



Mentalisation Based Virtual Intensive Eating Disorders Service Pilot, Great Ormond Street Hospital, London

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Abstract

Objective - As the numbers of children and adolescents presenting with eating disorders doubled during the pandemic, the number needing admission to hospital exceeded the number of beds available. NHS England requested ideas for a service to treat as many children as possible in the community, so as to reduce the number still requiring admission to hospital. This service had to meet the infection control needs of the pandemic.

Method - 1. Only patients on the waiting list for a specialist eating disorders bed were eligible for the service

2. Patients detained under the Mental Health Act and nasogastrically fed were not eligible

3. Age range 11-17yrs.

They were offered a 6 week programme initially and if felt suitable, they were offered a further 6 weeks ie 12 week intensive programme in total, that was mentalisation informed including family sessions, individual sessions and groups. Delivered face to face wk 1&2 and then everything was delivered virtually making the service green.

Results - 19 patients taken on over 14months. 16 offered the whole 12 week programme.

3 were unsuitable. All 16 offered the 12 weeks no longer required admission and had statistically significant weight gain. 1 year later follow up - only 1 admission, others report being well.

cost saving - up to £2.5 Million based on average admission of 4-6months

Measures - RCADS, ED-15-Y, SOFTA, RFQ-8,

SCORE 15, adult attachment interview

Discussion - Exploration needed for more mentalisation based therapeutic intensive community treatment programmes to keep children out of hospital

Topics: Treatment

For workshops only

No Answer Given

Submission Format: Poster

Is It a Student Paper? No