

## **Eating Disorder Service Remit & Philosophy**

*The Eating Disorder Service, Royal Cornhill Hospital, Aberdeen is an outpatient service only. It provides services for service users aged 18 to 65 in terms of assessment and ongoing treatment. Assessment will only be initially offered if it is felt there is a likelihood a service user is suffering from either Anorexia Nervosa, Bulimia Nervosa, or an atypical syndrome of those two including binge eating disorders. Our treatment philosophy is to provide individualised, holistic assessment and treatment, to maintain quality of those treatments, and our aim is to provide this whilst taking into account the wishes and expectations of our service users. We also aim to work alongside families and carers. Assessment and treatment is based on accepted and validated measures, interventions and treatments as evidenced in NICE guidelines, QIS guidelines and other nationally accepted guidelines that are relevant. These will be the most current, up to date versions of those guidelines.*

## **What we do - Assessment**

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### **Triage Assessment**

All referrals to the Eating Disorder Service are discussed at the weekly multi-disciplinary Clinical Meeting. If the referral is considered appropriate, the patient is sent 4 questionnaires to complete and return. The return of these questionnaires acts as the opt-in to the service. Patients are then invited to attend a triage assessment appointment with one or 2 members of the EDS team. Triage assessment usually takes place within six weeks of being referred to the service.

Triage assessment is carried out for a number of reasons:-

- To ensure that the referral is appropriate to the service
- To establish a diagnosis
- To assess risk
- To discuss treatment options and agree a treatment plan
- To assess motivation to change

Following a triage assessment, the patient is placed on the appropriate waiting list for treatment. The referrer and patient both receive a letter detailing what has been decided at triage.

The length of time a patient will have to wait for treatment depends on the treatment package that has been agreed. Generally patients will have to wait longer for individual treatment than for group treatments.

Although Grampian EDS does not offer an emergency service, patients who are assessed to be at a higher risk will be prioritised accordingly.

### **Extended Assessment / Individual Therapy**

Once a patient reaches the top of the Extended Assessment waiting list, they will be sent an appointment to see a key therapist who will carry out a detailed assessment. This assessment usually takes 2 - 3 sessions with a key therapist and includes the following information.

- Reason for referral - current problems
- Full history of eating and weight, including familial attitudes to shape/weight/eating.
- Previous personality
- Other psychological symptoms such as mood level
- Diagnosis (ICD 10).
- Formulation based on patient's aims/goals and agreed treatment plan

The patient will also be asked to complete some questionnaires and bring these to their first appointment with their key therapist.

A copy of the initial assessment and formulation will be sent to the General Practitioner or other referral agency. Any agreed treatment will follow the allocated agreed extended assessment, this varies individually.

### **Physical Assessment**

Some high risk patients will also be given the opportunity to attend for a full physical assessment which will include measurements of height and weight. An examination of heart, muscles, nerves and digestive system is made and a small quantity of blood is taken for testing. These results will also be forwarded to the General Practitioner.