North of Scotland
Managed Clinical Network for Eating Disorders
annual report
September 2013 to August 2014
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Foreword

This has been an extremely busy year for the Network. Dr Jane Morris came with lots of good ideas – which we have put into practice, plenty of enthusiasm which has reinvigorated the network and led to a lot of exciting developments and successes over the past year.

Eating Disorders Awareness Week 2014 was an extremely busy week for us, as a Network, as we organised several events to run in alongside those being held in the Scottish Parliament. You can read more about these throughout the course of this report.

The strong links that were forged with the Tier 4 CAMHS Network and the close links we have with the Eating Disorders Education and Training Accreditation (EEATS) allowed us to jointly host Family Based Treatment Training for around 40 Clinicians from across the North of Scotland. The Tier 4 Network managed to secure funding to invite Professor James Lock, Stanford University California across to deliver this training. The MCN then managed to secure another source of funding to have him back in early September to deliver a follow up day and speak to our NHS Managers regarding the implementation of FBT in Scotland.

This is just a brief summary of the types of work we have been doing over the past year and there is more detail included in this report.

Once again I would just like to take the opportunity to thank all staff across the Managed Clinical Network for their continued hard work and enthusiasm over the past year and helping making the Network as successful as it is.

Linda Keenan
Network Manager

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Overview

This has been a historic year for Scotland. Some of the excitement and glory have been felt in the world of Eating Disorders, and I have had great fun whilst addressing a serious purpose. I hope that Linda, Alison and Brenda in the office are not too exhausted to enjoy the work too – they have been heroines. As a network, we were heavily involved in the events marking Eating Disorders Awareness week in and around the Scottish Parliament. Dennis Robertson, who masterminded these events together with his family, has kindly described his conference experience for this report.

Alongside the unforgettable experience of the conference itself, and the First Minister’s Reception at Edinburgh Castle, we were grateful to the Parliament for hosting the second meeting of the Scottish Eating Disorders Research Network, discussed on page 21 by Sam Aitcheson. Just down the Royal Mile, at Moray House Faculty of Education, we held a one day conference for school nurses and guidance teachers. The week culminated in a Saturday Carers’ Conference, all of whose delegates were funded to attend by the Scottish Parliament. Both events are described on pages 38 and 32. The Royal College of Psychiatrists in Scotland marked the occasion of Eating Disorders Awareness Week 2014 by publishing our Briefing Paper on the current state of services for Eating Disorders in Scotland.

Whilst these were national events, bringing together clinicians, carers and eating disorders sufferers from across the whole country, particular credit must go to our own Network Manager, Linda Keenan, who takes on a demanding workload extending beyond the North of Scotland. As a result, we benefit from excellent relationships across a country small enough to network powerfully and effectively. Beyond Scotland, Phil Crockett and I both continue to represent Scotland at the Royal College’s Eating Disorders Faculty Executive, and I also sit on the Intercollegiate Nutrition Group at the Academy of Medical Royal Colleges. If I were a spider, I would be exceedingly proud of my web!

Here in the North of Scotland, services for those fighting eating disorders and for those who care for them have improved, I believe, despite stringent financial concerns in the NHS which particularly affects staffing. Some of the factors allowing this miracle involve the better communication and networking I have described. Intensive training in powerfully effective therapies has also helped.

We were extremely proud to host Family Based Treatment training with Professor James Lock, Stanford University, California in conjunction with the Tier 4 Regional CAMHS Network in March 2014 and a report on this can be found on page 24. When Professor James Lock returned to Aberdeen only six months after his two day training in Dundee, he remarked on the speed of uptake and early implementation of Family Based Treatment. Another promising treatment is Compassion Focused Therapy, which was the topic of a basic and then an advanced training course in Aberdeen this year. I hope you will turn to my article on EEATS, on page 36 to read more on how we are facilitating advanced training in Eating Disorders across Scotland.

Another reason for improvements on a shoestring is the striking new energy of the self help groups. NEEDS users and carers groups are re-invigorated by a group of inspirational young facilitators under the Mentorship of their excellent leader, Heather Cassie. MBEEDS has pioneered support by and for males, and in Highland the new HEaDSUP Carers Group was launched this spring.

As a former child and adolescent specialist myself, I have taken particular pleasure in all the joint work we have been undertaking with our sister Tier4 CAMHS network, as well as in facilitating the development of transitions meetings, guidelines and discussions, to ensure that arbitrary age boundaries do not lead to tragedy. Links with medical colleagues in general hospital wards have been an explicit target, as Dr Alastair McKinlay and I start a series of MARSIPAN updates across the region. If we were fishermen, we would be mending our nets – but in fact these are metaphorical safety nets.

Dr J Morris
Clinical Lead, Managed Clinical Network for Eating Disorders
Consultant Psychiatrist, Eden Unit
There have been some slight changes to the staffing numbers over the past year, unfortunately, our Clinical Psychologist left her job and this post was then not replaced. Our full time secretary has been off sick since December 2013 and we have had some part time back-fill for this, but these secretaries have had no access to the database, etc. This has created some disruptions in the department, with delays to administrative tasks.

Current staffing consists of:
- Consultant Psychiatrist 0.3 wte
- Three Nurse Therapists 1.8wte.
- Dietetic input 0.3 wte.
- Staff Grade Psychiatrist 0.5 wte.
- Secretary 1.0 wte (on LTS).
- Seconded trainee nurse therapist 0.2 wte.
- SHO (until February 2014).
- ST4 (1 day per week, specialist placement).

Our referral rate for the period April 2013 – March 2014 has been fairly consistent, at 84 per year (34 of which were re-referrals). We are continuing to meet our targets of assessing urgent referrals within one week and routine referrals within 12 weeks. However, due to the lack of our usual secretary and some administrative errors, there have been a couple of anomalies to this, where referrals have gone astray. However, we have tried as a team to pull together a system to update referrals on a paper record to prevent this reoccurring.

We are continuing to work with EEATS and our seconded trainee nurse therapist successfully completed this process last year and one of the nurse therapists has also recently submitted hers for marking. On completion of this, this will mean all of our nurse therapists will be EEATS accredited. The ST4 who has recently re-joined our service is due to commence EEATS in the near future.

Our three nurse therapists are all maintaining their BABCP accreditation to allow them to work as CBT therapists and engage in peer supervision. The seconded trainee nurse therapist is working towards becoming an accredited IPT supervisor. The therapies that are currently on offer within the service include:
- CBT, IPT, DBT (personality disorder service patients only), EMDR, BFT, as well as an adapted form of FBT. One nurse therapist is working one session per week for the Personality Disorder Service and is trained in DBT; another nurse therapist is hoping to train in this shortly.
- We have had a number of referrals for complex patients this year and a number of these have been admitted for inpatient treatment in the Eden Unit. A number of these patients have required medical stabilisation at Raigmore Hospital prior to admission and the MARSIPAN guidelines have been helpful in supporting staff to follow procedures and communicate between services effectively. There have been some further developments in the MARSIPAN guidelines and specialist training from Dr Jane Morris and Dr Alastair McKinlay was recently offered to all staff working with ED patients locally, and this was well attended.
- We have in house training every other month which helps to contribute towards CPD. This has also included some external guest speakers, covering areas such as dental care, obesity, and bone health. One of our nurse therapists is now in her third year of a Clinical Doctorate (through Stirling University) and is currently applying to ethics to commence her research into emotional regulation in eating disorders. Another nurse therapist has just commenced the MSc in Advanced Practice, again through Stirling University. We continue to offer teaching to other health professionals and agencies. This includes a regular teaching slot on the PgDip CBT (University of Dundee), as well as teaching on the BSc Nursing course (University of Stirling). We also offer two regular tutorials to medical students on CBT and an introduction to eating disorders.

We continue to work with other members of the MCN and remain involved in the Quality Assurance sub-group. We also have a nurse therapist representing our service in the SEDIG group.

Eating Disorders Team
NHS Highland
NHS Tayside Eating Disorders Service is based in Dundee, and provides outpatient clinics in Dundee, Angus, and Perth and Kinross. The service offers specialist assessment and treatment to adults suffering from severe and/or enduring eating disorders, having access to psychological, medical and dietetic interventions. The service also seeks to support the work of colleagues managing eating disorders at the Primary Care and Community Mental Health Team levels within NHS Tayside, through training events, consultation and advice. NHS Tayside Eating Disorders Service forms part of the North of Scotland Managed Clinical Network for Eating Disorders and has access to inpatient beds at the Eden Unit, Royal Cornhill Hospital, Aberdeen.

Current staff
- 0.6 wte Consultant Clinical Psychologist/Lead Clinician – Dr Paula Collin.
- 0.5 wte Consultant Psychiatrist – Dr Lesley Dolan.
- 1.3 wte Clinical Psychologists – Dr Diane Forrest (Dundee), Ms Louise Hobbs (Angus) and Dr Louise Richards (Perth and Kinross).
- 1.0 wte Specialist Nurse – Mr Brian Grieve.
- 0.8 wte Specialist Dietitian – Ms Kareen Taylor.
- 0.1 wte Lead Mental Health Dietitian – Ms Elizabeth Stewart.
- Administrator – Ms Nadine Bambury.
- Service Manager – Ms Elizabeth Drumm.

The service has overseen seven admissions to the Eden Unit (North of Scotland regional eating disorders inpatient unit) between 1/04/13 and 31/03/14.

Teaching commitments
Teaching on the management of eating disorders is provided by the service on an ongoing basis, to both professional and non-professional groups, locally and nationally, e.g. –
- The Beginnings of Compassion: A New Group for NHS Tayside Eating Disorders Service – presentation at NHS Grampian Eating Disorders Conference (Ms Louise Hobbs and Dr Louise Richards).
- NHS Tayside Eating Disorders Service: An Overview – presentation at Perth and Kinross Primary Care Protected Learning Time Event (Dr Paula Collin, Dr Lesley Dolan, Dr Louise Richards and Ms Kareen Taylor).
- The Roles of the Consultant Psychiatrist and Specialist Dietitian within NHS Tayside Eating Disorders Service – presentation at NHS Tayside Consultant Psychiatrists Continuing Professional Development Event (Dr Lesley Dolan and Ms Kareen Taylor).
- Treatment Complications Arising from Somatic Co-morbidity in Eating Disorders – presentation at North of Scotland Managed Clinical Network for Eating Disorders Annual Clinical Meeting (Mr Brian Grieve and Ms Kareen Taylor).
- Feedback of Introductory Training in Compassion Focused Therapy for Eating Disorders, and Experience of Setting Up a Compassion Focused Therapy Group for Eating Disorders Patients – presentation at NHS Tayside Psychological Therapies Service Continuing Professional Development Event (Ms Louise Hobbs).
- A Decade of Eating Disorders Research: The Journey – presentation at Scottish Parliament as part of Eating Disorders Awareness Week 2014 (Dr Paula Collin).
- The Role of the Specialist Dietitian within NHS Tayside Eating Disorders Service – presentation at Scottish Parliament as part of Eating Disorders Awareness Week 2014 (Ms Kareen Taylor).
- University of Dundee medical undergraduate teaching – Dr Lesley Dolan.
- Medic Insight work experience sessions – Dr Lesley Dolan.
Training provided
Placements continue to be provided for undergraduate medical and nursing students, and post-graduate Clinical Psychology students.

Training undertaken
- NHS Grampian Eating Disorders Conference – Dr Lesley Dolan, Ms Louise Hobbs and Dr Louise Richards.
- NHS Tayside Diabetes Conference – Dr Lesley Dolan and Ms Kareen Taylor.
- Eating Disorders: The Way Forward (Scottish Parliament Conference as part of Eating Disorders Awareness Week 2014) – Dr Paula Collin, Dr Lesley Dolan, Dr Diane Forrest, Ms Louise Hobbs and Ms Kareen Taylor.
- Eating Disorders Education and Training Scotland Supervisors’ Workshop – Dr Paula Collin and Dr Lesley Dolan.
- Weigh To Go: Bariatric Surgery and Weight Management – Ms Kareen Taylor.
- Working Effectively to Help Patients with Eating Disorders – Mr Brian Grieve, Dr Louise Richards and Ms Kareen Taylor.
- Let’s Talk Tolerance – Mr Brian Grieve and Ms Kareen Taylor.
- Level 1 Anthropometric Measurement Course – Ms Kareen Taylor.
- Family Based Treatment for Anorexia Nervosa – Dr Paula Collin, Dr Lesley Dolan, Ms Louise Hobbs and Dr Louise Richards.
- Radically Open Dialectical Behaviour Therapy for Anorexia Nervosa – Dr Louise Richards.

Meetings/committees/professional groups
- British Psychological Society’s Division of Clinical Psychology (Scottish Branch) – Dr Louise Richards.
- (Scottish) Eating Disorders Section of the Royal College of Psychiatrists – Dr Lesley Dolan.
- Scottish Eating Disorders Interest Group Committee – Dr Lesley Dolan (Chair).
- Eating Disorders Education and Training Scotland Committee – Dr Paula Collin and Dr Lesley Dolan.
- Scottish Dieticians’ Eating Disorders Clinical Forum – Ms Elizabeth Stewart and Ms Kareen Taylor.
- North of Scotland Managed Clinical Network for Eating Disorders Steering Group – Dr Paula Collin, Dr Lesley Dolan and Mr Brian Grieve.
- NHS Tayside Specialty Advisory Committee for Physical Monitoring of Psychiatric Patients – Dr Lesley Dolan.
- NHS Tayside Lead Clinical Psychologists Committee – Dr Paula Collin.
- NHS Tayside Psychological Therapies Service Continuing Professional Development Committee – Dr Paula Collin (until June 2013).
Research activities
A final year Trainee Clinical Psychologists, Ms Moira Cook, and a fourth year medical student, Ms Catriona Fenton, have completed research projects with the service over the past year.

Research papers 2013/14:
- Dr Helen Swanson – Set Shifting Impairments in an Outpatient Eating Disorder Sample (write up, Advances in Eating Disorders: Theory, Research and Practice).
- Dr Vivien Smith – The Experience of Specialist Inpatient Treatment for Anorexia Nervosa: A Qualitative Study from Adult Patients’ Perspectives (accepted, Journal of Health Psychology).
- Dr Vivien Smith – Treatment Perceptions of Patients with Anorexia Nervosa: A Systematic Review of Qualitative Studies (write up, Journal of Qualitative Research).
- Dr Kate O’Sullivan – Investigating the Specificity of Neuropsychological Impairment in Bulimic Outpatients: A Comparison with Anxious and Depressed Outpatients (write up).
- Dr Moira Cook – Psychological Interventions for Bulimia Nervosa and Anorexia Nervosa: A Systematic Review of Randomised Controlled Trials (write up, Advances in Eating Disorders: Theory, Research and Practice).
- Dr Moira Cook – A Comparison of Set-Shifting Ability in Inpatients and Outpatients with Anorexia Nervosa (write up, British Journal of Clinical Psychology).
- Dr Moira Cook – A Comparison of Cognitive Remediation Therapy and Cognitive Behavioural Therapy in Anorexia Nervosa: A Pilot Randomised Controlled Trial (data collection).
- Dr Paula Collin – Multi-Dimensional Self-Esteem and Magnitude of Change in Anorexia Nervosa (write up).

² Presented at Scottish Parliament as part of Eating Disorders Awareness Week 2014.

Service challenges
- A lack of full-time, dedicated, administrative support for approximately six months of the past year, and remaining uncertainty regarding the long-term viability of our Dundee base at 4 Dudhope Terrace.
- Appropriately managing patient transitions between child and adult services, medical and psychotherapeutic settings, and outpatient and inpatient teams.
- Encouraging and supporting patients, who are often highly ambivalent about treatment, to consistently attend individual and/or group therapy sessions.
- Ensuring adequate liaison with local medical colleagues, and regional inpatient treatment providers, where the management of patients with extremely low weight anorexia nervosa is concerned.

Service innovations
- In conjunction with our partner services within the North of Scotland Managed Clinical Network for Eating Disorders, we have developed a Patient Satisfaction Questionnaire to be completed by patients once they have been discharged from services, and this is currently being piloted across the three main health board areas.
- Dr Paula Collin and Ms Kareen Taylor were invited to present at Scottish Parliament as part of Eating Disorders Awareness Week 2014, and, together with Dr Lesley Dolan, attended a reception at Edinburgh Castle hosted by First Minister Alex Salmond.
- Dr Lesley Dolan became Chair of the Scottish Eating Disorders Interest Group Committee, while Dr Paula Collin participated in the Internet-Based Field Studies for ICD-11 Mental and Behavioural Disorders: Feeding and Eating Disorders.
- Mr Brian Grieve became an accredited member of the British Association of Behavioural and Cognitive Psychotherapists.

Priorities for the coming year
Clinical:
- To ensure the appropriate service integration of clinical interventions derived from recent trainings in Compassion Focused Therapy, Family Based Treatment for Anorexia Nervosa, and Radically Open Dialectical Behaviour Therapy for Anorexia Nervosa.
- To further establish local care pathways in-keeping with the Management of Really Sick Patients with Anorexia Nervosa (MARSIPAN) guidelines.

Research:
- To complete the pilot Randomised Controlled Trial ongoing within the service, comparing Cognitive Remediation Therapy and Cognitive Behavioural Therapy in anorexia nervosa.
- To continue to ensure the prioritising and accurate completion of NHS Tayside’s Mandatory and Minimum Data Sets for Mental Health within the service, and to further explore the associated audit and research opportunities.

Dr Paula Collin
Consultant Clinical Psychologist/Lead Clinician
2014 has been another busy year for NHS Grampian’s Eating Disorder Service. Referrals to the service remain very high and requests for consultancy from primary and secondary care are steadily increasing as we seek to support other services identify and manage eating pathology in patients with multi-morbidity. The service continues to develop group psychological interventions as core interventions but new developments include an expansion of the group programme to include a Body Image Group and a Men’s Group. After a stimulating training in the summer we are now planning a Compassion Focused Therapy group to begin in 2015. The psychological therapy programme is complemented by specialist dietetic intervention and consultancy provided by our Advanced Dietitian, Marie McKimmie.

Supervision remains a significant part of the service’s role with both Julie Leask and Neil Laurenson providing supervision for trainee CBT therapists as part of their accreditation process.

Systemic interventions continue to develop with Sara Kay and Neil Laurenson being joined by Dr Sam Aitcheson in the provision of systemically informed therapy. Training in Family Based Treatment for eating disorders also provided another perspective on how systemic work could be further developed in the service and we look forward to further developing the role of the systemic clinic.

Research and audit continues within the service and our priority in 2015, as our repertoire of interventions expands, will be to evaluate our treatment outcomes.

Sadly, two of our dearest colleagues, Sally Hill, Nurse Therapist/Deputy Team Lead, and Rona Ligertwood, Team Secretary both retired in 2014. We will feel the loss for some time, however, Sara-Jane Beedie has taken on the mantle of full-time Team Secretary with great enthusiasm and we look forward to appointing a new therapist in the near future. We hope to appoint to our vacant half-time Occupational Therapist post but we will be welcoming some new staff to the service in the autumn; we have secured some sessional input from Shannon Quigley, Dietetic Assistant, who will be well supported in her role by Marie McKimmie. We will also have sessional input from a Physician Assistant to support physical monitoring of our patients and we will be welcoming Emma Fowler, Trainee Clinical Psychologist, on placement for 12 months, who plans to undertake her doctoral research in the service. Dr Sam Aitcheson has taken over the Clinical Lead role in the service from Dr Phil Crockett. We are all indebted to Phil for his arduous efforts in this role over the years.

We continue to work towards strengthening our links with other services and regular liaison meetings with our colleagues in YPD and the Eden Unit are ongoing to support patients as much as possible with transitions between services. We also value the support offered to some of our patients from staff at Ward 104. Neil Laurenson has been instrumental in organising week long secondments in EDS for mental health professionals seeking to familiarise themselves with our service and enhance their knowledge of eating disorders.

After a hiatus, a new timetable for our Educational Meetings has been compiled and we hope our colleagues in Highland and Tayside will also be able to join us for these meetings which should take us up to the end of 2015, which promises to be yet another busy year for the service.

Dr Sam Aitcheson
Consultant Clinical Psychologist, Grampian Eating Disorder Out-patient Service
Eden Unit report 2013 to 2014

In January 2015, the Eden Unit will have been up and running for six years, providing inpatient treatment for patients mainly with severe Anorexia Nervosa who live in the north east of Scotland, including Orkney, Shetland and the Western Isles in addition to Tayside, Highland and Grampian regions.

Over the last year we have seen a maturity come to the team, with a number of highly experienced staff looking after the needs of a complex group of patients. We have seen an increase in patients with other co-morbid diagnosis such as Obsessive Compulsive Disorders, Borderline and other Personality Disorders and Insulin Dependent Diabetes. The multi disciplinary team have risen to the challenges presented to them and have both contained individuals and made significant progress in improving eating symptomatology and general well being.

Staff continues to be well supported by management to undertake training in relevant therapies.

In March 2014, six members of the Eden MD Team joined colleagues across the region in Dundee to attend James Lock’s excellent training in Family Based Treatment for Anorexia Nervosa. Although there is not yet a strong evidence base for its use with adults, we have nevertheless had some good results so far and this training was consolidated with an update day in early September. Our day patient nurse, Angie Wake, undertook training in Cognitive Remediation Therapy, which she is now using regularly and Dr Pillans is hoping to also train in this early in the New Year. One of our young staff nurses, Sarah Wood, has undertaken the Diploma in CBT at Dundee and we wish her every success with that. Rachael Mair, who heads up our OT team, is working her way towards her EEATS accreditation, ably supervised by Dr Morris.

The team here in Eden continues to host visitors from other area on a regular basis, and we are happy to share our working practices and experiences with interested parties in the hope that it helps to disseminate knowledge of eating disorders far and wide. Over the last year we have hosted visitors from as far apart as Guernsey and Inverness. Some of us also did some visiting ourselves and I was delighted to be invited, with others, to visit our sister unit in St Johns in Lothian. It was lovely to see the similarities and differences in another unit and meet their excellent team.

We also have a regular throughput of Students from many disciplines, Nursing, Dietetic, Physio, Social Work and Art Psychotherapy. They all bring their own skills and experiences which enrich the knowledge of the resident team.

February of this year saw a delegation from Eden attending the Conference on Eating Disorders hosted by the Scottish Parliament in Edinburgh which was very positive in getting the eating disorder message more widely disseminated.

In March, the Eden team were invited for the second time to present at the National Nursing Conference in Glasgow, which is mainly for general nurses. I gave a presentation on the Therapeutic Relationship which was both well attended and well received.

Our partners, parents and carers group continues to run monthly under the firm hand of one of our Specialist Dietitian Jenny Singer. It is usually well attended and all members of the MD Team take it in turn to present various topics of interest to the group.

Each year brings with it some staff changes and it is always difficult to lose a valued member of the team to another post. In the coming months we say goodbye to one of our much valued secretarial staff, Wendy Pawlik, who retires in November. Wendy has been with the Unit since day one and many of us cannot imagine the Eden Unit without her. We wish her well on her retirement.

Pauline Milne
Unit Manager
Training visit to Western Isles

On 28th and 29th June the Mental Health Services had the privilege of a fully funded training event for the management of eating disorders.

Since linking up with the North of Scotland Managed clinical network we find we are now privileged with the ability to access the network’s abundance of resources from regular specialist supervision and training to accessing support for carers and sufferers alike.

Dr Jane Morris, Consultant Psychiatrist and eminent lecturer and author within this specialty, alongside Linda Keenan, Manager of the network, provided us with a wide ranging, stimulating programme of education and direction at a pace that had us all riveted to our seats and wanting more. The audience came from dietetics, medical wards, nursing, health visiting, paediatrics and general practice as well as mental health community teams. As described by Dr Morris, this is one of the few diagnostic conditions within mental health that challenges the capability of the Psychiatrist to manage both medical and psychological complexity and where the sharing of competencies inter- teams, inter discipline and between peers becomes paramount.

The programme began with a historical account of what is known about eating disorders going back to the initial experiments carried out by Ancel Keys and his colleagues in 1944 at the University of Minnesota during World War II. The ‘Minnesota Starvation Experiment’ was a gruelling study of conscientious objectors who volunteered to gain insight into the physical and psychological effects of semi-starvation in response to the problems encountered on attempts to manage re-feeding of emaciated civilians who had been starved during the war. The follow on lecture on ‘the assessment and management of eating disorders in the community’ emphasised the treatment of eating disorders in the context of an OCD diagnosis. This is explained as an obsessional and compulsive weight losing disorder where there is extreme avoidance and fear of gaining weight with compulsions for compensatory behaviours to ‘undo’ the feared outcome and which if untreated can lead to death. The associated risks to extreme avoidance and fear of gaining weight with compulsions for compensatory behaviours to ‘undo’ the feared outcome and which if untreated can lead to death. The associated risks to extreme avoidance and fear of gaining weight with compulsions for compensatory behaviours to ‘undo’ the feared outcome and which if untreated can lead to death.

The programme continued with a discussion of the challenges of how to manage an eating disorder patient in a general medical ward, the re-feeding regimes we can now safely follow the MARSIPAN guidelines that direct general staff to confident practice. The management of behavioural problems and necessity to work together as teams around the patient led us to the following morning where integrated care pathways were discussed and local practice and systems for working explored inclusive of audio and video conferencing. It is not often we have the experts help us in what we do and this guidance and direction was exceptional in allowing us to re-consider how we could achieve better outcomes for patients with this diagnosis. We learned loads!

Report from the Scottish Eating Disorders Research Network

The second Scottish Eating Disorder Research Network Meeting was held in the Scottish parliament building on 25th February 2014 and formed part of a programme of events in recognition of Eating Disorders Awareness Week. It was a pleasure to be invited to such an important event in auspicious surroundings and to be joined by many esteemed colleagues from the field of eating disorders. It was gratifying also to have Mr Dennis Robertson, MSP in attendance and supporting the event.

Representatives from specialist eating disorder services throughout Scotland attended the event, providing a rare and valuable opportunity to meet both new and familiar colleagues and discuss topics of shared interest.

An impressive range of research projects were presented, spanning family based treatment approaches for anorexia nervosa with young people, physical co morbidities and eating disorders, schema therapy for severe anorexia nervosa, the demographics of eating disorder referrals and eye movement patterns as potential diagnostic markers for eating disorders. It was greatly encouraging to see such a spread of both familiar and novel research themes being actively pursued and testament to the services and individuals involved that the challenges of clinical research are being surmounted in order to enhance care and treatment for eating disorder sufferers. This is all the more remarkable given the relatively small staffing complements in Scottish NHS Eating Disorder Services.

I have high hopes for the 3rd Scottish Eating Disorder Research Network Meeting. I hope for more researchers bringing high quality projects to share with colleagues and to being educated by my peers. I’m also hopeful that researchers will bring questions rather than feel a need to provide answers. And I look forward to my colleagues sharing ideas for research, at every stage of development, with the potential for collaboration to make ideas reality and to make small projects big. I hope that, not only will the 3rd Scottish Eating Disorder Research Network Meeting be an opportunity to further contribute to a knowledge base that enhances patient care, but it will also be an opportunity to recognise the part we play in this contribution.

Dr Sam Aitcheson
Consultant Clinical Psychologist
Reports from local support groups across the North of Scotland

North East Eating Disorders Support Group (NEEDS)

Our group has had a challenging year, and continues to develop as volunteers come and go. Our funds are healthy due to some exceptional fundraising on our behalf by one of our former group members, and we continue to enjoy a good relationship with the Managed Clinical Network for Eating Disorders. We are delighted to support the setup of a new carers’ group, HEaDSUP in Inverness and wish them every success in the future.

Raising awareness

We have had a presence at various events across Scotland in the past year including the Aberdeenshire Schools Conference on Eating Disorders, at the Scottish Parliament during Eating Disorders Awareness Week in February 2014, Aberdeen University and RGU Fresher’s Fayres and Aberdeen College’s Health Fair. I gave a presentation at SEDIG Carers’ Conference. We also gave a presentation at the Eden Unit to highlight our work and also share recovery stories.

We have been working with various secondary schools in the north east of Scotland who are competing in the Youth Philanthropy Initiative Scheme. Some of these schools have raised funds on our behalf. We are currently working with three groups.

Attendance at groups

We have had quite a few new people come along to our Support Group, both carers and sufferers, as well as very regular attendees. Group members travel from all areas of the Managed Clinical Network.

Speakers

We try to have speakers on a quarterly basis. Recent ones have been, Sara Preston from Beat and several new facilitators sharing their personal recovery stories.

Supervision

Currently, Dr Phil Crockett, Grampian Eating Disorders Service, very kindly gives up some of his valuable time to be our professional supervisor. We meet quarterly to discuss any issues we may have and also to share any developments in the group.

Training

We have been in talks with Beat to try and secure group facilitation training for ourselves, HEaDSUP the new Highland based carers’ group and GEDS, a sufferers’ group based in Glasgow. We have now been fortunate enough to secure a training event, which will take place in Aberdeen in January 2015. Prior to this, Dr Jane Morris very generously gave up a Saturday to offer HEaDSUP and NEEDS (Scotland) an initial free standing session to look at the aims of a self-help group and how we should structure it.

New initiative with Aberdeen YPD

At the suggestion of one of our carers, NEEDS (Scotland) approached Dr Rachael Smith of the YPD to suggestion a type of “buddy” system whereby some of our young facilitators would be able to meet up with a young sufferer under professional supervision. This initiative is due to start shortly.

Website

Our new interactive website went live in December 2013.

Mrs Heather Cassie
Chairperson, NEEDS
Family Based Treatment for Eating Disorders

Training evaluation summary

We would like to thank the Foundation for Professionals in Services to Adolescents (FPSA) for their generosity in funding these training days. The funding made it possible to hold the training day and put them on in surroundings that encouraged networking.

The Family Based Treatment for Eating Disorders took place over two days on the 6th and 7th March 2014. The training was delivered by Professor James Lock and Karen McMahon, FBT Specialist Nurse, Greater Glasgow Health Board to 45 professionals across North of Scotland CAMHS and adult mental health services.

The training gave an overview of the history and background of Anorexia Nervosa and the family based treatment model which was developed at the Maudsley Hospital during the 1980s.

The evidence base to support the model and previous scientific research was also discussed. Further information showed the breakdown of the model into three phases, highlighting key points and goals. Role plays on each phase were played out with further explanations and the opportunity for questions.

The training workshop finished with a consultation with Professor James Lock where individual health boards and sector teams within the North of Scotland had the opportunity to discuss issues surrounding the implementation of the model.

Overall feedback from the Maudsley Model family therapy training was very positive. On completing the two days, individuals were asked to rate the organisation of the training. They had also been asked rate their level of confidence using FBT prior to the training and their involvement in treating patients suffering from Anorexia Nervosa – we plan to follow up these questions in one year to evaluate participant’s level of confidence and activity post training.

A total of 41 questionnaires were returned. The feedback was as follows:

- **Organisation of the training event 1**
  - How did you find the venue?
  - How did you find the booking arrangements?
  - How did you find the training room facilities?
  - Do you think the training was well organised?
  - Do you think the training will benefit you in your current position?
  - Were you happy with the food choices at the conference dinner?

- **Prior to training – Confidence levels 1**
  - How confident are you working with families where a member is suffering from Anorexia Nervosa?
There was also space for comments on the evaluation form – these were overwhelmingly positive with comments focussing on the organisation/venue, content and delivery and the opportunity to network with colleagues from across the North of Scotland to share practice.

Some of the comments are listed below:

“I thought that the venue was excellent, and that we were very well catered for. The two days ran very smoothly and were very well organised. The training itself was hugely beneficial for my work. Professor Locke and Karen provided a stimulating and informative package, which meant a very rich learning experience. It was an extremely positive experience. Thank you!”

“It was a really helpful and meaningful training event. In addition to the very good quality of training, it was a great opportunity to liaise and establish relationships with other professionals/services.”

“This was a very informative and thought provoking two day course. The practical aspects (video clips/role playing) were very useful to back up the theory. It gave me more clarity as to when and how FBT could be used and I was very reassured that the point was clearly made that medical monitoring is essential.”

“This was the best training I have been on for a very long time. The organisation was excellent, the venue was superb (particularly the catering and the view). The training itself was so inspiring and I only wish more people could have had the opportunity I did. A lot of hard work went into this event and it was evident in its flawlessness.”

Follow up from the training

Following on from the training there has been groups set up in each area of CAMHS by local clinicians to support each other in the use of FBT. These groups are discussing the challenges and learning from using the FBT model. It is planned to have bi-monthly regional meetings to allow further networking and sharing of practice and a yearly national FBT meeting where clinicians across Scotland can come together. This will allow for agreement on data collection, sharing learning and good practice and taking forward further educational/supervisory needs.

Susan Hynes
Advanced Nurse Practitioner
North of Scotland CAMHS Regional Network

Confidence level in using FBT before training undertaken

How confident do you feel using FBT?

Are clinicians using FBT with families prior to training

Do you currently use FBT when working with families?
Eating Disorders Awareness Week – 2014 from the Scottish Parliament

I am proud to have organized and hosted the inaugural ‘The Way Forward’ Conference, the capstone event of Eating Disorder Awareness Week (EDAW) 2014 in the Scottish Parliament. It was the final of a series of week-long events which included the second meeting of the Scottish Eating Disorder Research Network, discussions on improving CAMHS services in Scotland, and a parliamentary reception.

The experts and attendees delved into the negative messages about body image portrayed by various areas of society. In the first half of the conference, we specifically analysed the role of media, fashion, technology and social media in influencing and exacerbating the conditions of people with eating disorders. The second half of the conference considered more effective holistic treatment practices, including proper nutrition and dieticians’ roles as well as methods to more thoroughly support family and carers. It also addressed the commonly-overlooked cases of eating disorders in men.

Each session was chaired by MSPs from various parties, indicating true cross-party political support in the Scottish Parliament for improving eating disorder treatment.

The conference was well received by those in attendance, with feedback indicating overwhelming satisfaction with its speakers, sessions, and unprecedented opportunities for networking and political participation.

Additionally, the conference marked the first time in history that representatives of all CAMHS have met face-to-face in a single venue. I sincerely hope that as a result of the conference, more well-attended gatherings of this nature will take place in the near future.

The week of events included a reception hosted by the First Minister, Alex Salmond, at Edinburgh Castle to mark EDAW 2014. The event, which featured the screening of ‘Seen but not Heard’, a short film made by group of people who have experience of what it is like to have an eating disorder, and the premier screening of the music video for the single “This is Me”; a collaboration between MBEEDs, No Bodies Perfect and Jacqueline Fulton, released especially for EDAW 2014.

I would like to extend my sincere gratitude for all of those who attended and made the conference impactful beyond expectations. I express special appreciation for those who so courageously shared their own personal experiences with eating disorders. Having lost my own daughter Caroline in February 2011, I understand how painful it can be to cope with eating disorders and commend the tremendous strength of those who shared their stories.

While there is still considerable progress to be made in ensuring effective treatment and prevention of eating disorders, I firmly believe that the impactful discussions at our conference made great strides in bringing us closer to our goal of developing and systematically implementing new ways to treat eating disorders across Scotland.

It is imperative that the momentum initiated from the conference must be maintained through our relentless efforts in combating eating disorders, both at the clinical and political levels. ‘The Way Forward’ Conference has broken ground in these areas and I am confident that together we can alleviate the widespread pain of our loved ones and fellow Scots suffering from eating disorders.

Looking forward to seeing and hearing from you all at the next conference, which I intend to hold in February 2016.

With best wishes,

Dennis Robertson MSP
NHS Scotland Event – Poster presentation
We submitted a poster abstract for the NHS Scotland Event on The Schools Conference that we organised in September last year. We were absolutely delighted when our submission was accepted and Linda Keenan went along to the conference with our poster submission and although we were not selected to win a prize were delighted to have been shortlisted.

First Eating Disorders Conference
In a School Setting

Aim
To integrate the expertise of teachers and mental health clinicians to address the rising prevalence of eating disorders in school pupils.

Methods
A working group within the North of Scotland Managed Clinical Network for Eating Disorders (MCN), working with Aberdeenshire Council, planned a one day interactive conference aimed primarily at Guidance Teachers and School Nurses.

2 key people were co-opted:
Head Teacher Neil Morrison, Portlethen Academy (left) and Dewna Robertson, MPh, who lost his daughter to Anorexia Nervosa

Format of the day:
Morning Presentations: from
- teachers
- a mother who cared for her anorexic daughter through school
- a young woman, now recovered
- a mother who cared for her anorexic daughter through school,
- teachers
- Eating Disorders specialist nurses

Afternoon:
- Workshop groups: generating comments and questions for
  - Primary: Question Padd
  - Delineate: completed structured feedback questionnaires

Outcomes and results
22 secondary schools and colleges in Aberdeenshire and Aberdeen City were represented. Feedback demonstrated that the conference was enthusiastically received.

Proportion of delegates giving poor (?) through fair (red), good (green) to excellent (purple) ratings

Reception from Aberdeenshire Council, made formal pledges to the Conference, to ensure the care of schoolchildren with eating disorders.

Outcomes and results
22 secondary schools and colleges in Aberdeenshire and Aberdeen City were represented. Feedback demonstrated that the conference was enthusiastically received.

Conclusions
Partnership working enabled school staff to understand what to do and who to speak to when students show signs of an eating disorder.

Feedback also suggested that the same delivery model would be effective and could also address other mental health issues, such as self harm, and substance abuse, which are an issue in the school setting.

Outcomes and results
22 secondary schools and colleges in Aberdeenshire and Aberdeen City were represented. Feedback demonstrated that the conference was enthusiastically received.

Managed Clinical Network Annual Event
– December 2013

Medical and Psychological Management of Very Severely Ill Eating Disorder Patients

Our annual clinical event this year took the form of Anonymised Case Presentations and discussions on these from Clinicians across the region.

There were presentations from each geographical area in the network and also a presentation from the local CAMHS team in NHS Grampian and one from Dr Alastair Mackinlay, Consultant Gastroenterologist, Aberdeen Royal Infirmary.

The event was extremely well attended and in fact had more people turn up than had submitted booking forms but no-one was turned away!

The feedback from the event was extremely positive and people felt that it has been an informative and useful event. Some comments received on the event are shown below: Formal evaluation was collated from feedback forms and this is shown in graphical format.

Very useful, interesting day!
Excellent insight re perspectives from mental health.
Encouraged reflection on current practice.

Very interesting day. Extremely motivating.
Excellent example of difficulties of putting guidelines into practice.
Good to get a reminder of the perspective that other staff might have.
Scottish Eating Disorders Interest Group  
– Carers Conference 2014

Concerning Carers – The Way Forward

The Annual Carers Conference took place on Saturday 1st March 2014 to coincide with Eating Disorders Awareness Week – 2014. This year’s Conference was funded by the Scottish Government and was therefore offered free to any carer who wished to attend. This is turn had the wonderful effect of allowing us to have the most well attended conference ever with around 50 people attending.

The theme for this year’s Carers Conference was Concerning Carers – The Way Forward and we had the great pleasure of welcoming Mrs Susan Ringwood, Chief Executive from the Charity Beat, as our opening speaker. We also had presentations from Mrs Veronica Kamerling an experienced, Heather Cassie, Chairperson of North East Eating Disorders Support Group and Karen McMahon presented on the topic of Family Based Treatment for Eating Disorders.

We finished the day off with a discussion panel which as always elicited a lot of questions and discussions.

The Carers Conference seems to go from strength to strength every year and we do hope that we can continue to develop and grow as the feedback always indicates that there is a need for this type of event from both and learning and networking point.

Once again the feedback from this event is excellent and motivates us to continue hosting a conference aimed directly at carers on an annual basis.

Linda Keenan
SEDIG Secretary
Eden Unit Activity and Outpatient Activity Across the North of Scotland April 2013 to March 2014

The Eden Unit is a 10 bedded unit and has had 28 admissions during the period April 2013 to March 2014 with an overall average length of stay of 139.9 days.

The Unit has run with an average 94% occupancy rate over the period.

We have had to send four patients out of area for treatment during this time due to the unit being full and the risk share agreement has been brought into use for these patients.

Referrals to Out-Patient Services across North Scotland

Over the past 3 years referral rates to NHS Grampian Eating Disorder Outpatient service has risen from 208 in 2011 to 255 in 2014. This trend has not been followed in NHS Tayside or NHS Highland.

NHS Highland appears to have had a drop in the number of referrals and NHS Tayside had a large increase in 2012/13 but this has dropped over the past year.

This is shown in graphical format below.
Overview
Eating Disorders Education and Training Scotland – EEATS – continues to flourish and to serve its original purpose: the improvement of Eating Disorders Services in Scotland by means of ensuring evidence-based training for all professionals involved in the specialty. EEATS was conceived in 2006 with the strong founding principle that training should be multi-disciplinary, multi-agency and across the age range wherever possible. We acknowledged the need to allow for differences, modifications and particularities to each candidate’s clinical profession, so included both ‘core’ and ‘tailor-made’ elements in the syllabus.

We offer an evidence-based training pack which candidates can work their way through, over a period of time, to enhance their skills and knowledge in the field of eating disorders. We nurture and train supervisors, to ensure that our accreditees are trained by the best possible role-models and mentors, and we provide an annual one day trainee’s conference with both formal and informal teaching to encourage best use of the syllabus and to provide opportunities for inter-disciplinary learning.

Our website, available on www.eeats.co.uk, continues to accrue positive feedback and attracts communications of interest from abroad, and – most recently – participation from clinicians in Eire and Jersey as well as across Scotland.

This year we have been strikingly active in our goal of bringing important respected training opportunities to Scotland rather than expecting individuals to evaluate opportunities and then to spend scarce time and money on travel and accommodation. In addition to the savings made by bringing trainers up to us, we have added the advantage of being able to train with our own colleagues, teams and networks, and the further bonus of being in a position to benefit from locally available charitable funding. Please do read more about the trainings in FBT and in CFT which have been organised by EEATS, in association with valued colleagues in both CAMHS MCN and other networks.

Numbers
As of Autumn 2014, there are 17 individuals who are either accredited or reaccredited with EEATS. 10 clinicians are currently engaged in working towards accreditation, with four submissions in the process of marking. We have 22 registered supervisors – all themselves EEATS accredited or reaccredited, and committed to attending at least one annual training day. We have more supervisors than trainees on our books, which allows some supervisors to ‘double up’. In one case, a trainee in the far north received supervision jointly from clinicians in the West and in the North East. Much of the supervision was accomplished via video-conferencing. Supervisors taking a break from current supervision are in a position to undertake marking – this is particularly important since all submissions are at least double-marked, with third marking of any dubious or substandard portfolios.

Financial situation
EEATS remains financially independent, but has also benefitted greatly from further small grants from NES from time to time. We are particularly grateful for a grant to be spent before April 2015, as this will allow us to offer scholarships to CAMHS eating disorders clinicians, and thus further our objective of ensuring that training extends across the age range and across transitions.

Supervisor training days
Supervisor training days were held on 4th October 2013 in Dundee, on 16th May 2014 in Aberdeen, and most recently on 3rd September 2014 in Glasgow. At each meeting, supervisors discuss trainees’ progress, develop additions and modifications to the syllabus, confer about marking, write MCQs to add to the bank for the online ‘theory test’ and benefit from teaching by invited experts. This year we particularly enjoyed a workshop led by Psychotherapist Malcolm Kay, who discussed some key psychotherapeutic concepts in the classic papers ‘The Ailment’ and ‘Hate in the Countertransference’.

The group of supervisors also acts as a steering and consultation committee for EEATS. Early discussions were focussed on the practical establishment of the EEATS scheme. More recently we have embarked on discussions as to whether EEATS should approach one of the Scottish Universities and seek affiliation, so that participants can benefit from university credits. Please let us know if you as readers have any views on this.

Trainees’ annual day in Edinburgh
The annual trainee’s one day workshop for 2013 was held – as has become traditional – at the Training and Conference Centre in Edinburgh. This is the very popular and conveniently central venue endorsed by excellent feedback from our trainees from across Scotland, and where we now enjoy special rates. We have therefore planned the same venue for 2014.

For 2013 our supervisors had requested that a workshop on Formulation be provided. The topic had caused some concern from markers, and consternation on the part of those supervisors who were not themselves particularly confident in producing psychological formulations. Dr Yvonne Edmonstone of NHS Highland, together with her colleague Jessie MacDonald, had already provided an acclaimed presentation and role play on this topic for the Supervisors’ workshop, and ‘replayed’ this for trainees.

Feedback demonstrated that trainees were grateful for the didactic and practical elements of the day, for the opportunity to air any difficulties they were having, but perhaps most of all for the opportunity afforded to network with colleagues from a small specialty working across a large geographical area.

We are confident that the networking opportunities that are a side-effect of the EEATS scheme are as important in improving services across Scotland as the content of the formal training it fosters.

Jane Morris
October 2014
Following the success of our first Schools Conference held in September 2013 we decided to host another Schools Conference in the Lothian Area during Eating Disorders Awareness week 2014. We approached Moray House School of Education in Edinburgh and they were keen to help by offering us a venue for the occasion. This enabled us to put the conference on free of charge.

We invited teachers and school nurses from across the Lothian Region and from Independent Schools across Scotland. We used the same format for the day as we had used at our first conference, which feedback had informed us worked well. This comprised of presentations from Dr Jane Morris, a parent, a recovered sufferer as well as a presentation from the CAMHS Service in NHS Lothian. The afternoon also included a workshop to formulate questions to put to a question panel comprising the presenters from the mornings programme.

The conference was well attended with 50 delegates attending. We once again asked participants to complete feedback forms which demonstrated that the format and content was well received, useful and appropriate. I have included some of the comments we received below:

Linda Keenan
MCN Manager

“Thank you for organising an informative and thought provoking course on such a current issue.”

“Very knowledgeable and insightful.”

“Very good day. Should be rolled out to all education, health and social work staff.”

“I think this should be compulsory for all those working with children/young adults.”

“A wonderful day. Very informative and thought provoking. Excellent.”

Compassion Focussed Therapy Training

Following on from Dr Ken Goss’s presentation at the Aberdeen Eating Disorders Conference in 2013 and under the auspices of EEATS we finally managed to set some dates and run an Introductory and an Advanced Workshop on Compassion Focused Therapy in June 2014. We opened up the workshops to people from across both Scotland and the United Kingdom and even had a delegate from Brussels attend! Once again with no budget to run the training we had to ensure that we broke even financially but managed to do this despite my slight panicking!

The introductory course was delivered over a two day period in Cornhill Hospital, Aberdeen. Although our training room had its problems – too hot during a very sunny period here in Aberdeen - the course was extremely well received and some of the delegates who had booked onto the workshop were disappointed that they could not make it along to the advanced course.

The advanced course was run over three days and again was hailed as a success. Dr Goss was an excellent speaker/presenter who managed to make his audience laugh whilst educating them.

Feedback included comments such as:

“Entertaining and informative. Still enthusiastic about approach and keen to apply in our setting.”

“I have really enjoyed the CFT Introductory Workshop, which has been very informative and very well presented. I will look forward to the next three day workshop and hope to help implement CFT interventions/programmes within our Outpatient ED Service.”

“Fantastic training – very informative – good balance between skills and knowledge.”

Linda Keenan
MCN Manager
### Membership of the Managed Clinical Network for Eating Disorders Steering Group

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<tr>
<th>Name</th>
<th>Title</th>
<th>NHS board area/organisation</th>
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<tr>
<td>Dr Sam Aitcheson</td>
<td>Consultant Clinical Psychologist</td>
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<tr>
<td>Dr Peter Carr</td>
<td>Staff Grade Psychiatrist in Psychotherapy</td>
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<td>Mrs Lorna Carroll</td>
<td>Specialist Dietitian</td>
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<td>Dr Lesley Dolan</td>
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<td>Ms Anne Fraser</td>
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<td>Mrs Heather Cassie</td>
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### Budget statement

#### March 2013 to March 2014

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