleagues from Beat held a lobby day at parliament this week and discussed issues of medical training, service reviews with MSPs.

**Action: All. It would be extremely helpful to have feedback from colleagues in all services (CAMHS, Adult, In-Patient and Community), from all health board areas about your thoughts on a ‘national review’ and how we achieve this. What could be done within your region, what would need to be done at a national level, and any other thoughts.**

In relation to service development, PC noted that Grampian have developed a clinic for monitoring and working with people who have more severe and enduring eating disorders and who are not engaged in active therapy. This takes elements from SSCM and allows monthly appointments with a member of the MDT to include physical monitoring, motivational work, quality of life issues and engagement in further treatment when required. This is similar to what happens in some other areas. We noted that we are all managing similar issues, but often with little communication or awareness of what other services are doing or have already done/developed.

7. MWC Themed Visit

This is in the development phase with letters going out to Health Boards in the next week asking for information about services. There will be lots of overlap with other review work.

8. Training and Conferences

9. AOCB

Katharine Logan will be retiring in from eating disorder work, with her last day at Cullen planned for 30<sup>th</sup> August. It would be great if we could all join the next ScotFED meeting to wish Katharine well for her retirement, and have some virtual cake by VC! We will also require a new vice chair of ScotFED so please let me know if you are interested.

10. Future Dates

- Friday 30<sup>th</sup> August 11.00am – 1.00pm
- Friday 29<sup>th</sup> November 11.00am – 1.00pm

Attendance has been decreasing, possibly because of meetings being on Fridays, although this day was agreed as being possibly the most suitable. A survey will be sent round to colleagues to see whether we can find a day and time when more people would be able to join.

**Action: SA to send survey**

## Action Plan

Agenda Item	Action	Person Responsible	Update
4	SA to discuss with Sara Preston, Linda Tremble Foundation and SEDIG and also to discuss the Faculty membership with Susan Richardson at the RCPsych	SA	
4	Multidisciplinary representation on ScotFED	All	
4	Data Collection and possibility of discussing this at MCN workshop	JM	
5.	Request feedback on uptake and rollout of ECHO peer support	SA	
6	Feedback requested from all colleagues about possibility of national review of services for Scottish Government	All	
10	Days and times of meetings – survey monkey	SA	

## Eating Disorders faculty (ScotFED)

Progress continues to be made with all of the pieces of work mentioned in the last ScotFED update. Some updates from this work include:

- We are pleased that ScotFED now has a new medical student rep (Emily Cox, Edinburgh University) and a trainee rep (Caitlin Napier from NHS Highland).
- Katharine Logan who is vice chair is due to reduce her working hours later this year and will unfortunately give up her role as vice chair. We hope to enlist a new vice chair in due course.
- On 6<sup>th</sup> and 7<sup>th</sup> May we held two days of training in Specialist Supportive Clinical management, delivered by Dr Jenny Jordan from the University of Otago. We had over 50 delegates attending, including 13 from the Lancashire all age eating disorder service. SSCM was originally the active control group in a clinical trial comparing CBT and IPT and has now been approved in NICE as an evidence based treatment in its own right.
- Jane Morris and I are on the scientific organising committee for the Eating Disorder international Conference which will be held in March 2020. Following discussion with the organisers, this is the first time the conference will take place out of London, and will be held in the Caledonian University campus in Glasgow. This will be a great opportunity for colleagues in Scotland to be able to attend EDIC which is not always possible when it is held in London. We hope to be able to provide a number of Scottish speakers and workshop facilitators. We also hope that we may be able to offer a SEDIG (Scottish Eating Disorder Group) carers event at this conference.
- Jane Morris continues to lead on the development of the SIGN guideline and a writing group is to be established.
- As noted previously, the Parliamentary Health Service Ombudsman into the death of Averil Hart made a number of recommendations for the GMC, NHS England and Health Education England. The issues identified apply equally to Scotland and I am due to meet with John Mitchell on 15<sup>th</sup> May discuss how we ensure that the recommendations are taken forward in Scotland.
- We continue to meet to discuss the development of a national Managed Clinical Network in eating disorders across Scotland. A workshop event has been arranged for September.
- I continue to work on a CPD Online Module on eating disorders, with Kiran Chitale from the Faculty Exec.
- It was great to be involved in a recent recruitment event that was arranged by RCPsychIS. The medical students and trainees appeared to really engage in this event and it will be good to be involved in further similar recruitment events.
- ScotFED remains involved in writing an update to CR170, Eating Disorder Services in the UK. We hope that this will make further recommendations regarding staffing levels within eating disorder service as the 2012 figures are very out of date and relate to services that only see a small number of the most severe eating disorders. Referrals to all services continue to increase, and we appear to be seeing more people with much more significant complex co-morbidity.
- The Quality Network in Eating Disorders (QED) is about to publish standards for out-patient eating disorder services. 10 pilot sites will be reviewed, starting in Autumn 2019 and NHS Forth Valley has signed up to be the only pilot site in Scotland.

Dr Stephen Anderson  
Chair of ScotFED  
13<sup>th</sup> May 2019