

Freedom of Information request 17-19

Request

I am writing to you under the Freedom of Information (Scotland) Act 2002 to request information regarding intensive outpatient treatment for patients with Eating Disorders.

Throughout this FOI we will use the term “intensive outpatient treatment” to refer to treatment programmes which offer increased contact hours for the patient compared to traditional outpatient treatments (e.g. Cognitive Behavioural Therapy or Family Based Treatment), yet the patient returns home at night therefore is not an inpatient. Intensive outpatient programmes range in their intensity, for example, a patient may attend the programme for eight hours, three days a week or up to twelve hours, seven days a week.

Day treatment programmes are the most common form of intensive outpatient treatment and tend to run as a group therapy, with the patients attending the programme during the day and returning home for evenings and weekends. Home treatment in which a clinician visits the patient’s home to support meals and snacks and offer psychosocial intervention, is an additional form of intensive outpatient treatment. There are other models of intensive outpatient treatment which may not be either day treatment or home treatment, and we are interested in hearing about these too.

1. Does your NHS Health Board provide any intensive outpatient treatment for patients with Eating Disorders, for example, a day treatment programme or home treatment (or another model of intensive outpatient treatment)? We are interested in programmes for both children and young people, and/ or adults.

If “no” to question 1, that is all that is required. Thank you for your response.

If “yes” to question 1, please answer the questions below. If you have more than one model of intensive outpatient treatment and separate programmes based on age or any other criteria, please provide separate answers for each treatment programme and specify which programme is being referred to.

2. What model/s of intensive outpatient treatment does this service adopt? E.g. day treatment or home treatment, or any other treatment modalities. Although we give day treatment and home treatment as examples, we are keen to hear about any other forms of intensive treatment too.
3. What is the intensity of this model/s of intensive outpatient treatment and intended length of treatment? E.g. number of hours a day/ days per week, number of contacts per week, length of treatment duration.
4. What are the referral criteria for the intensive outpatient service? E.g. restrictions by age or diagnostic criteria.
5. What is the catchment area for referrals to your intensive outpatient Eating Disorders service?
6. Please state the size of the caseload (number of accepted referrals) at your intensive outpatient Eating Disorders programme/s (as described above) on the dates below...

31 March 2017:

31 March 2018:

If you have more than one intensive outpatient programme, please provide the size of the caseload separately for each, and specify whether the programme is for over 18s or under 18s.

7. Where possible, please provide the web address explaining more about the programme.

Response

1. We offer meal support to a child or adolescent when assessed as appropriate which takes place either within family home, school or ward within the General Hospital.
2. The meal support is in part to counter continuing weight loss and includes Psycho/social education for cares/parents/guardians.
3. Each case is assessed individually based on need. This is not a service we can offer at weekends.
4. In respect of Meal support it is restricted to those aged 5 years and above to 18 years with a diagnosis of an Eating Disorder.
5. Scottish Borders.
6. NHS Borders do not hold a specific caseload for the intensive outpatient Eating Disorder programme. Therefore under Section 17 this information is not held.
7. <https://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/children-young-peoples-services-directory/child-adolescent-mental-health-services-camhs/>

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.

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 **17-19** 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.