

## Freedom of Information Request

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**Reference Number:** EPUT.FOI.24.3764  
**Date Received:** 14.10.2024

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### Information Requested:

FOI questions:

For your adult eating disorder service in 2024 what were the BMI of inpatients and community patients with an eating disorder at the time they were discharged?

Essex Partnership University Hospital NHS Foundation Trust (EPUT) only provides community adult eating disorder services in Essex. For this group of patients, we do not routinely record this information separately and as such, we are not able to provide it within a reasonable time frame as it would require an extensive manual search of patient records.

The East of England Adult Eating Disorder Provider Collaborative provides adult inpatient eating disorder services within region. The lead provider of the Provider Collaborative is Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) and requests for information regarding adult inpatient services should be made directly to CPFT. Requests may be made by emailing [foi@cpft.nhs.uk](mailto:foi@cpft.nhs.uk) and for more information please visit <https://www.cpft.nhs.uk/freedom-of-information>.

For your adult eating disorder service in 2024 how many inpatients and community patients with an eating disorder were discharged with a BMI of under 15?

We do not routinely record separately this information for adult community services and as such, we are not able to provide it within a reasonable time frame as it would require an extensive manual search of patient records.

For your Children's eating disorder service what was the weight for height percentage of inpatients and community patients with an eating disorder at the time they were discharged?

EPUT does not provide children's eating disorder services within Essex. The Child and Adolescent Mental Health Services in Essex are provided by North East London NHS Foundation Trust (NELFT). Requests for information regarding children's services should be made directly to NELFT. You can submit an FOI request to NELFT by email to [foi@nelft.nhs.uk](mailto:foi@nelft.nhs.uk), and for more information please see <https://www.nelft.nhs.uk/about-us-freedom-of-information>.

For your Children's eating disorder service in 2024 how many inpatients and community patients with an eating disorder were discharged at a weight for height of less than 75 ?

EPUT does not provide children's eating disorder services within Essex.

At point of discharge if patients had a BMI of under 15, or equivalent to weight for height of less than 75, where were your patients discharged to? (for both adults and children)

With adult community patients, they are typically discharged back to the care of their GP. We would continue to provide advice and support to their GP when required, and for example provide an advice line for GPs.

In your adult and children's eating disorder service what treatment is offered to inpatient and community patients who had a BMI of under 15, or equivalent to weight for height of less than 75?

With adult community patients, as well as a medical monitoring pathway we offer a range of psychological therapies. These include all of those recommended within the NICE guidelines: CBT-ED, MANTRA, SSCM and FPT. We also offer a number of other therapies such as family therapy and CAT.

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#### **Publication Scheme:**

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>