



Minute of the SCOTFED Meeting held on 21.09.17

Royal Cornhill Hospital, Aberdeen

Present: Jane Morris, Lesley Dolan, Phil Crockett, Flora Robinson (4th year Med Student)

Via VC: Stephen Anderson, Heather Ireland, Shiona MacDonald, Katharine Logan, Joanna Smith

Via TC: Calum Munro

1. Welcome and Introductions

Dr Morris passed on the sad news that Dr Chris Freeman had passed away. His memorial service is being held on 13.10.17 which was the same day as the Inaugural SCOTFED Conference therefore the Conference has been postponed. Dr Stephen Anderson has volunteered to write a tribute for the FED newsletter and if anyone has any contributions they would like to add to this then please forward them to him.

2. Apologies: Alison McRae, Joy Olver, Kandarp Joshi, Andrew Lawton, David Osborne, Anoop Devasahayam

3. Minutes of the Previous Meeting – These were accepted as a true and accurate record.

4. Links with other bodies and feedback from these:

- **Royal College of Psychiatrists in London**

SA and JM attended the Strategy Day – due to the large turnover in representatives, people were unsure how things worked and therefore SA was not convinced that they got very far. It was a difficult meeting to chair and pick out ideas to focus on. JM felt the same and thought it would be a good idea to let things settle and see which themes emerge. One thing that was very apparent was the differences between the Scottish and English NHS.

- SA has been asked to work on the Intellectual Disability Faculty group. He asked if anyone knew a Psychiatrist or Psychologist who had an interest he could work with – if so could they get in touch?

- **Edinburgh – (Scottish Exec)**

The College represents the interests of Psychiatrists primarily, which in the field of EDs can be problematic. In Scotland, Dietitians, OTs and Users/Carers (SEDIG and BEAT) have representative groups. JM reported that there are only 2 professional groups who do not have an Eating Disorders Specialist Interest Group – Psychologists and Nurses. A discussion took place and it was felt that Therapy Driven Groups – for instance, bodies of CBT, MBT or IPT therapists with a special interest in EDs might be helpful as fellow organisations with ScotFed. If anyone knows of such groups they were asked to submit the information to LK.



CM thought that in the central belt there were possibly a group of psychologists who meet regularly but was not sure of the current status of that group. CM to try and find out.

ACTION: CM

JM reported that the Transitions Guideline developed by Phil Crockett, Tony Winston and herself had been accepted by the College with some minor adjustments. PC is putting the final touches to the document. LK to circulate to the group with the minutes from this meeting.

ACTION: PC/LK

JM sits on the SIGN guideline group as the Eating Disorders Representative – she reported that John Crichton was an active chair and that we are still seeking a GP representative to help take forward the Eating Disorders Guideline. She will speak to Jenny Bennison about this next week.

- **Scottish Government Mental Health Strategy**

It was noted that the only direct mention of eating disorders in the document was the creation of an online resource for people with Eating Disorders and that was the only mention of Eating Disorders in the paper.

In general people were not encouraged by this document. They felt that they had given feedback as requested but it had not been taken on board. It was felt that it would be a good idea to have a “seat” at the planned review of the strategy.

KL felt that we should be encouraged to think about how other issues referred to in the document could affect the Eating Disorders specialty.

Personality Disorders Group – CM has attended the Medical Psychotherapy meeting with the PD working group. He had not previously been aware of this group. Part of the work of this group was to look at services providing treatment to this group of patients. There appeared to be a gap in their thinking and CM asked whether people had any data on the percentage of people who had co-morbid eating disorders and personality disorders and any outcome data. Andy Williams (Chair of PD group) was keen to hear of any overlap with eating disorders patients.

JM informed the group that she had been asked to give a lecture at a 1 day conference in London on personality disorders in the autumn. She reported that the North of Scotland had some data but felt that Lothian would have more. Should the group look at this more closely? Several years ago the only measure that appeared to be current to all services was BMI. Nothing else appeared to overlap. JM and LK would be keen to see what the PD group produce.

- **National CAMHS Eating Disorders Steering Group**

It was noted that Dr Rachael Smith was now chair of this group and she may be a good contact for SA. ScotFed welcomed Dr Smith and congratulations were expressed on her appointment. LK to approach Dr Smith to ask for a psychiatrist representative from the CAMHS group to represent them on the ScotFed group.

ACTION LK