

**Minute of the SCOTFED Meeting held on Wednesday 11<sup>th</sup> November 2015 in  
South Lodge, Royal Cornhill Hospital, Aberdeen**

**Present:** Jane Morris  
Phil Crockett  
Tony Pelosi (audiophone)  
Alex Yellowlees(audiophone)  
Louise Johnston  
Kandarp Joshi  
Lesley Pillans  
Katherine Morton

**Apologies:** Lesley Dolan  
Anoop  
Jeanette Downie  
Heather Ireland  
Shiona MacDonald  
Katharine Logan  
Helen Anderson

**Minutes taken by:** Linda Keenan

Item No	Discussion	ACTION
1.	<p><b>Welcome and Introductions</b></p> <p>Dr Jane Morris welcomed everyone to the meeting Introductions were made.</p>	
3.	<p><b>Minutes of the Previous Meeting</b></p> <p>JM said that from now on a copy of the Minutes of these meetings should be sent to the College in Edinburgh (Karen Addie)and also to the FED at the College in London. She informed the group that we can host meetings there but there are no VC Facilities therefore we may continue to work in the way we are currently. She canvassed opinions from those present and it was agreed to continue holding the meetings in the way we do currently.</p> <p>We also have the option to ask the College to provide a secretary for us and organise a one day conference for us. If we use the secretarial services of the College we would have to hold our meetings in Edinburgh.</p> <p>It was agreed that we continue as we are but these ideas could be used in the future.</p>	

	<p>Due to the small size of the Faculty we don't actually have a committee. Do we feel we should identify a core group who become a committee? We need a Chair who should be in post for 3 years (perhaps renewable for a further 3 years) Should we have a Vice Chair, Secretary and Treasurer. In order to ensure all Faculty responsibilities are met we should hold elections. Or should we leave things as informal?</p> <p>It was agreed that we should ask for Nominations for the key positions before the next meeting. This would be for the election of a Chair and Vice Chair. We should also ask for CAMHS representation.</p> <p>There are advantages of staying as we are in that it has worked satisfactorily so far.</p> <p>The advantage of moving towards a Faculty Type system is that it dilutes responsibility. A move towards this is not immediately necessary though.</p> <p>It was suggested that being a SCOTFED member should go into people's job plans.</p> <p>It was agreed that any moves should be evolutionary rather than sudden.</p> <p>Once we have a small core Executive then meetings can just continue with us inviting everyone who can come along.</p>	
4.	<p>Links with other bodies and feedback from these</p> <p><b>Royal College of Psychiatrists in London (Faculty of Eating Disorders)</b> They have a new Chair – Dascha Nicholls.</p> <p>They have recently held a conference and KJ attended this. The conference was fully booked. KJ gave the following feedback:</p> <p>The Faculty have some money to spend and the focus is going to be on a Campaign for the New to ED package, MARSIPAN and Junior MARSIPAN and a new website, for which, they are looking for suggestions.</p> <p>Discussion took place around whether or not there should have a Spring meeting in London with the focus being more around clinical based discussion.</p> <p>JM stated that at the Edinburgh Scottish Executive Strategy</p>	

day held in Summer 2015 they discussed campaigns for the College and it was agreed to look at outcome measures.

As a Faculty JM wondered if there was a piece of work to be done on this area. She stated that after a project that was done a few years ago the only common measure found to be used in Scotland was Weight Gain then the EDEQ although not everyone used that.

Discussion took place around the room with regard to what people were currently using and the most common ones were EDEQ and CORE10. People were of the opinion that we were reasonably good at using these questionnaires when patients first attend but not good at chasing people or repeating them..

PC stated that the North of Scotland was currently piloting a Patient Satisfaction Questionnaire.

JM wondered if we could get a trainee to look at outcome measures across the country. She asked if anyone had a trainee interested in doing this work to get back to Linda Keenan or herself.

The question was asked if the results of questionnaires were being collated regularly? Was there any parity of attention to results being given?

### **SEDIG**

SEDIG had a one day Conference at the beginning of October. JM Chaired the Scottish Research Network Meeting as a parallel session in the afternoon and Lesley Dolan (Chair of SEDIG) has suggested that this becomes a regular feature.

A meeting is taking place on Friday 20<sup>th</sup> November to discuss the Carers Conference and the possibility of SEDIG sponsoring a one day Conference in the Scottish parliament during EDAW 2016.

### **Academy Nutrition Group**

JM asked that this be removed from the Agenda as she no longer attends this group.

### **EEATS**

EEATS are hosting their annual Trainees day on 11.12.15 in Edinburgh. This year they have campaigned to re-involve CAMHS Colleagues and have offered several scholarships which have been filled.

	<p>There is, however, a lack of medical professionals undertaking the accreditation scheme. Some areas of Scotland use it much more than others e.g. every member of NHS Highland ED Team appears to undertake the accreditation as a matter of course.</p> <p>JM wondered if it would be feasible to promote the scheme to Physician Associates? She also wondered if it could be advertised to ED teams. They are going to have a stall at the forthcoming Aberdeen Conference and wondered if this could happen at other venues/events.</p>	
5.	<p><b>AOCB</b>  Discussion took place around whether SCOTFED should have a webpage – the College would be able to set this up for us. We could use it to post the Minutes of Meeting to and advertise EEATS and Conferences. It could have links to various groups such as SEDIG, MCN's etc. We would require a website co-ordinator who would assimilate the information and pass it on to the college to publish on the site.</p> <p><b>Recruitment to ED Consultant Posts across Scotland</b>  JM stated that recruiting to posts was very difficult and that it is very worrying the amount of work being expected of a small number of people.</p> <p>KM stated that she was new in post and had 8 sessions based in Glasgow. She looks after NHS IP beds, assertive outreach and OP's for the whole of Greater Glasgow. She is the only Consultant Psychiatrist (Eating Disorders) for a population of over 1 million. Other colleagues are helping with 2 sessions from a GP. There is no history of trainees and if they have had any they have been general psychiatry and not specialist.</p> <p><b>Lanarkshire</b>  Has population of 600k including Rutherglen and Cambuslang. They have 5 ½ sessions Consultant Psychiatrist and 5 ½ sessions of Associate Specialist. They are community based. They sometimes admit patients to the General Hospital but buy in IP beds from the Priory Hospital in Glasgow. No specialty trainees, and have just started getting a junior trainee but as part of their GP rotation.</p> <p><b>Grampian</b>  550k (+ 40k Island Boards)  4 sessions Consultant Psychiatrist with potentially 2</p>	

	<p>sessions lost to Psychology but they are potentially recoverable. They currently have a senior Trainee and a Locum CT Trainee. They don't automatically get a trainee.</p> <p><b>Borders</b> Ask them to email details</p> <p><b>Highland</b> Consultant post is 8 Sessions per week but some of this may be devoted to Psychotherapy rather than to the Eating Disorders Service. Post is currently vacant and has been for some considerable time. They have a senior trainee but she has 2 years to complete until eligible to apply for the post. They have a very senior Staff Grade doctor who also divides his sessions between HEDS and Psychotherapy.</p> <p><b>Tayside</b>  ½ time Consultant Psychiatrist.</p> <p><b>Ayrshire</b> 2 sessions Consultant Psychiatrist</p> <p><b>Dumfries</b> Ask for Details</p> <p><b>Forth Valley</b> Ask for Details</p> <p><b>Fife</b> 2 General Adult Psychiatrists doing 2 sessions each</p> <p><b>Lothian</b> Ask for Details</p> <p>JM asked if anyone was aware of any trainees committed to ED as a career. It appeared there were 2 + one very young CT2, all in NHS Grampian</p> <p>Scotland as a whole is going to have to work very hard to inspire people to join Eating Disorders.</p>	
6.	<p><b>Date and Time of Next Meeting</b></p> <p>Friday 11<sup>th</sup> March 2016 at 3.00 pm.</p>	