

## Freedom of Information request 289-17

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### Request

I am writing to ask for information under the Freedom of Information Act 2000. In order to assist you with this request, I am outlining my query as specifically as possible. Please provide the following information:

1. Do you provide a specialist service for people with eating disorders, or do patients rely on a range of general services?
2. How many full time consultant psychiatrists do you specifically employ for the treatment of people with eating disorders? How many of these posts are empty at present, if any?
3. How many full time junior and senior trainees do you employ for the treatment of people with eating disorders? How many of these posts are empty at present, if any?
4. How many full time psychological therapist (including clinical and counselling psychologists, CBT and family therapists) do you employ for the treatment of people with eating disorders? How many of these posts are empty at present, if any?
5. How many full time nurses do you employ for the treatment of people with eating disorders? How many of these posts are empty at present, if any?
6. How many full time dieticians do you employ for the treatment of people with eating disorders? How many of these posts are empty at present, if any?
7. How many full time occupational therapist/creative therapists do you employ for the treatment of people with eating disorders? How many of these posts are empty at present, if any?
8. Please state the size of the population served by your organisation.

### Response

1. We do not have an Eating Disorders Service in the Borders. With the exception of (in practice) 5-6 sessions of a specialist eating disorders dietician we are wholly reliant on a range of general adult and CAMHS services.
2. We have no full-time consultant psychiatrist specifically employed for the treatment of people with eating disorders. Consultant psychiatrist input is from the General Adult or CAMHS services. The Liaison Psychiatrist is the named consultant for Eating Disorders (ED) and has an interest in EDs.
3. We have no full-time junior or senior trainees employed specifically for the treatment of people with eating disorders. Any trainees involved come from General Adult or generic CAMHS services.
4. We have one clinical psychologist who currently works 3 sessions per week with the Special Weight Management Team. All other psychological input for EDs comes from the generic psychology services and tends to focus on co morbidities, not the ED psychopathology itself.
5. We have no nurses (full- or part-time) employed specifically for the treatment of people with EDs. Nursing input is provided by the generic General Adult or CAMHS CPNs.

6. We have one specialist ED dietician.
7. We have no full-time occupational therapists/creative therapists employed for the treatment of people with eating disorders. Any OT input would come from the generic mental health OTs.
8. NHS Borders current population stands at 114,530.

Please note if a person with an ED requires admission to hospital, this is usually to the Regional Eating Disorders Unit in St John's Hospital, Livingstone, though some patients can be managed on the General Adult Acute Admissions Ward at Huntlyburn, on the Borders General hospital site.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or [foi.enquiries@borders.scot.nhs.uk](mailto:foi.enquiries@borders.scot.nhs.uk).

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **289-17** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.