

Eating Disorder Services

Review of Eating Disorder Services in Northern Ireland

As part of RQIA's Three Year Review Programme 2012-15, the Department of Health, Social Services and Public Safety commissioned RQIA to undertake a review of eating disorder services in Northern Ireland.

The eating disorder service in Northern Ireland is on a journey of transformation. Professional groups and teams in health and social care trusts demonstrated they are building systems and structures that have the potential to provide better quality services for people with eating disorders. Service provision is clearly influenced by DHSSPS policy and guidance. This promotes integration, early intervention and a model of stepped care provision.

This review makes **11 key** recommendations and **15** supporting recommendations for improvement which, if implemented, would improve services for all those in Northern Ireland with an eating disorder.

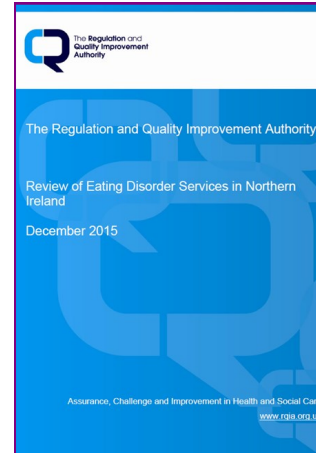
Methodology

- RQIA considered information from self-assessment questionnaires completed by HSC trust adult services and child and adolescent eating disorder services
- The RQIA Review Team met with staff and managers from the HSC Board and HSC trusts responsible for commissioning and providing eating disorder services in Northern Ireland.
- RQIA held focus group discussions with a range of service users and carers, from all five trust areas.
- The RQIA Review Team visited the regional child and adolescent mental health inpatient unit at Beechcroft in Belfast, to review its provision of inpatient eating disorder services.
- A summit event was held in October 2014, involving DHSSPS, Public Health Agency, HSC Board and HSC trusts to discuss views on the eating disorders service. A range of eating disorder support groups involving service users and carers also attended this event.
- Finally, the team presented the findings from the review and the recommendations in a report published on RQIA's website, www.rqia.org.uk, in December 2015.

Recommendations

RQIA's review team made **11 key recommendations and 15 supporting recommendations for improvement** in the eating disorders services. Key recommendations include:

- The HSC Board should review the assessed need for services against the capacity and current level of funding in HSC trusts to ensure that trusts can offer early intervention and further develop their community based teams
- The HSC Board should review the skill mix within eating disorder services to ensure that services can effectively meet the needs of service users.
- The HSC Board should consider the recommendations of the Rees Review in respect of the design of the environment and services provided in Beechcroft in terms of facilitating the needs of young people with eating disorders.
- The HSC Board, in collaboration with the Public Health Agency and the Regional Eating Disorders Network Group (REDNG), should review the benefits and effectiveness of referrals to services outside Northern Ireland (Extra Contractual Referrals or ECRs) in terms of outcomes for patients and value for money.
- RQIA recommends that the HSC Board should undertake a feasibility study to determine if a specialist eating disorders unit should be developed in Northern Ireland.



Find Out More

You can read the full report of our findings and recommendations for improvement on our website, or by clicking on the image of the report.



Our reviews are undertaken as part of RQIA's Three Year Review Programme. You can read more about the areas we are reviewing during 2015-18 by visiting our website or by clicking on this image.

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