

The Priory Court Eating Disorder Service



Enhanced outpatient
programme

Our eating disorder services

Priory hospitals are the UK's leading independent providers of eating disorder services. Our priority is to address both the physical consequences of the service user's eating disorder, as well as the related underlying psychological issues which contribute towards its onset.

Our experienced, multidisciplinary teams work with the individual, their community healthcare professional and family or carer throughout every stage of the care planning process to deliver a personalised and quality driven service.



“The most important thing about working at a Priory hospital for me is the ethos of collaborative treatment, mutual respect and trust within the context of cutting edge treatment”

Dr Adrienne Key, Consultant Psychiatrist in Eating Disorders/Priory Group Medical Director for Eating Disorders (South). Consultant quotes are their own.

The eating disorder enhanced outpatient programme

The three month programme at the Priory Hospital Roehampton is an enhanced outpatient programme offering an alternative to inpatient admission for individuals with an eating disorder. It is designed to offer a more intensive and comprehensive form of outpatient treatment enabling patients to move on to standard outpatient and day care and continue towards recovery.

The programme aims to:

- normalise the individual's eating pattern
- stabilise the individual's weight and BMI or enable the individual to gain weight
- enable commitment to stop binge eating and aim to return to a healthy weight range
- reduce eating disorder thoughts and behaviours
- improve psychological, social and educational functioning



“I felt very much treated as an individual”

All service user quotes retrieved from anonymous comments within the Priory patient and colleague satisfaction independently audited opinion surveys 2010/11.

The programme is suitable for individuals:

- aged 12 plus
- diagnosed with an eating disorder, including anorexia nervosa, bulimia nervosa, binge eating disorders and additional atypical eating disorders
- at a physically low risk with a stable blood pressure, stable bloods and no recent rapid weight loss
- with a BMI no lower than 15, the rate of weight loss will need to be accounted for
- who are underweight with a commitment of weight gain to normal weight range at a rate of up to 0.5 kg per week
- who are at a normal weight and weight maintenance is within a set weight band
- who are obese with a BMI greater than or equal to 30 and their initial goal is to stop binge eating with a commitment to aim for a healthy weight range at a loss of no more than 0.5kg-1kg a week
- with a commitment to give up all behaviours, including associated behaviours such as alcohol use and self harm, and to work within the boundaries, as on all recovery programmes
- who can commit to the whole programme without breaking for events such as holidays or scheduled exams. No sessions should be missed unless due to illness

The programme runs over 12 consecutive weeks and each week will involve:

- A family or therapist session revolving around a therapy model known as “brief focus”. The model is insight directed and follows a structured approach. If patients already see a therapist, we can arrange for them to continue as normal and we will liaise with the therapist whilst the patient attends the programme
- A session with the specialist practitioner aims to provide practical and emotional support. Food diaries, individual meal plans and lifestyle planning may be reviewed. Patients will be weighed once a week within this session
- A group session to encourage exploration and the sharing of feelings that arise from living with an eating disorder. The group will learn about the causes and nature of eating disorders as well as ways to cope with the consequences
- A group evening meal in a quiet area of the main dining room with a member of staff. This is designed to offer support with food related behaviours and feelings that arise at meal times, individuals are also educated around portioning



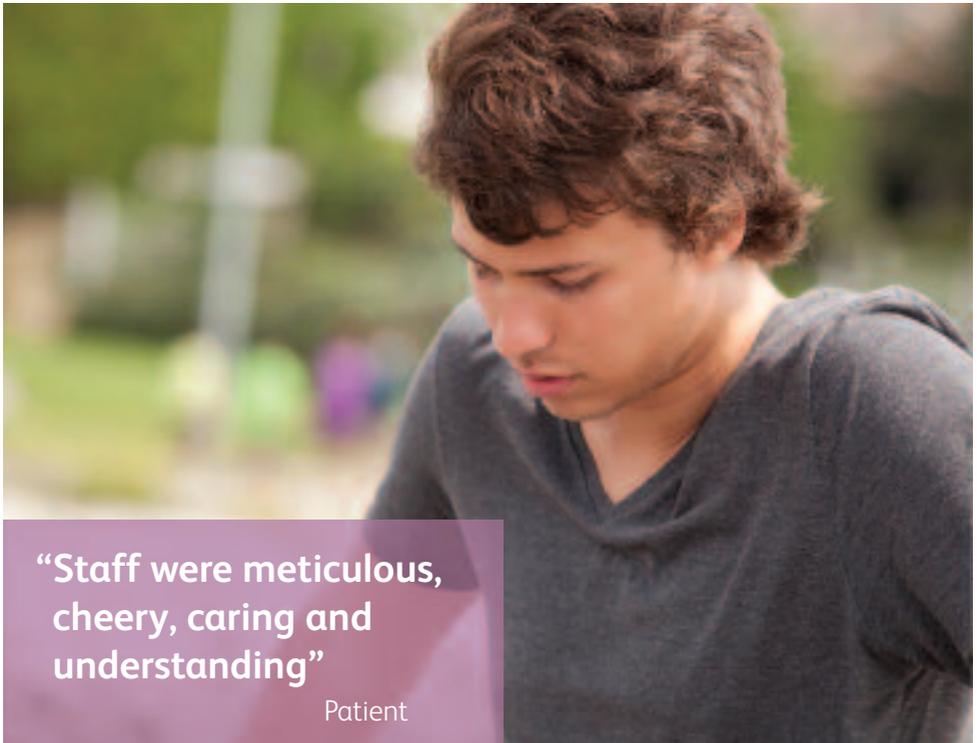
“It was good to meet other people with eating disorders”

Assessment

An assessment will be arranged within one week of referral with a specialist practitioner to ensure suitability and explain the programme's aims and boundaries further. In some circumstances we may ask one of the specialist consultants to assess the patient. Subject to agreement that the programme is appropriate, the patient will then join the programme at the next available group. (The maximum group size is eight).

Funding

Funding must be confirmed for the full 12 weeks, patients can choose to self fund their treatment on a monthly basis with a discount applied if they pay in full prior to commencing their treatment. Alternatively the service is a registered and approved provider for all of the UK's leading private medical insurance schemes.



**“Staff were meticulous,
cheery, caring and
understanding”**

Patient

About our group

From education to hospitals, care homes and secure facilities, the Priory Group of Companies offers individually tailored, multidisciplinary treatment programmes for those with complex educational needs or requiring acute, long-term and respite mental healthcare.

The integrated strength of each service provides a seamless transition for the individual as they progress between higher and lower dependency care and across services. This unique approach ensures that every individual has the opportunity to achieve the best possible outcomes and quality of life with the Priory Group.

As 85 % of our services are funded by the NHS and other public bodies, our clinical teams work closely with commissioners across the country to provide transparent pricing models and evidence-based care packages along every stage of the service user's journey with us.

For more information on our services or to make a referral call us on

call us on
020 8876 8261

send an email to
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or visit our website at
www.priorygroup.com

