

Evaluation of Intensive Support Team (IST) Pilot within Adult Eating Disorders Service (AEDS) (BHSCT & SEHSCT)

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Introduction

The overall aims and objectives of the AEDS are to provide care and treatment for adults with severe and complex Eating Disorders living in both the Belfast Trust and South Eastern Trust areas .

As part of the New Ways of Working (NWW) initiative we were tasked with evaluating the IST pilot.

Aims and Objectives

The overall aim was to audit patients attending the IST in the context of the AEDS ethos and service development. The evaluation reviewed patients attending IST pilot between January 2014 to September 2015.

Methodology

The audit employed both qualitative and quantitative approaches to review services prior to commencement of IST and the IST pilot



Results

- The referrals were evenly distributed between the two Trusts, with a total of 26 episodes of treatment.
- The majority of referrals had a diagnosis of Anorexia Nervosa
- 50% of patients were referred for regular eating, 31% for refeeding and the remaining were a combination of interventions.
- Audit showed that in relation to treatment aims being met our outcomes matched statistics often associated with eating disorder recovery i.e. 1/3, 1/3, 1/3.
- The range of patients attending IST covered a wide spectrum from extremely underweight to normal weight with BMIs of 13.8 – 23.8.
- The duration of input varied hugely (0-41 weeks).
- Generally meal support was offered for one meal only (85%) and one snack (54%).
- Post meal supervision / snack supervision was most commonly offered for 1-2 meals or snacks.
- It was noted that there were very few home visits 12%, which raises the question of the need for rehabilitation focused work.
- Eating out in 27% of cases but there was very little supervised meal preparation or shopping or portioning. This showed a change of ethos from previous day program.

Conclusions

The findings from this audit brought to the auditor's attention a number of points that merit further discussion amongst the team as to the direction of service input. In conclusion, the audit has raised more questions for discussion than answers, however perhaps the main point for discussion is bespoke vs 'all in' approach.

Future steps

The audit has helped shape Phase 2 of service development within the AEDS. This work will directly steer the further development of Intensive Day Support Services through the NWW initiative.

