



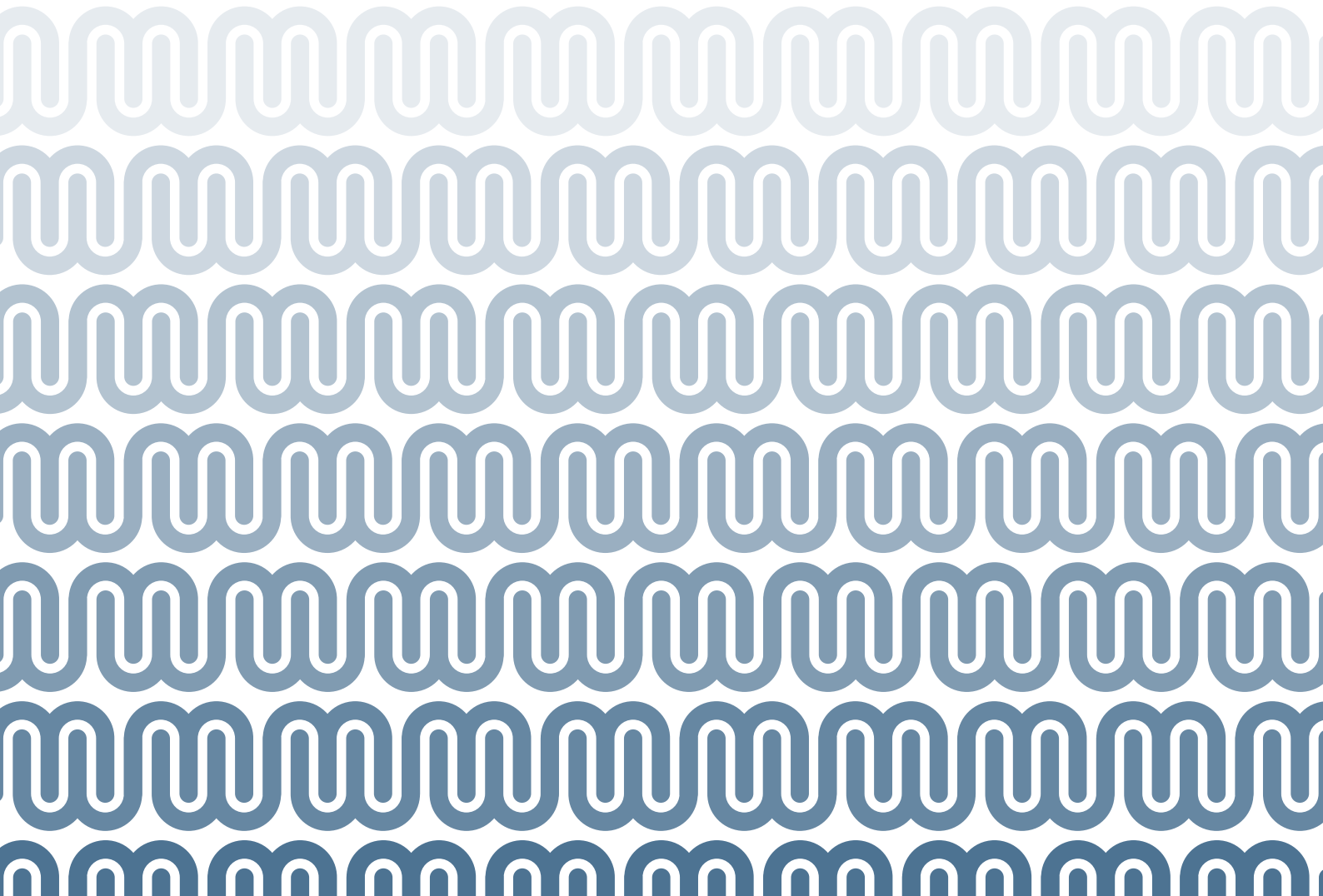
**mental welfare**  
commission for scotland

# Mapping of Eating Disorder Services across Scotland

Themed visit report

---

September 2020



# Our mission and purpose

## Our Mission

To be a leading and independent voice in promoting a society where people with mental illness, learning disabilities, dementia and related conditions are treated fairly, have their rights respected, and have appropriate support to live the life of their choice.

## Our Purpose

We protect and promote the human rights of people with mental illness, learning disabilities, dementia and related conditions.

## Our Priorities

To achieve our mission and purpose over the next three years we have identified four strategic priorities.

- To challenge and to promote change
- Focus on the most vulnerable
- Increase our impact (in the work that we do)
- Improve our efficiency and effectiveness

## Our Activity

- Influencing and empowering
- Visiting individuals
- Monitoring the law
- Investigations and casework
- Information and advice

## Mapping of Eating Disorder Services across Scotland

As part of this themed visit we gathered information about services developed for individuals with eating disorders across Scotland. We are aware from our work that services that look after individuals with eating disorders are very varied across the country.

In July 2019 we wrote to all Health Board Chief Executives with a standard list of questions. The information we received was helpful but, for a number of boards, varied in content and clarity. In early 2020 we conducted a follow up request for information from those Health Boards where there was uncertainty over service provision. Unfortunately although we received a good response from many Boards overall, the impact of the Covid 19 pandemic delayed the chasing up of data to try and provide a complete data set initially. Prior to final publication we were able to gather further information and check with Boards the accuracy of the information we had collected. 10 of the 14 Boards gave us feedback on the information provided. The information contained in this appendix is based on the information provided to us by the Boards about their services in response to our enquiries.

We found the readiness with which Boards were able to respond to our enquiries about services for individuals with an eating disorder varied widely. The collated information demonstrates the wide variability of services across the country. Although the table on page 75 of our report *Hope for the future* provides a summary of services for the different health boards, it is important to be aware that such a summary when read in isolation carries the risk of hiding the variability and complexity of service provision it portrays.

### Contents

Ayrshire & Arran .....	4
Borders .....	5
Dumfries and Galloway .....	6
Fife .....	7
Forth Valley .....	8
Grampian .....	9
Greater Glasgow and Clyde.....	11
Highland .....	13
Lanarkshire.....	14
Lothian.....	15
Orkney.....	16
Shetland.....	17
Tayside .....	18
Western Isles.....	19

## **Ayrshire & Arran**

### **Mental Health Inpatient facilities:**

Specialist adult: The Priory Glasgow

General Adult (18 yrs+): Ward 9, Woodland View. A small team of staff have been trained to manage stabilisation in order to facilitate discharge into community.

Child and Adolescent mental health services CAMHS (under 18 yrs): Skye House Regional Adolescent Unit, Stobhill Hospital, Glasgow.

### **Community facilities:**

Specialist Eating Disorder Service Across Age range: Community Eating Disorder Service (CEDS) is a pan Ayrshire service that provides comprehensive treatment for individuals with either Anorexia Nervosa or Bulimia Nervosa who are 12 years and older based on NICE guidelines. The service is not a stand alone service but works with primary mental health care teams (PMHCT), community mental health teams (CMHT), CAMHS and inpatient services. Operational Guidance documentation outlines the role of CEDS and adult or CAMHS teams and provides an overview of pathways between services.

Generic Adult Service: Primary Care Mental Health Teams and Community Mental Health Teams based in North East and South Ayrshire.

Generic CAMHS Service: CAMHS based in North, East and South Ayrshire.

Day Patient Adult facilities: None

Day Patient CAMHS facilities: None

Specialist Network to discuss Complex Cases: None

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Generic Paediatric beds in Crosshouse Hospital. Junior Marsipan group exists with Paediatrician attending from Crosshouse Hospital.

16+ Medical Admissions: Generic Medical Ward with no designated beds or designated medical staff for patients above the age of 16 with an eating disorder.

## **Borders**

### **Mental Health Inpatient facilities:**

Specialist adult: Regional Eating Disorder Unit (REDU) at St John's Hospital, Livingston. The Eden Unit in Aberdeen can be funded if necessary.

General Adult (18 yrs+): Huntlyburn Inpatient Unit, Borders General Hospital, Melrose

CAMHS (under 18 yrs): Young People's Unit, Royal Edinburgh Hospital, Edinburgh

### **Community facilities:**

Specialist Eating Disorder Service Adult: Borders Eating Disorder (BED) team comprises a specialist dietician and psychologist specialising in eating disorders who work with CMHTs with individuals whose primary diagnosis is an eating disorder. Care pathways are currently in development.

Specialist Eating Disorder Service CAMHS: Access to BED team dietician for all ages and BED psychologist for 16-18 year olds where individual psychological therapy is indicated.

Specialist Eating Disorder Service Across Age range: See above.

Generic Adult Service (18 years +): CMHTs East and West based at Huntlyburn house, CMHT South based in Hawick.

Generic CAMHS Service (under 18s): Andrew Lang Unit, Selkirk. Care pathways in development.

Day Patient Adult facilities: None

Day Patient CAMHS facilities: None

Specialist Network to discuss Complex Cases: South East Scotland network meets quarterly and complex adult cases may be discussed there.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Paediatric ward, Borders General Hospital, Melrose

16+ Medical Admissions: General Medical Ward, Borders General Hospital, Melrose

## Dumfries and Galloway

### **Mental Health Inpatient facilities:**

Specialist adult: None unless the post of full time dietician is vacant.

General Adult (18 yrs+): Midpark Hospital, Dumfries with support from the Eating Disorder Inpatient team (EDIT).

CAMHS (under 18 yrs): Skye House Regional Adolescent Unit, Stobhill Hospital, Glasgow.

### **Community facilities:**

Specialist Eating Disorder Service Adult: Specialist Eating Disorder Service (SEDS) is based within Mountain Hall Treatment Centre, Dumfries and comprises a Consultant Psychiatrist, Specialist Consultant Psychologist, Specialist Dietician, staff nurses and additional health care support workers who have specialist training in Eating Disorders. An integrated Care Pathway describes care provision and standards for adult patients with anorexia nervosa or bulimia nervosa from time of referral including primary care responsibilities and criteria for various inpatient medical and mental health resources. Referrals are made from CMHT to SEDS which provides specialist treatment for a period of up to 6 months.

Specialist Eating Disorder Service CAMHS: None

Specialist Eating Disorder Service Across Age range: None

Generic Adult Service: Wigtownshire, Stewartry, Dumfries, Nithsdale and Annadale CMHTs are supported by SEDS in order to provide support for adults with an eating disorder. Each of the CMHTs have an identified nurse with specialist training provided via SEDS. The SEDS Consultant Psychologist has a separate ED clinic for supporting treatment of people with ED who are managed by the CMHT. The SEDS Consultant Psychiatrist will also see and review CMHT ED patients if requested by CMHT.

Generic CAMHS Service: CAMHS is provided across the region and in addition to community teams CAMHS has an Intensive team (CITS) which works intensively with young people. CAMHS has 1 family based therapist who works with families.

Day Patient Adult facilities: Mountainhall Treatment Centre provides facilities which include day-based care and meal support for four days a week. This is supported by SEDS or identified nursing staff who have been trained through our SEDS for the following groups of patients: (i) adults with anorexia nervosa (AN) who are at high risk (ii) adults with AN not responding to CMHT input (iii) adults in early stage of AN for whom early intervention may be helpful (iv) adults with severe and enduring eating disorders (SEED) (v) adults with severe bulimia nervosa.

Day Patient CAMHS facilities: None

Specialist Network to discuss Complex Cases: None.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Paediatric ward at Dumfries and Galloway Royal Infirmary.

16+ Medical Admissions: Dumfries and Galloway Royal Infirmary. ICP outlines criteria for medical as opposed to mental health admission and dietetic support and psychological provision while an inpatient.

## **Fife**

### **Mental Health Inpatient facilities:**

Specialist adult: REDU at St John's Hospital, Livingston

General Adult (18 yrs+): General Adult beds in relevant sector ward.

CAMHS (under 18 yrs): Young People's Unit, Royal Edinburgh Hospital, Edinburgh

### **Community facilities:**

Specialist Eating Disorder Service Adult: Anorexia Intensive Treatment Team (ANITT) is a small specialist multidisciplinary team originally designed for people with severe anorexia nervosa. ANITT is based in Stratheden Hospital, Cupar but covers the whole of Fife. ANITT is currently under review and is to be resigned to broaden the team's remit to increase joint working with CMHTs and to facilitate more consultancy.

Specialist Eating Disorder Service CAMHS: None

Specialist Eating Disorder Service Across Age range: None

Generic Adult Service: Patients with less severe eating disorders are seen by CMHTs and/or general adult clinical psychology with input, if needed, by a dedicated dietician for mental health.

Generic CAMHS Service: Psychologists within community CAMHS teams have training in CBT-E and multidisciplinary staff across Fife CAMHS have training in FBT. The generic CAMHS Intensive Therapy Service (ITS) provides community based intervention for young people with severe mental health difficulties and are responsible for managing CAMHS patients diagnosed with Anorexia or where physical presentation is causing concern.

Day Patient Adult facilities: None

Day Patient CAMHS facilities: None

Specialist Network to discuss Complex Cases: South East Scotland network meets quarterly and complex adult cases may be discussed there.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Paediatric Ward, Victoria Hospital, Kirkcaldy

16+ Medical Admissions: Generic Medical Ward, Victoria Hospital, Kirkcaldy. Liaison psychiatry have developed relationships with gastroenterology to facilitate MARSIPAN guidelines.

## **Forth Valley**

### **Mental Health Inpatient facilities:**

Specialist adult: Regional Eating Disorder Unit (REDU), St John's Hospital, Livingston

General Adult (18 yrs+): Mental Health Unit Forth Valley Royal Hospital if complex comorbidity otherwise do not use

CAMHS (under 18 yrs): Skye House, Stobhill Hospital, Glasgow

### **Community facilities:**

Specialist Eating Disorder Service Adult: Eating Disorder Service based at Stirling Community Hospital and area wide. The service comprises a multidisciplinary team of specialist psychiatry, nurse therapists and dieticians who work with individuals with moderate to severe anorexia or bulimia nervosa. Operational guidance for the role of service is available and the psychiatrist attends monthly meetings with CAMHS.

Specialist Eating Disorder Service CAMHS: None

Specialist Eating Disorder Service Across Age range: None

Generic Adult Service: Individuals with less severe eating disorders or where there is complex comorbidity are cared for within the community mental health teams based across Forth Valley.

Generic CAMHS Service: CAMHS teams are based in Falkirk and Stirling. In addition to generic skills some nurses and psychologists have been trained in FBT and CBTe and the service has access to specialist dieticians. In addition to the regular intensive (tier IV) iCAMHS meetings monthly eating disorder meetings are held within CAMHS which the specialist eating disorder adult psychiatrist attends. The CAMHS Eating Disorder pathway is currently under review and a draft pathway is available.

Day Patient Adult facilities: None

Day Patient CAMHS facilities: None

Specialist Network to discuss Complex Cases: South East Scotland network meets quarterly and complex adult cases may be discussed there.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): paediatric ward Forth Valley Royal Hospital. Ongoing work to incorporate work undertaken by Marsipan group to include paediatric admissions.

16+ Medical Admissions: Medical Unit at Forth Valley Royal Hospital if over 16. Marsipan pathway. Patients are admitted via 2 of the GI physicians with special interest and expertise in ED.



## Grampian

### **Mental Health Inpatient facilities:**

Specialist adult: The North of Scotland Eating Disorder Unit (Eden Unit), Royal Cornhill Hospital Aberdeen. 10 bedded specialist ED unit.

General Adult (18 yrs+); Crathes Ward, Royal Cornhill Hospital

CAMHS (under 18 yrs): Dudhope House, Dundee

### **Community facilities:**

Specialist Eating Disorder Service Adult: Grampian has a specialist 18-64 (adult) eating disorder out-patient service (EDS) based at Royal Cornhill Hospital in Aberdeen but covering the whole of Grampian. EDS also provides a service to adults in Orkney and Shetland. The majority of outpatients with an eating disorder are managed within EDS which provides MDT based assessment and intervention for patients with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and atypical presentations/EDNOS. EDS is an outpatient, hospital based clinic service in Aberdeen and comprises psychologists, psychiatrists, nurse therapists, a dietitian, a physiotherapist, a Physician Associate and a team secretary.

Specialist Eating Disorder Service CAMHS: (see generic CAMHS entry below)

Specialist Eating Disorder Service Across Age range: None

Generic Adult Service: Patients with comorbid mental health problems may be seen in community mental health teams (CMHTs) in addition to the Eating Disorder Service. Patients with ED symptoms that are less severe or secondary to other mental health problems may be seen only in CMHTs or in NHS Grampian's specialist Psychotherapy Service. In such cases EDS can provide advice and consultancy in managing the ED symptoms. Consultancy is also provided to Older Adult services.

Generic CAMHS Service: NHS Grampian CAMHS has a specialist CAMHS Eating Disorder Team, hosted within the generic CAMHS service. The CAMHS Eating Disorder team provides input for those aged 0 - 18 living within the NHS Grampian area. The team is not specifically resourced rather is a specialist care pathway that has been developed within CAMHS. The team covers all of the NHS Grampian area from the 2 CAMHS bases, one at the Links Unit in Aberdeen and the other at the Rowan Centre in Elgin.

Day Patient Adult facilities: Day patient facilities may be provided at the Eden Unit for Grampian patients.

Day Patient CAMHS facilities: none

Specialist Network to discuss Complex Cases: The North of Scotland Managed Clinical Network is based in Royal Cornhill Hospital, Aberdeen and comprises 3 mainland Health Boards (Grampian, Tayside, Highland) & 3 Islands Boards (Shetland, Orkney, Western Isles (in discussion)). Monthly VC meetings hosted by the North of Scotland MCN involving EDS are available which provide consultation between MCN Eating Disorder adult specialists and local adult mental health clinicians from around the network.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): generic paediatric beds are supported within a local joint multidisciplinary Junior MARSIPAN pathway between Paediatrics/ Dietetics/

Nursing and CAMHS in terms of an agreed admission protocol as and when required. This has involved training across services and ongoing quarterly meetings / joint case reviews.

16+ Medical Admissions: ward 104 in Aberdeen Royal Infirmary is a Gastroenterology ward. The North of Scotland network, MCN has supported the development of a care pathway between outpatient, the regional inpatient unit (Eden Unit) and medical services (Gastroenterology in Aberdeen Royal Infirmary). The collaboration is respected nationally in the care of anorexic patients at high medical risk. In 2015 a joint project between the Eden Unit Team and their Gastroenterology colleagues was recognised with a prestigious SAGE Award. This award led to the production of Springer's Handbook of Multidisciplinary Management of Eating Disorders (2018) and the development of the companion website Anorexiabytes, free to all clinicians (to be launched summer 2020)

## Greater Glasgow and Clyde

### **Mental Health Inpatient facilities:**

Specialist adult: 4 specialist eating disorder beds in general adult psychiatry ward (Armdale) in Stobhill Hospital, Glasgow. Beds are supported by AEDS psychiatrist and dietician (see below) and AEDS keyworkers join reviews meetings. Ward nurses receive specific training and supervision for patients with Eating Disorders.

General Adult (18 yrs+): Adults who do not require specialist inpatient beds are treated within their local mental health inpatient treatment facility (Stobhill Hospital, Leverndale Hospital, Gartnavel Hospital, Dykebar Hospital and Inverclyde Royal Hospital). AEDS clinicians including a psychiatrist are to provide support to these admissions.

CAMHS (under 18 yrs): Skye House, Stobhill Hospital, Glasgow

### **Community facilities:**

Specialist Eating Disorder Service Adult: Adult Eating Disorder Service (AEDS) is a specialist multidisciplinary service that has been recently reviewed and service specification is not yet available. AEDS has historically cared for individuals with moderate to severe eating disorder using a stepped care model and support CMHTs with individuals with mild to moderate eating disorder.

Specialist Eating Disorder Service CAMHS: GGC has a hub and spoke model whereby Connect- ED (eating disorders specialist team) provides specific evidence based therapies and patients are often treated within generic CAMHS teams (including intensive teams) where they access psychiatry and other supports. The team provide evidenced based therapies, Family Based Treatment (FBT) and Cognitive Behavioural therapy for eating disorders (CBT-ED). Connect ED central base is at Templeton but clinics also held close to sectors.

Generic Adult Service: The 19 Community mental health teams across the area look after individuals with less severe eating disorder or where there is complex comorbidity.

Generic CAMHS Service: 8 generic community CAMHS teams (North, South, East, West, East Renfrewshire, Renfrewshire, Inverclyde and West Dunbartonshire) provide elements of the care of many young people with eating disorder in conjunction with Connect ED. The Intensive team (ICAMHS) supports those with more severe eating disorders.

Day Patient Adult facilities: AEDS provides day programme which involves groups as well as supported meals. Proposals to develop a community based Intensive Day Unit (6 places) to support treatment in the community are in the early stages of development.

Day Patient CAMHS facilities: None

Specialist Network to discuss Complex Cases: None

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): ward 3 A Royal Hospital for Children. Connect-ED work collaboratively with the paediatric team, Liaison Psychiatry and Intensive CAMHS throughout the admission. Ward 3A staff have received ED-specific training. Liaison Psychiatry provide on-site support to the paediatric ward team. A pathway outlining admission clarifying roles and processes is available.

16+ Medical Admissions: Patients may also receive care in the acute sector in one of four hospitals (Glasgow Royal Infirmary, Queen Elizabeth University Hospital, Vale of Leven Hospital and Royal Alexandra Hospital). AEDS provides psychological input to those inpatients and the specialist AEDS Link Nurse offers expert advice and training and attends ward rounds where possible. The service has a well-established Marsipan group and is currently working to implement a MARSIPAN protocol and to limit the number of hospitals for inpatient treatment to two as part of its ongoing review.

## Highland

### **Mental Health Inpatient facilities:**

Specialist adult: North of Scotland Eating Disorder Unit (Eden Unit) Royal Cornhill Hospital, Aberdeen.

General Adult (16/17/18 yrs+): New Craigs Hospital, Inverness

CAMHS (under 16/17/18 yrs): Dudhope House, Dundee

### **Community facilities:**

Specialist Eating Disorder Service Adult: Highland Eating Disorder Service (HEDS) is an outpatient specialist eating disorder service based in Inverness and serving the Highland Council area (not Argyll and Bute). HEDS receives referrals for all patients with eating disorders and may co- manage individuals who have other comorbid conditions within their CMHTs if appropriate, generally using the Care Programme Approach to co-ordinate care.

Specialist Eating Disorder Service CAMHS: None

Specialist Eating Disorder Service Across Age range: None

Generic Adult Service: NHS Highland has CMHTs with a number of bases covering the north (Caithness, Sutherland), south (INBS, Inverness, Nairn and Ardersier, Badenoch and Stathspey), mid (Mid Ross, East Ross) and west (Skye & Lachalsh, Wester Ross, Lochaber) of the region. Argyll and Bute has a CMHT based at Helensburgh for Helensburgh and Lomond areas provided by NHS Greater Glasgow and Clyde.

Generic CAMHS Service: Eating disorder referrals are triaged and managed within the generic service. Physical monitoring of patients is mostly requested of GPs. Some members of the multidisciplinary team have been trained in Family Based Treatment for Anorexia Nervosa (FBT), and some psychology colleagues have CBTe (CBT for Eating Disorders) training also.

Day Patient Adult facilities: Mealtime lunch support and training programme provided for two days a week at New Craigs Hospital, Inverness.

Day Patient CAMHS facilities: none

Specialist Network to discuss Complex Cases: Monthly VC meetings hosted by the North of Scotland MCN are available which provide consultation between MCN Adult Eating Disorder specialists and adult mental health clinicians locally.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): generic paediatric beds are available supported by CAMHS outreach team to support families and paediatric staff during admission.

16+ Medical Admissions: Ward 7c Raigmore Hospital, Inverness. Local MARSIPAN group comprised of medical (Gastroenterology consultant), specialist nutrition dietetic and nursing colleagues meets for regular review and organised training and updates for nursing and other staff.

## Lanarkshire

### **Mental Health Inpatient facilities:**

Specialist adult: the Priory, Glasgow if specialist Eating Disorder admission is required

General Adult (16/17/18yrs+): Adult mental health wards (Ward 19 - 25 beds & Ward 20 - 25 beds). University Hospital Hairmyres (Ward 1 - 23 beds & Ward 2 - 23 beds) in University Hospital Wishaw.

CAMHS (under 16/17/18 yrs): Skye House, Stobhill Hospital, Glasgow

### **Community facilities:**

Specialist Eating Disorder Service Adult: The specialist Eating Disorder Community Team (TESS) is a Lanarkshire wide service based in Buchanan Centre, Coatbridge. The service is multidisciplinary and provides direct clinical input to those individuals (and their families) with a severe eating disorder resulting in the person having complex needs. Where required, intensity can be up stepped in the community and meal support can be offered (up to three times a day Monday - Friday for limited periods of time) alongside their MDT input. TESS also operates an early intervention approach (and thus has an adapted criteria for direct clinical work) for individuals with an eating disorder in late adolescence (approximately 16-21 years). Young people who are in education are seen by CAMHS.

Specialist Eating Disorder Service CAMHS: none

Generic Adult Service: All Community Mental Health Teams and Psychological Therapy Teams in Lanarkshire provide input for people with an eating disorder if they don't meet the TESS criteria (Airdrie, Bellshill, Coatbridge, Cumbernauld & Kilsyth, Motherwell, Wishaw, Camglen, Clydesdale and East Kilbride).

Generic CAMHS Service: CAMHS in Lanarkshire provide input for people with an eating disorder if they don't meet the TESS criteria (Airdrie, Bellshill, Coatbridge, Cumbernauld & Kilsyth, Motherwell, Wishaw, Camglen, Clydesdale and East Kilbride). CAMHS operates a local eating disorder tiered pathway within CAMHS teams, with escalation/internal referral to specialist FBT (Family Based Treatment for ED) Clinician and Specialist Dietetic Post, supported by a network of Trained FBT clinicians and CBTe clinicians within the locality CAMHS. Specialist supervision/ case discussion structures form part of the ED/FBT pathway. Transition guidance is available to support transition into TESS from CAMHS.

Day Patient Adult facilities: none

Day Patient CAMHS facilities: none

Specialist Network to discuss Complex Cases: There is no specialist network to discuss cases

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): generic paediatrics ward

16+ Medical Admissions: There are no designated acute medical beds for individuals with an eating disorder.

## Lothian

### **Mental Health Inpatient facilities:**

Specialist adult: Regional Eating Disorder Unit, St John's Hospital, Livingston

General Adult (18 yrs+): Royal Edinburgh Hospital, Edinburgh. St John's Hospital, Livingston.

CAMHS (under 18 yrs): Young People's Unit, Royal Edinburgh Hospital, Edinburgh

### **Community facilities:**

Specialist Eating Disorder Service Adult: The Cullen Centre provides outpatient and small amount of community treatment across the Lothians. It is based at the Royal Edinburgh Hospital.

Specialist Eating Disorder Service CAMHS: Non-clinical Eating Disorder Development Team has no clinical responsibilities but has a role to increasing skills and education and undertake research on eating disorders in young people. NHS Lothian CAMHS are grant holders for a number of national ED innovations such as CARED (web based support) and have received Scottish Government funding with BEAT to deliver and evaluate online peer support for under 25s and the national delivery of ECHO a parent support intervention. CAMHS are also piloting and designing a number of school base preventative programmes.

Generic Adult Service: The Cullen Centre Service work with all the generic mental health teams across Lothian and other specialist services such as Substance Misuse to do joint assessments and joint treatment as appropriate. The Cullen Centre is currently undergoing a service review.

Generic CAMHS Service: Across Lothian there are five generic outpatient CAMHS Teams (North, South, East Lothian, Midlothian and West Lothian teams) who regularly provide assessment, support and treatment for children and young people with an eating disorder. The main treatment focus in the outpatient setting is Family Based Therapy (FBT) or CBT-E, with specific eating disorder pathways and specialist supervision.

Day Patient Adult facilities: None

Day Patient CAMHS facilities: Lothian CAMHS patients have access to either the Day programme at the YPU, Edinburgh or the Day unit at Willowgrove, St John's Livingston . All Lothian CAMHS tier 4 services have an eating disorder programme inclusive of cognitive remediation therapy, a motivation group, a body image group and a parent's support group.

Specialist Network to discuss Complex Cases: Adult: South East Scotland network meets quarterly and complex cases may be discussed there.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Royal Hospital for Children, Edinburgh or St John's Hospital, Livingston

16+ Medical Admissions: REDU have an agreement with Medical Assessment Unit for medical admissions and REDU MDT staff provide liaison and support with care and treatment plans.

## Orkney

### **Mental Health Inpatient facilities:**

Specialist adult: North of Scotland Eating Disorder Unit (Eden Unit), Royal Cornhill Hospital, Aberdeen. Aftercare when patients are discharged back to Orkney is supervised by both VC meeting with Eden Unit, support from NHS Grampian Eating Disorder Service and the local mental health team on Orkney\*.

General Adult (18 yrs+): Royal Cornhill Hospital

CAMHS (under 18 yrs): Dudhope House, Dundee

### **Community facilities:**

Specialist Eating Disorder Service Adult: None on isle. NHS Grampian EDS clinicians may accept some referrals on a case-by-case basis and participate in assessment and formulation of some cases, sometimes using VC with patient and family/carers as well as discussion between clinicians. In the past, NHS Orkney has also funded travel for patients to visit Aberdeen in person for thorough assessment and discussion\*.

Specialist Eating Disorder Service CAMHS: None

Specialist Eating Disorder Service Across Age range: no information provided

Generic Adult Service: CMHT based in Kirkwall, Orkney looks after most patients with eating disorders of lower risk by generalist Community Mental Health Clinicians, led by senior Psychologists and Psychiatrists, and including several nurse therapists who also have the evidence-based skills to treat them. When patients require greater intensity of care or more highly specialist treatment, they are referred to NHS Grampian's Eating Disorder outpatient service. NHS Orkney is visited on an annual basis by MCN staff.\*.

Generic CAMHS Service: no information provided

Day Patient Adult facilities: no information provided

Day Patient CAMHS facilities: no information provided

Specialist Network to discuss Complex Cases: Monthly VC meeting hosted by the North of Scotland MCN which provides consultation between Adult Eating Disorder specialists and adult mental health clinicians on isle\*.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Balfour Hospital, Orkney

16+ Medical Admissions: Balfour Hospital, Orkney

\* information provided by NHS Grampian's response outlining North Of Scotland Managed Clinical Network (MCN).



## Shetland

### **Mental Health Inpatient facilities:**

Specialist adult: North of Scotland Eating Disorder Unit (Eden Unit) Royal Cornhill Hospital. Aftercare when patients are discharged back home is supervised by both VC meeting with Eden Unit, support from NHS Grampian Eating Disorder Service and the local mental health team on isle\*.

General Adult (18 yrs+): Royal Cornhill Hospital, Aberdeen

CAMHS (under 18 yrs): Dudhope House, Dundee

### **Community facilities:**

Specialist Eating Disorder Service Adult: None on isle. NHS Grampian EDS clinicians may accept some referrals on a case-by-case basis and participate in assessment and formulation of each case, sometimes using VC with patient and family/carers as well as discussion between clinicians\*.

Specialist Eating Disorder Service CAMHS: none

Specialist Eating Disorder Service Across Age range: none

Generic Adult Service: Shetland CMHT covering all islands and based in Lerwick, Shetland.

Generic CAMHS Service: Generic CAMHS team covering all islands and based in Lerwick, Shetland.

Day Patient Adult facilities: none

Day Patient CAMHS facilities: none

Specialist Network to discuss Complex Cases: Monthly VC meeting hosted by the North of Scotland MCN which provides consultation between Adult Eating Disorder specialists and adult mental health clinicians on isle\*.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Paediatric Ward, Royal Cornhill Hospital, Aberdeen

16+ Medical Admissions: no information provided.

\* information provided by NHS Grampian's response outlining North Of Scotland Managed Clinical Network (MCN).

## Tayside

### **Mental Health Inpatient facilities:**

Specialist adult: North of Scotland Eating Disorder Unit (Eden Unit), Royal Cornhill Hospital, Aberdeen

General Adult (18 yrs+): Carseview Centre, Dundee

CAMHS (under 18 yrs): Dudhope House, Dundee

### **Community facilities:**

Specialist Eating Disorder Service Adult: NHS Tayside Eating Disorder Service (TEDS) is based in Dundee, with peripheral clinics in Angus and Perth and Kinross. Operational guidance outlines TEDS and pathways between services in Tayside and specific guidance is available for primary care outlining primary care responsibilities. TEDS is a multidisciplinary services for individuals with significant eating disorder symptoms.

Specialist Eating Disorder Service CAMHS: (see generic CAMHS entry below)

Specialist Eating Disorder Service Across Age range: None

Generic Adult Service: 8 CMHTS across Tayside (three in Angus, two in Dundee, three in Perth and Kinross) look after patients where the eating disorder is not the primary issue. Area wide psychology service and psychotherapy service. All may refer into TEDS.

Generic CAMHS Service: Some staff within generic CAMHS community services have designated time to deliver a Tayside-wide outpatient CAMHS eating disorders team which is mostly provided from the Dundee base. This team is multidisciplinary with a consultant psychiatrist, specialist dietitian, family therapist, CBT psychotherapist and 2 nurses and is for young people whose primary difficulties relate to an eating disorder. The service may work with the assertive outreach generic CAMHS locality nurses and the North of Scotland network liaison nurse if there is a clinical need for more intensive community support, support or when a young person is admitted to paediatrics or a medical/gastroenterology bed and when there is poor progress with outpatient treatment or admission to inpatient care is looking likely. The CAMHS eating disorder team also provide advice and consultation to generic CAMHS teams. Operational Guidance provides information about the service and interface with generic CAMHS teams.

Day Patient Adult facilities: none

Day Patient CAMHS facilities: none

Specialist Network to discuss Complex Cases: Monthly VC meeting hosted by the North of Scotland MCN which provides consultation between Adult Eating Disorder specialists and adult mental health clinicians locally.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Ward 29 (paediatrics) Ninewells Hospital, Dundee. Operational guidance is available outlining the standards and processes relating to paediatric admission.

16+ Medical Admissions: Gastroenterology ward of Ninewells Hospital, Dundee

## **Western Isles**

### **Mental Health Inpatient facilities:**

Specialist adult: Western Isles is currently in discussion in relation to inpatient provision.

General Adult (18 yrs+): Western Isles Acute Psychiatric Unit, Western Isles Hospital.

CAMHS (under 18 yrs): Western Isles is currently in discussion in relation to inpatient provision.

### **Community facilities:**

Specialist Eating Disorder Service Adult: none

Specialist Eating Disorder Service CAMHS: none

Specialist Eating Disorder Service Across Age range: none

Generic Adult Service: Stornoway CPNs (Lewis and Harris) Balavanich CPNs (Uists and Barra)

Generic CAMHS Service: NHS Western Isles CAMHS Stornoway, Western Isles Balavanich,

Day Patient Adult facilities: none

Day Patient CAMHS facilities: none

Specialist Network to discuss Complex Cases: Western Isles is currently in discussion in relation to possible provision.

### **Medical Inpatient facilities:**

Paediatric Medical Admissions (0-16 years): Western Isles Hospital, Stornoway

16+ Medical Admissions: Western Isles Hospital, Stornoway



Mental Welfare Commission for Scotland  
Thistle House,  
91 Haymarket Terrace,  
Edinburgh,  
EH12 5HE  
Tel: 0131 313 8777  
Fax: 0131 313 8778

Freephone: 0800 389 6809  
[enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk)  
[www.mwscot.org.uk](http://www.mwscot.org.uk)

Mental Welfare Commission 2020