

# **Interim Report re North of Scotland - Family Based Treatment**

## **Background to project**

Previous studies into different treatment models in anorexia have found supporting evidence for the Maudsley Model of family based treatment especially when used with adolescents (Eisler, *et al.*, 1997; 2000, Lock, *et al.*, 2005; 2006, Russell. *et al.*, 1987). Furthermore, family therapy that directly addresses the eating disorder is one of the main evidence based treatments supported by the National Institute of Health and Clinical Excellence (NICE) (Guideline 9, 2004); NHS Quality Improvement Scotland (2006) and the Psychological Therapies Matrix (2008), which specifically highlights the use of Family Based Treatment.

Through discussion with staff across the North of Scotland it has been identified that staff would strongly support the provision of Family Based Treatment as a therapy and would welcome the opportunity to train in this approach. The evidence from South East Scotland Network and West of Scotland Network show a reduction in admissions for young people who are suffering from anorexia nervosa.

### **Aims of the training will be**

- For staff across the North of Scotland to be trained in and be able to offer Family Based Treatment (FBT)
- To reduce the number of admissions for young people suffering from Anorexia Nervosa
- When admitted – to reduce the length of stay for young people suffering from Anorexia Nervosa
- Families to feel more confident in managing meal times with their children who are suffering from Anorexia Nervosa
- Networking opportunity for North of Scotland CAMHS staff

## **Progress to Date**

After funding was very generously provided by the Foundation for Adolescent Psychiatric Care, planning began to hold a 2 day training in Family Based Treatment for staff working with young people across the North of Scotland. This was done in conjunction with the Managed Clinical Network For Eating Disorders (North of Scotland) as they also work with many young people and their families and had identified FBT as a training need.

1. Dr Lock has been booked to provide training on 6<sup>th</sup> and 7<sup>th</sup> March 2014 and indicated he could train up to 45 clinicians on these days.

2.The Westpark Conference Centre in Dundee was identified as a suitable venue for the training and has been booked. This includes a conference meal which will allow delegates from across the North of Scotland to network, exchange ideas on practice and hear about developments in other areas across the North of Scotland. Often clinicians are working in remote, rural areas and in isolation so this part of the training days was felt to be an important added benefit.

3.The course was advertised via email and word of mouth – 89 applications were received for the 45 places. Places were allocated fairly between the 5 different health boards then each area was asked to prioritise the places for themselves. We currently have a reserve list for the training.

4.Copies of Dr Lock's treatment manual were bought and provided for each clinician who successfully applied for a place to allow them to have a basic understanding of the treatment prior to commencing the training.

5. Work has begun on recording data to measure the effectiveness of this training – this includes collection of data re inpatient bed days for young people diagnosed with Anorexia Nervosa and the development of a questionnaire on course participant's level of confidence working with families of young people suffering from Anorexia Nervosa. The experience of training and whether it met participant's expectations will also be measured.

### **Costs to Date**

|                                    |           |
|------------------------------------|-----------|
| Westpark Conference Centre Deposit | £ 400.00  |
| Flight cost reimbursed to Dr Lock  | £ 2522.40 |
| Hotel Costs                        | £ 134.00  |
| Cost of treatment manuals x 45     | £ 1184.00 |

£1261 was reimbursed to the fund as Ayrshire & Arran Health Board are also providing FBT training and agreed to share travel costs with us. Therefore to date **£2979** has been spent in total.

Remaining costs include:

|  |                    |
|--|--------------------|
| Westpark Conference Centre fees                | £ 4100.00 (approx) |
| Dr Lock's teaching fees                        | £ 3000.00 (approx) |
| Stationary costs                               | £ 400.00 (approx)  |
| Dr Lock's costs (travel, food etc)<br>(approx) | £ 400.00           |

The remaining costs total **£7900** this is an approximation as some costs may vary dependant on exchange rate, number of microphones required, mode of transport from airport etc.

A full report will be provided after the training days are completed

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