**Minute of the SCOTFED Meeting held on Friday 23rd November 2018 at Forth Valley Royal Hospital**

**Present:** Stephen Anderson (Chair) Judith Piggott

**Via VC:** Richard Taylor Shiona MacDonald Nick Dunne Anoop Devasahayam Katherine Morton

**Via Speakerphone:** Katharine Logan (Minutes)

**Apologies:** Jane Morris Ian Clarke Phil Crockett Lesley Dolan Sara Preston Shri Gopi-Firth Joy Oliver Alison MacRae

1. **Welcome and Introductions**

Introductions were made.

1. **Minutes of the previous Meeting**

Need to follow up with SP if she has found anyone interested in being a Carer rep.

**ACTION: SP**

Medical student and CAMHS reps are still being sought.

**ACTION: SA and JP**

**Staffing Survey**

SA and KL will look at what can be meaningfully derived from the survey.

**ACTION: SA/KL**

1. **Links with other bodies:**

**Royal College of Psychiatrists in London (Faculty of Eating Disorders)**

There is work on developing videos for teaching GPs and Medical students about Eating Disorders and also on updating CPD on Eating Disorders for General Adult Psychiatrists.

**Edinburgh (Scottish Executive)**

JM will attend the forthcoming National Obesity Alliance.

RT gave an update on the PD network.

**National CAMHS eating disorder steering group**

No feedback available. Caroline Fell is involved.

**SEDIG**

Dasha Nichols presented at the recent conference. JM passed on that it went well but no-one present attended.

**EEATS**

Big thanks to Linda Keenan and EEATs who have agreed to organise the SSCM training in May 2019.

There is a joint ED and Psychotherapy College meeting in 2019 – 8th February at Pembroke College, Oxford.

1. **SIGN Guideline**

JM is leading on this. After some discussion SIGN have agreed to support a guideline on Eating Disorders.

1. **QED Standards for OP Services**

Feedback was submitted but there has been no response from the College as yet.

**National MCN update**

SA, JM, LK and IK have been in discussion. The idea of a half day to discuss in detail what an MCN might offer was discussed.

**Northern Ireland Colleagues**

SA asked for views on asking NI ED colleagues to join ScotFed. A previous psychiatrist who was a lone ED Consultant in NI was previous on the distribution list but didn’t join meetings. There are now a few ED Psychiatrists but they remain relatively isolated. No-one expressed any difficulty with the idea but it’s unclear whether they would feel it was valuable. SA will discuss with our NI colleagues.

**University Occupational Health Guidelines**

KL asked if everyone managing students with Eating Disorders was aware of these. Most people had become aware of them recently. KL feels they are helpful as a guide but there will be occasions when different factors mean they are not followed exactly. There was discussion about the difficulty of getting information from the different Universities about how they manage students with Eating Disorders, with apparent differences between and within Universities, depending on the faculty. KL is having a meeting with the Director of Undergraduate Teaching at Edinburgh Uni Medical School to discuss how the Medical School manages this further.

SA has a student who is submitting a proposal for a project to look at perceived support in medical students with eating disorders, but it is proving difficult to find a way to gain access to students via the Universities structures.

**NG Feeding issues**

AD spoke about difficulties with patients needing restraints, with up to 5-6 members of staff for nasogastric feeds.  Adding 50 calories to any NG feed requiring restraint to make up for energy lost during restraint was trialled.  The results so far have been dramatically positive with a significant reduction in restrictive practices in all areas- NG feeds, physical intervention and self-harm.  NG feeds are now safer for patients due to less restraints, and consequently, safer for staff.  The burden with NG feeds in terms of time and number of staff required has significantly reduced.  The atmosphere in the hospital is more relaxed amongst the patients as all of them get relatively more equitable time with nursing team.

The feedback from the faculty group was very positive.  ND advised that the plan had a scientific basis to make up calories lost during restraint.  In terms of possible coercive element to the plan, ND advised that NG feeds itself can be seen as a coercive treatment.  JP said that one could not expect to see changes in behaviour without reasonable motivation and the plan appeared to provide that.  RT reasoned from a mentalisation point of view that having firm and clear boundaries was containing to patients whose internal worlds were fragmented during stage of being acutely unwell in hospital.

Giving feedback to the Mental Welfare Commission was discussed.

1. **AOCB**

A conference on the theme of Eating Disorders and ASD was discussed. This was relevant to the previous discussion and seemed very relevant to those present.

1. **Date and Time of 2019 Meetings**

Friday 1st March 11:00 am – 1:00 pm

Friday 31st May 11:00 am – 1:00 pm

Friday 30th August 11:00 am – 1:00 pm

Friday 29th November 11:00 am – 1:00 pm