

# **National Review of Eating Disorder Services Implementation Group**

**Final Report**

**First Year of Implementation**

**April 2023**

# **1. Foreword**

## **1.1 Dr Charlotte Oakley & Dennis Robertson**

### **Co-Chairs of the National Review of Eating Disorder Services Implementation Group**

Born out of a drive to improve Scottish Eating Disorder Services, those with lived experience and clinicians have come together to produce a clear vision for improvement in eating disorders in Scotland. This work has been supported by the Scottish Government and is set out in the 15 Recommendations within the National Review of Eating Disorders, published on the 23rd March 2021.

To create the amount of change that is required to realise our vision for Scotland a dedicated Network is essential to coordinate, support and drive forward the required change. This network will include a Lived Experience Panel and the National Network for Eating Disorders who will be recruited with the specific skills and experience to be able to support the change required to complete each recommendation.

The fundamental work completed in the last year by this Implementation Group is ready to be passed onto the National Network and Lived Experience Panel so that a plan of work can be commenced to complete the short-term recommendations and move to the mid to longer-term recommendations over the next 10 years to completion.

Significant funding will be required to support the improvement work and service development, particularly during this time when eating disorders have become even more prevalent and pervasive.

As Co-Chairs of this Implementation Group, we would like to thank all those involved for their work and dedication.

## 1.2 Kevin Stewart MSP

### Minister for Mental Wellbeing and Social Care

Improving the wellbeing of the population in Scotland is of utmost importance, and promoting healthy eating and lifestyle play a key role towards achieving this goal. However, some people face further challenges in their relationship with food while others may develop eating disorders.

Eating disorders are serious mental health conditions that can affect anyone in the population and in some cases can be fatal. Previously we commissioned work to support individuals suffering from eating disorders as outlined in our [Mental Health Strategy 2017 – 2027](#). We continue to commit to improving the support provided by the Scottish Government and established a [National Review of Eating Disorder Services Implementation Group](#) to develop a plan to implement the recommendations from the [National Review of Eating Disorder Services](#) in Scotland.



I am pleased to say that this report presents the conclusions of the National Review of Eating Disorder Services Implementation Group which has been developed in collaboration with stakeholders with lived and/or living experience as well as eating disorder specialists. The Implementation Group prioritised and established three working groups focusing on:

- Quality Standards
- Training and skills and
- Data Improvement

The working groups have progressed significantly, but we aim to continue this important work in order to further support individuals impacted by eating disorders. To this end, we will be investing in developing a National Eating Disorders Network which will be supported by the Eating Disorder Lived Experience Panel aiming to support the delivery of the remaining recommendations.

I am very grateful to see this important work progressing so well, especially under the challenging circumstances brought on by the COVID-19 pandemic, and look forward to continuing shaping the eating disorder services provision in Scotland as well as shaping the plans for preventing them.

### **1.3 With thanks to**

We would like to extend our thanks to everyone who has been involved with taking forward the recommendations from the National Review of Eating Disorder Services in this first year of implementation. That includes all those who have taken the time to engage with the Implementation Group and its Working Groups. Your advice and expertise have been, and continues to be, greatly appreciated.

## 2. Introduction

In 2020, the then Minister for Mental Health announced that we would take forward a National Review of Eating Disorder Services, which would build on the work of the Mental Welfare Commission's report '[Hope for the future - A report on a series of visits by the Mental Welfare Commission looking at care, treatment and support for people with eating disorders in Scotland](#)'.

The purpose of the Review was to provide a full picture of the current system of support that is available for those with an eating disorder, and their families and carers, in Scotland, and provide recommendations for improvements. This covered primary care services, all the way through to Child and Adolescent Mental Health Services (CAMHS), and specialist adult services.

The [National Review published their recommendations in March 2021](#). Their [full report was published in June 2021](#).

The National Review outlined their vision for eating disorders:

- There is early identification of everyone with eating disorder symptoms and clear signposting to the right level of intervention to prevent disease progression.
- There is a whole system approach to treating and supporting those with eating disorders and their families and carers.
- There is an emphasis on self-management and peer support available to all.
- The physical, as well as mental, health aspects of care are seamlessly and robustly treated.
- Specialist treatment is equitably available across Scotland, is easy to access, and is focused in the community. It should be of the highest quality based on the best available current research evidence and fully equitable to all and not dependent on diagnosis, weight or other severity measures.
- All services work with people with eating disorders holistically, as individuals, maintaining hope irrespective of illness duration and other diagnoses.
- Families and carers are given a high level of support from the start of their loved ones eating disorder, and for as long as they need it.
- Services, including different specialties, work efficiently together to support comorbidities, putting the patient at the forefront of care.

In addition, the Review made the following 15 recommendations to ensure that Scotland meets the Vision within 10 years:

**Short-term recommendations** are numbers: 1, Covid-19 response; 2, implementation planning; 4, lived experience panel; 6, self-help resources; and 13, families and carers.

**Medium-term recommendations** are numbers: 3, coordination of national activity; 8, primary care; 9, medical care; and 12, education and training.

**Longer-term recommendations** are numbers: 5, public health; 7, early intervention; 10, specialist care; 11, workforce planning; 14, in-patient care; and 15, research.

An update on the delivery on all the recommendations can be found in **Annex A**.

As outlined through Recommendation 2, an Implementation Group was formed to take forward the early planning and delivery of the recommendations:

### **Recommendation 2: Implementation Planning**

An Implementation Group should be set up by Scottish Government. This short-term group will be responsible for the implementation of these service review recommendations, planning for and setting the strategic direction, vision and ethos for improvement and service delivery over the next 10 years. This group should report directly to Scottish Government.

### **3. National Review of Eating Disorder Services Implementation Group**

In Summer 2021, former MSP Dennis Robertson, who has campaigned for greater awareness of eating disorders for many years, and Dr Charlotte Oakley, who was previously the Clinical Lead of Connect-Eating Disorders in NHS Greater Glasgow and Clyde and who co-led the National Review, were invited to Co-Chair the Implementation Group.

In August 2021, the Implementation Group was established and met for the first time to develop, through consultation, the early approach for taking forward the recommendations from the National Review of Eating Disorder Services.

The aim was to ensure that stakeholders, through collaboration and engagement, were empowered to provide their input, experience, and expertise to play a leading role in the delivery of the recommendations.

Membership of the Implementation Group covered a range of professionals across the eating disorder services landscape in Scotland:

- Dr Joy Olver - Consultant Psychiatrist and North of Scotland CAMHS Tier 4 Network Consultant Psychiatrist
- Dr Helen Smith - Royal College of Psychiatrists
- Dr Stephen Anderson - Royal College of Psychiatrists and Review Lead for the National Review of Eating Disorder Services
- Dr Fiona Duffy - Consultant Clinical Psychologist NHS Lothian and Lecturer at the University of Edinburgh
- Dr Paula Collin - Consultant Clinical Psychologist and Clinical Lead, NHS Tayside
- Dr Fiona Calder - NHS Education for Scotland (NES), Head of CAMHS
- Johnathan MacLennan – NHS Education for Scotland (NES), Head of Mental Health, Learning Disabilities and Dementia
- Dr Lesley Pillans – Associate Specialist in the Eden Unit, NHS Grampian
- Dr Annabel Ross - Representative for The Royal College of GPs
- Diane Kane - Occupational Therapist, NHS Lanarkshire
- Fiona Huffer - Chief Allied Health Professional West Lothian Health & Social Care Partnership
- Dr Karen McMahon - Clinical Lead of Connect ED Service, NHS Greater Glasgow and Clyde
- Mirin Craig - Represents the Mental Health Nursing Forum Scotland, Clinical Nurse Specialist at Connect-ed and Nurse Consultant in Psychological Therapies, NHS Greater Glasgow and Clyde
- Susan Hynes - North of Scotland Regional Tier 4 Lead Nurse / Network Manager
- Gerry Donnelly - Tertiary Eating Disorder Specialist Service, NHS Lanarkshire
- Ellen Maloney - Lived Experience Lead
- Abigail Reynolds - Lived Experience Lead

As described by the National Review's recommendations, the Implementation Group aimed to:

- take note of the feedback and data generated by the Mental Welfare Commission and the National Review, and use this as the basis for decision making in relation to responding to the National Review's recommendations
- finalise the costing of the recommendations of this Service Review including the specific manpower needs, once the recommendations of this review are accepted
- develop further and plan for implementation of quality standards of care across Scotland for all levels of treatment for eating disorders, in line with Scottish Intercollegiate Guidelines Network (SIGN), Medical Emergencies in Eating Disorders (MEED) (CR233 May 2022), and Scottish Government's Mental Health Transition and Recovery Plan, Getting It Right For Every Child (GIRFEC) and other relevant policy documents
- develop a skills and competency framework, and training strategy in partnership with NHS Education Scotland (NES) and Eating Disorders Education and Training Scotland (EEATS), for all staff, including the third sector, who may see or work with people who have eating disorder symptoms or diagnosis
- build a public health strategy for Scotland with Public Health Scotland and other agencies that make eating disorder prevention everyone's business
- design as a priority a comprehensive plan for systematic data collection and ongoing analysis across Scotland, to address the current lack of data. This needs to include planning and funding for appropriate staffing and IT infrastructure to be able to collect, analyse and report the data systematically across Scotland

## 4. The First Year of Implementation

Since the publication of the National Review in 2021, through the work of the Implementation Group, we have taken action to respond to the short-term recommendations outlined by the Review. We have made good progress and have started to take steps to achieve the remaining medium and longer term recommendations. Since the publication of the recommendations, we have:

- Provided NHS Boards with Emergency funding of nearly £4.5 million in 2021/22 to help rapidly meet the urgent needs of eating disorder patients and services as a direct result of an increase in the number and severity of eating disorder presentations related to the Covid-19 pandemic. Funding aimed to prioritise physical health stability, risk reduction, support inpatient discharge and prevent admission to hospital. Further funding has been provided to NHS Boards through the Outcomes Framework in FY 2022/23 (**Recommendation 1**).
- Established the National Review of Eating Disorder Services Implementation Group to take forward early planning for the implementation of the Review's recommendations (**Recommendation 2**).
- Established Working Groups of the Implementation Group to focus on key priority recommendation areas, as outlined above, which will continue into the next phase of eating disorder policy (**Recommendations 7, 8, 9 11 and 12**).
- Provided funding to Beat, the UK's eating disorder charity, to expand their services and helpline in Scotland to ensure that self-help resources and support are available for those with an eating disorder, and their families and carers. Over £400,000 was allocated in the financial year 2021/22, which supported over 6,000 people, and we are continuing to provide funding to Beat in 2022/23, with over £600,000 being allocated, to extend the support services on offer. This also includes the introduction of Beyond the Symptoms Training for GPs and healthcare professionals, to support them to identify when a patient has an eating disorder, and confidently intervene early (**Recommendations 6 and 13**).
- Published an Outline Specification for the establishment of a Lived Experience Panel for those who have been impacted by an Eating Disorder (**Recommendation 4**). Following a competitive procurement process, funding has been awarded in FY 2022/23 to Beat to establish and facilitate the Panel, with recruitment to begin in early 2023.
- Began the process to establish the National Eating Disorder Network which will take forward the remaining recommendations, which will be established in 2023 (**Recommendation 3**).

## 5. National Review of Eating Disorder Services Implementation Group

As outlined above, the Implementation Group met for the first time in August 2021 where members agreed on priorities and actions for the year ahead.

Members agreed to focus on the following wide-ranging work areas:

- Developing quality standards in eating disorders for Scotland
- Develop a skills and competency framework and training strategy
- Agree on a national eating disorder dataset and plan for consistent data collection across Scotland

### 5.1 Working Groups

#### 5.1.1. Training & Skills

The National Review outlined Education and Training as a key recommendation:

#### **Recommendation 12: Education and training**

A comprehensive training plan will be developed which will aim to equip the entire healthcare workforce which might see people with eating disorders and their families, to deliver high quality care for people with eating disorders in all settings ranging from early intervention to highly specialist care, and from community to in-patient. In addition, there should be appropriate education and awareness training for other relevant professionals, such as youth workers, counsellors and sports coaches. Training should be appropriate to the role that each professional has with respect to prevention, identification, signposting, treatment and support of people with eating disorders.

The Working Group's terms of reference and outcomes were:

- To provide a directory of what eating disorder training is currently available
- To identify gaps in training and what is needed to fill those gaps

The Working Group began work by mapping what training and education were being provided across a variety of professions in Scotland. The Group discovered that there has been a lot of training developed and available. However, the training provided, and its accessibility, varies depending on local interests and needs. Therefore, it is crucial that there is national coordination to ensure that professionals across Scotland have equitable access.

In conclusion, the Working Group recommends that a skills and competency framework is developed, in partnership with NES and EEATS, for all staff, including third sector, who may see or work with people who have eating disorder symptoms

or diagnosis. The initial focus should be on developing medical expertise in eating disorders within Scotland to ensure safe medical treatment for all patients with eating disorders, regardless of where they are seen. This should include physical health monitoring.

In addition, a training strategy should be delivered in partnership between, the National Network, NES, EEATS, and the third sector that translates the NHS skills and competency framework into a framework suitable for non-healthcare/NHS professionals and supports appropriate training and awareness in schools, further education, third sector mental health workers and fitness sector. Where possible, and appropriate, resources already developed could be adapted and used. For example, training has already been created by Beat and the Royal College of Psychiatrists and could be rapidly implemented if desired.

Lastly, it is crucial that the National Eating Disorders Network should develop and host national remote training for all types of healthcare and other professionals.

### 5.1.2. Quality Standards

The Working Group has the overall vision to produce quality standards for eating disorder care and treatment across Scotland. These must take into consideration all relevant eating disorder guidance and policies.

The Quality Standards outline a national minimum level of service so that local services can deliver person-centred, safe and effective care. Standards are realistic, fit for purpose, apply across all settings, and focus on improving personal outcomes.

The Quality Standards are near completion and will be consulted on Spring 2023, and will be published later in the year.

Currently the Quality Standards cover the following overarching areas:

- Standard 1: Leadership and governance
  - NHS boards demonstrate effective leadership, governance and partnership working in the management and delivery of eating disorder services.
- Standard 2: Service structure
  - NHS boards deliver a range of services which are safe, effective and person centred. High-quality treatment and support is delivered by multi-disciplinary teams working in partnership.
- Standard 3: Access to care
  - All individuals have equitable, consistent, and timely access to effective eating disorder health care and services. Services should be flexible and responsive to individual need.
- Standard 4: Supporting people with co-occurring considerations
  - All individuals with co-occurring considerations have equitable, consistent, and timely access to eating disorder services and ongoing effective treatment and support.
- Standard 5: Assessment and monitoring
  - All individuals have a holistic assessment and where clinically appropriate receive ongoing monitoring and management.
- Standard 6: Transitions
  - Clear transitions protocols are in place to support safe and coherent care.
- Standard 7: Discharge
  - Discharge from service is planned, collaborative, and based on individualised goals of treatment.
- Standard 8: Education and training
  - NHS boards demonstrate commitment to the education and training of all staff involved in eating disorder services, appropriate to roles and workplace setting.
- Standard 9: Shared and supported decision making
  - All individuals receive inclusive information to facilitate informed choice and shared and supported decision making.

### 5.1.3. Data Improvement

Currently, we still know too little about who receives care and support and, crucially, who does not for an eating disorder. The Working Group was therefore focused on identifying what data we currently collect and from where, and ultimately, designing a plan for data collection and ongoing analysis across Scotland.

To drive forward this work, the Group has engaged with Public Health Scotland, to understand what data is currently held on eating disorders, and NHS Boards to understand what data is collected locally and how this is used.

In addition, a workshop was held at Beat's National Event on 27 September 2022 where 5 questions were discussed:

1. What data do we have?
2. What data should we collect?
3. What about the CAPTND data set, and would it be good to start for ED?
4. Who should be involved in developing the ED dataset?
5. What other data will be required?

Ultimately, much of the data we require is collected at a local level, however, due to NHS Boards using different systems and not all data being digitised, this makes comparing this data difficult, which does not allow us to understand a clear picture across Scotland. Due to these challenges, any chances to have data collected will need to be taken forward over a number of years and stages to ensure that NHS Boards can deliver this data.

It is hoped that a future data set will include: an annual audit of the prevalence of all eating disorder diagnoses; nationally agreed measures to evaluate service delivery and outcomes; and collation of Significant Incident Reviews to report annually to the National Eating Disorder Network. It would also be beneficial for future data sets to include data from the third sector to understand the support that people access that is not NHS specialist care.

In addition, for those planning and delivering support and treatment, it is vital to understand what happens to people turned away from specialist services. This includes whether they are given access to other forms of support outside the NHS, or whether their condition deteriorates to the point of needing more intensive care in the future.

The Working Group is aiming to meet in Spring 2023 to finalise an Eating Disorder Data Set.

## 6. Public Health Strategy

The National Review recommended developing a public health strategy for eating disorders as a long-term recommendation:

### **Recommendation 5: Public health**

The Scottish Government should fund and support the development of a comprehensive public health strategy for Scotland that makes eating disorders' prevention everyone's business.

In summary, this recommendation includes, working across government, agencies, and industry to promote a positive body image culture and positive body image parenting advice within Scotland.

The Implementation Group considered the current research, and existing national public health campaigns for the prevention of eating disorders and consulted public health campaigners in Scotland to make recommendations.

There has historically been very little research into the prevention of eating disorders. What research there is has mostly investigated targeted prevention programmes with very few universal societal approaches.

In Scotland, there have been no evidence-based public health studies focusing on eating disorders prevention. Even though there are some local initiatives, including bringing together many stakeholders which was supported by the Scottish Government Conference held at the Scottish Parliament, it has not been followed up by a dedicated Public Health directive to NHS Boards and the wider stakeholder groups.

However, there are some campaigns that Scotland can learn from:

- **Quebec 2009** - Charter for a healthy and diverse body image. Click [here](#) to read the publication in the *American Journal of Public Health*.
- **Australia 2009** - National media and industry voluntary code on body image. To read the report, click [here](#).
- **Catalonia 2012** - Roundtable on the Prevention of Eating Disorders: The Catalan public policy initiative. To read the published paper in the *Eating Behaviors Journal*, click [here](#).
- **USA** - Eating Disorders Coalition: advances the recognition of eating disorders as a public health priority throughout the United States. To view their website, click [here](#).

In addition, Scotland has some successful Public Health Campaigns, from which significant changes have resulted, and therefore from which there is applicable experience and learning. Representatives from The Obesity Alliance, Alcohol Action Scotland, Taking Action on Smoking and Health (ASH) Scotland shared some of their learning, a summary of the most applicable for this public health Campaign is below:

- Clear vision, mission, and aims
- Strategic plan with associated organisational and work plan.
- Any Public Health network / Campaign needs financial support, or it will fall apart
- Public health groups need allies inside the government and advocates outside.
- Legislation is important
- Be opportunistic – link up with other work or campaigns that are ongoing
- A helpful framework to think about who needs to be involved in a campaign is: top-down regulation and the media and bottom-up: lived experience/recovery
- Take a long view of what you are trying to achieve and then bring it back to the specifics
- Concentrating on the macro environment work grounded in and justified by the evidence but not at a systematic review level.
- Lived experience speaks more loudly than evidence – so needs to represent evidence and also bring real life elements to the evidence.
- The best voices to front campaigns are clinicians, families, and celebrities
- Music, sport, and fashion are the best for marketing for young people

It is recommended that the National Eating Disorder Network should include support for recommendation 5 with a member of the Network employed with the skills and competencies in public health to be able to lead on a dedicated strategy.

In addition, it might be beneficial to hold a roundtable discussion with the following stakeholders: fashion, advertising, sports and fitness, food industry, social media, schools and education, parenting, and youth organisations. With the help of public health experts, the aim of the round table would be to engage organisations in creating the first iteration of the eating disorders prevention strategy. The National Network could then take the strategy forward.

## **7. Next Steps for delivering on the National Review of Eating Disorder Services Recommendations**

The Implementation Group closed on 16 September 2022 and the next stage of implementation of the National Review's recommendations will commence.

This next stage will focus on:

- Finalising the Quality Standards, with the aim to publish in 2023.
- Establishing a National Eating Disorder Network, which will support the delivery of the remaining Review recommendations. The Network will be supported by the Eating Disorder Lived Experience Panel, and will focus on the following specific tasks:
  - Establishing an online resource/website with signposting, educational material, and providing access to online self-help/management programmes, as well as providing a platform to host any Scottish information gathering, research, and sharing activity. Including providing a space to share knowledge, learning, and best practice with the existing north and south Networks to ensure that work is joined up and priorities aligned.
  - Coordination of implementation of the Eating Disorder Quality Standards over a 5-year period to support collaborative learning and implementation across NHS boards.
  - Being guided by the Eating Disorder Quality Standards, the Network will support the planning of eating disorder services in Scotland, resources, and staffing that are required to implement these services.
  - Facilitating the collation of national data, with the aim of providing, on an ongoing basis, annual audits of the prevalence of all eating disorder diagnoses, analysis of nationally agreed datasets to measure service delivery and outcomes, collation of Significant Incident Reviews to report annually to the Scottish Government.
  - Work with Public Health Scotland and other relevant agencies to build, implement and evaluate a public health strategy for Scotland that makes eating disorder prevention everyone's business.
  - Support and lead on training for healthcare and other stakeholder professionals, taking forward and expanding on the work of the Implementation Group. Ensuring that training offers are advertised and available nationally.

## 1. Updates on National Review's Recommendations

The National Review published 15 recommendations that covered the short, medium and long term:

- Short term recommendations are numbers: **1**, Covid-19 response; **2**, implementation planning; **4**, lived experience panel; **6**, self-help resources; and **13**, families and carers.
- Medium term recommendations are numbers: **3**, co-ordination of national activity; **8**, primary care; **9**, medical care; and **12**, education and training.
- Longer term recommendations are numbers: **5**, public health; **7**, early intervention; **10**, specialist care; **11**, workforce planning; **14**, in-patient care; and **15**, research.

## **1.1 Recommendation 1 - Covid-19 response (Short-term)**

Emergency funding should be provided to rapidly meet the urgent needs of eating disorder patients and services as a direct result of an increase in the number and severity of eating disorder presentations related to the Covid-19 pandemic. Funding should prioritise physical health stability, risk reduction, support inpatient discharge and prevent admission to hospital.

### **Updates and Next Steps**

We Provided NHS Boards with Emergency funding of nearly £4.5 million in 2021/22 to help rapidly meet the urgent needs of eating disorder patients and services as a direct result of an increase in the number and severity of eating disorder presentations related to the Covid-19 pandemic. Funding aimed to prioritise physical health stability, risk reduction, support inpatient discharge and prevent admission to hospital.

In 2022-23, we allocated funding of £46 million via the 2022-23 Mental Health Outcomes Framework to improve the quality and delivery of mental health and psychological services for all. The funding was aimed at continuing to delivering improvements in CAMHS, psychological therapies, eating disorders, and neurodevelopmental services, as well as ongoing innovation and service reform. This Framework brings together the 2021-22 Outcomes Framework and key elements of the 2021-22 Recovery and Renewal Fund, which included the dedicated eating disorder funding.

This funding was allocated to:

- Support clearing long waits for CAMHS and meeting the waiting times standards.
- Implementing and delivering local elements of the national CAMHS service specification, including improvement in provision for those with eating disorders, by March 2026.
- Supporting improvements in both neurodevelopmental services for children and young people, and eating disorder services.

## **1.2 Recommendation 2 - Implementation Planning (Short Term)**

An Implementation Group should be set up by Scottish Government. This short-term group will be responsible for the implementation of these service review recommendations, planning for and setting the strategic direction, vision and ethos for improvement and service delivery over the next 10 years. This group should report directly to Scottish Government.

### **Updates and Next Steps**

The National Review for Eating Disorder Services Implementation Group was established in August 2021, and was active until September 2022.

The Group's Terms of Reference and membership list can be found [here](#).

### **1.3 Recommendation 3 – Coordination of National Activity and Data Collection (Medium Term)**

A National Eating Disorder Network should be established and funded by Scottish Government. This permanent Network will take over from the work of the Implementation Group to support the implementation of the recommendations on an ongoing basis. It will also be responsible for the coordination of national functions including training, national level service development, setting quality standards, and coordinating research and innovation networks for eating disorders.

#### **Updates and Next Steps**

The National Review of Eating Disorder Services Implementation Group created an Outline Specification for the establishment of a National Eating Disorder Network in Scotland.

The Implementation Group agreed the Network should have the following aims:

- Establishing an online resource/website with signposting, educational material, and providing access to online self-help/management programmes, as well as providing a platform to host any Scottish information gathering, research and sharing activity. Including providing a space to share knowledge, learning and best practice with the existing north and south Networks to ensure that work is joined up and priorities aligned.
- Implement the Eating Disorder Quality Standards.
- Outline what eating disorder services should be available in Scotland, and the staff that are required to support these services. This includes recommending any pilots of new services.
- Facilitating the collation of national data, with the aim of providing, on an ongoing basis, annual audits of the prevalence of all eating disorder diagnoses, analysis of nationally agreed datasets to measure service delivery and outcomes, collation of Significant Incident Reviews to report annually to Scottish Government.
- Work with Public Health Scotland and other relevant agencies to build, implement and evaluate a public health strategy for Scotland that makes eating disorder prevention everyone's business.
- Support and lead on training for healthcare and other stakeholder professional, taking forward and expanding on the work of the Implementation Group. Ensuring that training offers are advertised and available nationally.

We are currently taking forward planning to establish this Network in 2023.

#### **1.4 Recommendation 4 - Lived Experience Panel (Short Term)**

There should be a lived experience panel set up who will advise the Implementation Group and work alongside the National Eating Disorders Network. The lived experience panel should include patients, families and loved ones, and third sector representatives and there should be diversity in the panel, for example, including all eating disorder diagnoses, men with eating disorders, LGBT representatives and people from ethnic minorities. The panel will advise on all eating disorder national changes.

##### **Updates and Next Steps**

The National Review of Eating Disorder Services Implementation Group drafted and published an Outline Specification for the establishment of a Lived Experience Panel for those who have been impacted by an Eating Disorder in summer 2022.

Funding was then awarded in FY 2022/23 to Beat, the UK's Eating Disorder Charity, to establish and facilitate the Panel, with recruitment to beginning in early 2023.

The Panel will provide advice and evidence from the perspective of lived experience in order to inform the ongoing delivery of the recommendations of the National Review of Eating Disorders Review and support the work of the National Eating Disorder Network.

#### **1.5 Recommendation 5 - Public Health (Long Term)**

The Scottish Government should fund and support development of a comprehensive public health strategy for Scotland that makes eating disorders prevention everyone's business.

##### **Updates and Next Steps**

The National Review of Eating Disorder Services Implementation Group has identified that this recommendation will be taken forward by the National Eating Disorder Network.

The Network will work closely with Public Health Scotland, and other relevant organisations to make sure that eating disorder prevention is everyone's business.

## **1.6 Recommendation 6 - Self-help Resources Available to All (Short Term)**

Scottish Government should provide funding to the Third Sector to build platforms and a range of community services to enable the Scottish public to have free access to evidence-based self-help/management programmes and supports, including peer support networks.

### **Updates and Next Steps**

We provided over £400,000 in financial year 2021/22 to Beat, the UK's Eating Disorder Charity, to provide a wide range of support options to families and carers affected by eating disorders, as well as support for children, young people and adults. Through this funding over 6,000 people were provided with support.

In financial year 2022-23 we are providing Beat, the UK's eating disorder charity, with over £600,000 to provide a range of support services for those impacted by an eating disorder. This includes expansion of their helpline, and specialist support for those impacted by binge eating disorder, and a variety of peer support groups and support programmes.

Through this financial year's funding over 8,000 people have received support from Beat.

We will continue to develop our response to this recommendation to ensure that all those who require support can access this in the right way for them.

## **1.7 Recommendation 7 - Early Intervention (Long Term)**

Key Stakeholders and Healthcare professionals should be able to identify the signs and symptoms of all eating disorders including at early stages and know how to support and sign post people into treatment.

### **Updates and Next Steps**

Through the funding allocated to Beat in financial year 2022/23, we have introduced Beyond the Symptoms Training for GPs and Healthcare professionals training to support them to identify when a patient has an eating disorder, and confidently intervene early.

Further actions in relation to this Recommendation will be taken forward by the National Network once established.

## **1.8 Recommendation 8 – Primary Care (Medium Term)**

Awareness, detection and early, effective treatment of eating disorders at primary care is important. There should be an ongoing training programme for all primary care clinicians to ensure consistent high standards are maintained in identification and management of patients who may have eating disorders, and their families. There should be increased support from specialist services when primary care is asked to assist with physical monitoring or support, for instance when patients live far away from specialist teams.

### **Updates and Next Steps**

We know that it is vital that we continue to support work to build capacity in primary care settings given the increasing demand, complexity of presentations and impact on secondary care services.

We will continue to build on the investment we have already made, by including Mental Health and Primary Care in the Mental Health Outcomes Framework, which will give Integration Authorities flexibility to improve existing pathways

Through the funding allocated to Beat in financial year 2022/23, we have introduced Beyond the Symptoms Training for GPs and Healthcare professionals training to support them to identify when a patient has an eating disorder, and confidently intervene early.

In addition, we are currently developing Eating Disorder Quality Standards which are due to be consulted on in Spring 2023. The Standards cover areas such as service structure and governance arrangements.

Lastly, as described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be further developing specialist eating disorder services and the links between primary and secondary services.

## **1.9 Recommendation 9 - Safe Medical Care (Medium Term)**

Medical aspects of care should be prioritized, with clear lines of responsibility and leadership from suitably trained medical experts. We recommend named eating disorder medical leads for every health board/region with oversight over the medical care of every patient with an eating disorder, who report data to the National Eating Disorder Network. This can be done in collaboration with General Practitioners, Acute Medicine and Paediatrics according to the local context of who has appropriate training in managing the medical aspects of eating disorders.

## **Updates and Next Steps**

We are currently developing Eating Disorder Quality Standards which are due to be consulted on in Spring 2023. The Standards cover the safe medical care of patients, monitoring arrangements and shared and supported decision making.

In addition, as described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be the facilitation of the collation of national data relating to eating disorders.

### **1.10 Recommendation 10 - Investment in Specialist Eating Disorder Services (Long Term)**

The Scottish Government should commission and fund equitable provision of high-quality accessible specialist community-based services for eating disorders across Scotland for all ages, which see all types of eating disorders across the range of severity.

## **Updates and Next Steps**

We are currently developing Eating Disorder Quality Standards which are due to be consulted on in Spring 2023. The Standards cover a range of areas, that include access to care and service structure to ensure that individuals have access to a range of support options that work for them.

Once these Standards have been published we will support Boards to implement these.

In addition, as described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be to understand further what services should be available across Scotland and the staff required to support these services.

### **1.11 Recommendation 11 – Workforce (Long Term)**

A comprehensive workforce plan will be developed that aims to build the workforce to be able it to meet the service standards over the next 10 years. This plan should emphasise staff retention and training within eating disorders services as well as recruitment.

## **Updates and Next Steps**

We are developing and will publish a Mental Health Workforce Plan in Spring 2023, helping to plan, attract, retain, employ and nurture our mental health workforce, this

includes the workforce that is required to care for those impacted by an eating disorder.

As described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be understanding the workforce requirements of any new eating disorder services, and their training needs.

### **1.12 Recommendation 12 - Education and Training (Medium Term)**

A comprehensive training plan will be developed which will aim to equip the entire healthcare workforce which might see people with eating disorders and their families, to deliver high quality care for people with eating disorders in all settings ranging from early intervention to highly specialist care, and from community to inpatient. In addition, there should be appropriate education and awareness training for other relevant professionals, such as youth workers, counsellors, and sports coaches. Training should be appropriate to the role that each professional has with respect to prevention, identification, signposting, treatment and support of people with eating disorders.

#### **Updates and Next Steps**

The National Review of Eating Disorder Services Implementation Group highlighted key areas where training needs to be improved, and mapped out where training was already available. In addition, members of the Working Group have started to trial and evaluate SPOT - Online Training for Schools which has been developed by Beat.

Through the funding allocated to Beat in financial year 2022/23, we have introduced Beyond the Symptoms Training for GPs and Healthcare professionals training to support them to identify when a patient has an eating disorder, and confidently intervene early.

As described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be understanding the workforce requirements of any new eating disorder services, and their training needs which will build on the work of the Implementation Group.

### **1.13 Recommendation 13 - Families and Carers (Short Term)**

Families and carers should be given a high level of support from the start of their loved ones eating disorder, and for as long as they need it. Experts by experience (both patients and families) should be involved in service design and implementation as well as quality improvement.

## **Updates and Next Steps**

We provided over £400,000 in financial year 2021/22 to Beat, the UK's Eating Disorder Charity, to provide a wide range of support options to families and carers affected by eating disorders, as well as support for children, young people and adults. Through this funding over 6,000 people were provided with support.

In financial year 2022-23 we are providing Beat, the UK's eating disorder charity, with over £600,000 to provide a range of support services for those impacted by an eating disorder. This includes expansion of their helpline, and specialist support for those impacted by binge eating disorder, and a variety of peer support groups and support programmes.

Through this financial year's funding over 8,000 people have received support from Beat.

As described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be establishing an online resource/website with signposting, educational material, and providing access to online self-help/management programmes to ensure that families and carers can access appropriate support.

We will continue to develop our response to this recommendation to ensure that all those who require support can access this in the right way for them.

### **1.14 Recommendation 14 - Inpatient Eating Disorder Services (Long Term)**

Inpatient eating disorder provision is currently variable and inequitable across Scotland particularly for adult men. Inequitable access to inpatient care has significant impact on community services. Where there are inequalities, Health Boards should work together to ensure there are equitable access to services. We recommend a further, smaller review specifically of national inpatient provision across all ages in 5 years' time, after community service improvements have been implemented.

## **Updates and Next Steps**

We are currently developing Eating Disorder Quality Standards which are due to be consulted on in Spring 2023. The Standards cover a range of areas, that include access to care and service structure to ensure that individuals have access to a range of support options that work for them, which includes inpatient services when required.

In addition, as described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be outlining what eating disorder services should be

available in Scotland, and the staff that are required to support these services, this includes inpatient services.

### **1.15 Recommendation 15 - Eating Disorder Research in Scotland (Long Term)**

Scottish Government should consider funding eating disorders research through NHS Research Scotland. Specific calls for eating disorder research should be made to support research which would fill gaps in knowledge and understanding of eating disorders in the Scottish population, and their treatment in Scotland. Particular note should be taken of gaps in the research base that SIGN identifies.

#### **Updates and Next Steps**

As described above in Recommendation 3, we are currently taking forward planning to establish a National Eating Disorder Network in 2023. Included within the Network's remit will be to establish a platform to host any Scottish information gathering, research and sharing activity. Including providing a space to share knowledge, learning and best practice with the existing north and south Networks to ensure that work is joined up and priorities aligned.



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