

## FOI136 Response

Birmingham and Solihull Foundation Trust Provide an Eating Disorders Service which is based at the Barberry Centre and includes the following:

- An Inpatient Eating Disorders Service (Cilantro Suite) - 10 beds
- A Day Treatment Service - 6 places
- An Outpatient Therapy Service

The Trust's eating disorder service currently accepts Birmingham residents who are 25 years old and over (17 years old and over for In-patient and Day Treatment Services) and Solihull residents who are 19 years old and over.

For information on patients who are below the age of 17 and in receipt of eating disorder services in Birmingham, please redirect your request to Forward Thinking Birmingham Service.

**Please note: In all answers that refer to a Tax Year, the Trust can only provide recorded data for the Financial Year running from the 1<sup>st</sup> April to 31<sup>st</sup> March.**

- 1) **Does the Trust provide eating disorders services that offer outpatient treatment? If so, please state the name of the service/s and the Clinical Commissioning Group/s (CCG/CCGs) that commission them.**
  - a) For under 18s
  - b) For 18+ year olds**

The Trust's Eating Disorder Service includes outpatient support and treatment and is nationally commissioned by NHS England and locally commissioned by Birmingham and Solihull (BSOL) Clinical Commissioning Group.

2. **Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?**
  - a) For under 18s
  - b) For 18+ year olds**

If "no" to either a) or b) in question 2, please answer question 3.

If "yes" to both a) and b) in question 2, please skip to question 4.

The Trust's Eating Disorder Service is commissioned to provide treatment to patients who meet the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or Other Specified Feeding and Eating Disorders (OSFED)

Binge Eating Disorder: Diagnostic criteria consists of

Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:

- Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than what most people would eat in a similar period of time under similar circumstances.
- A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
- The binge-eating episodes are associated with three (or more) of the following:
  - Eating much more rapidly than normal.
  - Eating until feeling uncomfortably full.
  - Eating large amounts of food when not feeling physically hungry.
  - Eating alone because of feeling embarrassed by how much one is eating.
  - Feeling disgusted with oneself, depressed, or very guilty afterward.
- Marked distress regarding binge eating is present.
- The binge eating occurs, on average, at least once a week for 3 months.
- The binge eating is not associated with the recurrent use of inappropriate compensatory behaviour as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.

**3. If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?**

- a) For under 18s
- b) For 18+ year olds

If “no” to both a) and b) in question 3, that is all that is required. Thank you for your response.

If “yes” to either a) or b) in question 3, please answer the questions below.

Not Applicable

**4. Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:**

a) the types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,

b) how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).

*In the case of self-help, please specify whether this is guided or unguided. Please specify the names of all applicable services and the Clinical Commissioning Groups (CCGs) or local authorities that commission them. If the*

*Trust provides more than one relevant service, please list answers to part a) separately against each.*

a) For under 18s

b) For 18+ year olds

Most patients with Binge Eating Disorder (BED) would receive treatment as an outpatient by the Outpatient Therapy Team. The team consists of medical staff, psychological therapists, a dietitian, and clinical psychologists. The team is very experienced in working with people with eating disorders.

Please note that on very rare occasions, day treatment will be offered for a short period of time with the purpose to stabilise the patient.

Patients suffering with BED are offered the following treatment and therapeutic interventions,

- One to one therapy includes: (for all eating disorders)
- Cognitive behavioural therapy
- Psychodynamic therapy
- Compassion-focused therapy
- Acceptance and commitment therapy
- Motivational enhancement therapy
- Dietetic advice and treatment
- Group therapy:
- Cognitive behavioural therapy for eating disorders (CBT-ED) groups for individuals with Binge eating disorder and Bulimia nervosa.
- Supportive Clinical Management for individuals with a long-term and chronic eating disorder with an aim of preventing deterioration and reducing admission.
- Guided self-help, this is a new intervention that was recently piloted and will now be offered as a treatment option. We are able to offer this as an e-learning or paper based, with 1:1 support from a member of the therapy team.

### **Service restrictions/eligibility criteria**

**5. If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). *If the Trust provides more than one relevant service, please list answers separately against each.***

a) For under 18s

b) For 18+ year olds

For a patient to access the eating disorder service for Binge Eating Disorder they need to be aged 25+ within the Birmingham area and 19+ if they are from the Solihull area. The Binge Eating Diagnostic criteria consists of,

- Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:

- Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than what most people would eat in a similar period of time under similar circumstances.
- A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
- The binge-eating episodes are associated with three (or more) of the following:
  - Eating much more rapidly than normal.
  - Eating until feeling uncomfortably full.
  - Eating large amounts of food when not feeling physically hungry.
  - Eating alone because of feeling embarrassed by how much one is eating.
  - Feeling disgusted with oneself, depressed, or very guilty afterward.
- Marked distress regarding binge eating is present.
- The binge eating occurs, on average, at least once a week for 3 months.
- The binge eating is not associated with the recurrent use of inappropriate compensatory behaviour as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.

Please note that the exclusion criteria for referral and assessment is simple obesity or over-eating.

### **Access to binge eating disorder-focused guided self-help**

**6. a) In 2019/2020 (the tax year) how many people on the caseload of the services specified in answer to Question 4b had been assessed as currently meeting diagnostic criteria for Binge Eating Disorder (BED)?**

**i) For Under 18s**

**ii) For 18+ year olds**

The Trust is unable to provide further information to this question, this is because

our system does not capture the detail of information requested as Binge Eating disorder (BED) is not a diagnosis or referral reason that is recorded in our system.

Obtaining the requested information will require manually searching and collating the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query

**b) How many of those in Question 6a have participated in a binge eating disorder-focused guided self-help programme as first- line psychological treatment?**

**i) For Under 18s**

**ii) For 18+ year olds**

The Trust is unable to provide further information to this question, this is because the data is not held in our system in a reportable format.

Obtaining the requested information will require manually searching and collating the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query

## Funding

**7. a) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust for eating disorders (any eating disorder diagnosis)?**

**i) For Under 18s**

**ii) For 18+ year olds**

For the year 2019/2020, the Trust was allocated £2,403k (inc CQUIN – Commissioning for Quality and Innovation) for the provision of treating Eating Disorders such as Anorexia and Bulimia Nervosa and other not specified eating disorders including Binge Eating Disorder

**b) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust specifically for Binge Eating Disorder (BED)?**

**i) For Under 18s**

**ii) For 18+ year olds**

For the year 2019/2020, the Trust was allocated £2,403k (inc CQUIN – Commissioning for Quality and Innovation) for the treatment of Eating Disorders such as Anorexia and Bulimia Nervosa and other not specified eating disorders including Binge Eating Disorder. Please note that the Trust's eating disorder service is not explicitly commissioned for Binge Eating Disorders.

## Referrals from Weight Management Services

**8. Does the Trust's eating disorder service/s (if it provides any) accept referrals from Weight Management services?**

*If the Trust provides more than one relevant service, please list answers separately against each.*

**a) For under 18s**

**b) For 18+ year olds**

If "no" to both a) and b) in question 8 or both questions are not applicable, that is all that is required. Thank you for your response.

If "yes" to either a) or b) in question 8, please answer question 9.

The Trust's Eating Disorder Service does accept referral from weight management services for patients meeting the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or Other Specified Feeding and Eating Disorders (OSFED)

9. In 2019/2020 (the tax year) how many patients started treatment at the Trust's eating disorder service/s...

*If the Trust provides more than one relevant service, please list answers separately against each.*

- a) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically
  - i) For Under 18s
  - ii) For 18+ year olds

The Trust is unable to provide further information to this question, this is because our system does not capture the detail of information requested as Binge Eating disorder (BED) is not a diagnosis or referral reason that is recorded in our system.

Obtaining the requested information will require manually searching and collating the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query

- b) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically, who had been referred from Weight Management services.
  - i) For Under 18s
  - ii) For 18+ year olds

The Trust is unable to provide further information to this question, this is because our system does not capture the detail of information requested as Binge Eating disorder (BED) is not a diagnosis or referral reason that is recorded in our system.

Obtaining the requested information will require manually searching and collating the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query