Adult Eating Disorders Services

A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT
Priory’s commitment to adult eating disorders

Priory is the UK’s largest independent provider of Eating Disorders services with hospitals across the country – we deliver over a third of the UK’s inpatient services. We pride ourselves on offering quality, personalised treatment for every patient in our care. Eating disorders are treatable and over the years we have helped thousands of people move towards recovery and to lead more fulfilling lives.

Our care and treatment addresses both the physical consequences of the patient’s eating disorder, as well as the related underlying psychological and social factors.

Every service offers treatment which includes:
- Medical stabilisation and management of medical complications
- Weight restoration and stabilisation, re-establishing a healthy relationship with food
- Exploring motivation and underlying emotional issues and concerns
- Providing the support required for emotional development and psychological growth
- Support for families including Family Therapy
- Helping the patient manage their eating disorder outside of the hospital and building on their life skills

We recognise the importance of an individualised care pathway designed to provide a safe but supportive and structured environment, tailored to the differing needs and experiences of each patient.

Our outcomes:
- 93% of Adult EDU patients with Anorexia gained weight on discharge*
- Adult EDU patients with Anorexia increased their BMI by 2.8 on discharge*
- The proportion of Adult EDU patients with Anorexia and a healthy BMI of between 18.5 and 24.9, increased by more than 3 times on discharge compared to admission*
- 83% of patients demonstrated an improvement upon discharge from therapy*

*Between October ’14 and September ’15

Our Eating Disorders services at a glance:

- Providing Eating Disorders services since 1985
- Eating Disorders course accredited by the University of Brighton since 2009
- Large network of eating disorders facilities across the UK
- Strong leadership from Consultants experienced in managing complex patients with eating disorders
- Participation in national clinical quality forums in order to keep services at the forefront of emerging treatment in eating disorders
- Safe and supportive environments
- Service line network leading on quality in service delivery and training across all services
- Comprehensive multidisciplinary teams with expertise in treating eating disorders
- Provision of evidence-based treatments
- Access to wide range of therapeutic interventions
- Treatment tailored to individual needs

All Priory Adult Eating Disorders services across nine hospitals have achieved a Quality Network for Eating Disorders (QED) accreditation.
Who do we support?

Priory offers eating disorders treatment to those who meet the following:

- Males and females
- Aged 18 and above*
- Primary diagnosis of an eating disorder
- May present with an eating disorder that is too high risk, complex, severe or persistent to be managed safely within a community setting
- Patients who may have a high physical/psychiatric risk
- Patients who may have co-morbid conditions
- May be admitted informally or under the Mental Health Act
- May have dual diagnosis or complex needs

At Priory we have the ability to treat a constantly evolving group of higher acuity patients.

What is Priory’s approach?

Without the right help and support, an eating disorder can have a hugely damaging impact on an individual’s physical and mental wellbeing, relationships and family life. We understand that in order to address disordered eating symptoms, individuals will need a great deal of emotional support. We recognise that admission to hospital can be very daunting and we aim to help people feel as safe and supported as possible.

Our consultant-led teams of specialists provide treatment for all types of eating disorders, such as Anorexia Nervosa and Bulimia Nervosa. The Care Programme Approach (CPA) forms the basis of care planning and provides the opportunity to review the patient’s progress during treatment. Based on defined treatment objectives and associated risk factors it includes:

- Carrying out detailed assessments before undertaking any treatment programme
- Regularly evaluating the patient’s progress
- Involving the patient and their family at every step of the process
- Involving commissioners, referrers and other relevant healthcare professionals
- Providing innovative therapy programmes

At Priory, we believe that our clinical outcomes and patient satisfaction results are two important gauges of the effectiveness of the services that we provide. We measure ourselves against the highest national standards of quality, and work hard to ensure that we deliver meaningful results for those in our care.

*Priory also provides a Child and Adolescent Eating Disorders service
Our treatment programmes

Priory provides specialist programmes which enable the patient to receive the most personalised and appropriate treatment according to individual needs. The aim is to use a recovery-based approach to help individuals identify areas in which they wish to make changes. They also help in the development of coping strategies and practical skills, to manage their eating disorder.

By addressing the patient’s physical and mental state, we aim to re-establish healthy eating habits, increasing confidence not only with respect to eating but in how the patient feels about themselves and the world around them.

Our compassionate and highly skilled teams offer:

• Support for those with highly complex needs
• Emergency placement referrals into our inpatient facilities
• Pre-admission assessments, clarification of diagnosis and advice about the most appropriate treatment
• Communication with families and carers, healthcare professionals and commissioners
• Evidence-based, individualised care packages
• Excellent clinical outcomes

Our experienced, multidisciplinary teams work with the individual, their community healthcare professional and families throughout every stage of the care planning process. Programmes may include:

• Psycho-education
• Dietetic advice
• Body image therapy
• Family Therapy and carers support groups
• Psychodynamic therapy
• Dialectical Behavioural Therapy (DBT)
• Cognitive Behavioural Therapy (CBT)
• Supported eating in social settings
• Occupational Therapy and support in developing life skills
• Involvement in activities in the community

Priory also ensures patients are involved in creative activities such as:

• Art and drama groups
• Yoga and Tai Chi
• Safe exercise groups
• Music groups
• Cinema clubs
The amount of support that individuals require depends on their physical and emotional frailty. At the outset of admission patients generally require a higher level of support and monitoring. The initial phase of any treatment focuses on stabilising the physical state and re-establishing a healthy eating plan. During these first couple of weeks a higher level of medical monitoring, dietetic advice and nursing support is likely to be necessary. Once medically stable patients can begin to make use of the variety of therapeutic sessions on offer.

Patients will move on and learn to take increased responsibility for eating, including taking part in specific groups involving meal preparation and eating in personally challenging environments. Overnight leave is introduced when individuals are managing eating more independently and gradually periods of leave are extended.

Towards the end of treatment, supervision of meal times will be reduced and plans are developed to integrate patients back into their home and community life, including re-engaging with community mental health services.
Our Low Secure Hospitals
Spotlight on: The Priory Hospital Cheadle Royal

The Eating Disorders service at The Priory Hospital Cheadle Royal offers a comprehensive inpatient specialist mental health service for adults. The service is dedicated to providing innovative, high quality care and treatment for patients with challenging and complex needs, in order to enable their recovery and re-engagement with the community. We are driven to offer the most up to date, Gold Standard care possible.

The hospital’s consultant-led multidisciplinary teams have considerable clinical and research experience, enabling patients to benefit from a broad range of individual and group therapies. We participate in national clinical quality forums in order to keep services at the forefront of emerging treatment in eating disorders.

**Care and treatment includes:**

- High quality individualised care in a safe and supportive environment
- Clear, effective pathways including assessment, stabilisation, rehabilitation and recovery
- A Care Programme Approach (CPA) that fully involves the patient and their family
- A complete care progression plan for our patients promoting a reduced length of stay
- Group psychological therapy, for example Radically Open Dialectical Behavioural Therapy
- Regular physical health monitoring using MARSI Mews

Our eating disorders unit at The Priory Hospital Cheadle Royal received **100% satisfaction** when asked about:

- Rules and procedures of the hospital, such as meal or visitor times
- Respect and dignity
- Feeling safe
- The catering at the hospital in meeting nutritional needs
- Therapists
- Other staff/reception
- The comfort and cleanliness of the hospital and rooms

Many of our clinicians are actively involved in improving the quality of eating disorder treatment on a national scale – Priory’s Dr Sonu Sharma was involved in producing the nationally-approved guidelines on the Management of Really Sick Patients with Anorexia Nervosa (MARSIPAN) to ensure the highest quality of care is carried out at all times.

The Inpatient Eating Disorders service at Cheadle Royal was awarded ‘Outstanding’ in the 2015 Care Quality Commission inspection.
Priory provides the very best expert day care for eating disorders. We offer tailored treatment, in order to maximise the chances of individuals who suffer from an eating disorder to reach their own positive goals and outcomes.

Our philosophy is to encourage each person to achieve a better understanding of their problems and we promote the importance of taking responsibility for one’s own recovery.

The Priory Hospital Cheadle Royal provides a community based, therapy oriented setting which offers comprehensive assessments, treatment programmes and management of eating disorders in a safe and secure environment. Our individualised, tailored approach includes:

- A comprehensive risk assessment to establish the best possible care plan
- A multidisciplinary assessment of needs
- Co-ordination of care with GPs, carers, commissioning authorities, etc
- Progress monitoring through the CPA process
- Medical supervision
- Weekly physical health monitoring including weight and blood tests
- Regular updates to commissioners and weekly reviews in key worker sessions

We recognise the importance of maintaining stability in the recovery phase and this is incorporated into our care plan. It is an integral part of the group programme which includes:

- Group psychological therapy, for example Radically Open Dialectical Behavioural Therapy
- Monthly Carers group
- 1:1 psychological therapy
- Family Therapy
- Group programmes such as nutritional health, self-image and anxiety management
- Weekly dietetic sessions, as required
- Supported eating in social settings and culinary skills sessions including meal preparation and portion sizing
- Overall assistance in re-establishing a healthy relationship with food

The Priory Hospital Cheadle Royal Day Care service is available Monday to Friday from 8am – 4pm with flexible attendance according to need.

“Day care has been really helpful in so many ways, in my steps towards recovery. I’ve been able to challenge many of my fears with the support of staff who understand the difficulties. I’ve benefitted from help in meal planning, learned strategies to help me to cope and gained confidence in social situations involving food.”

Former patient

Other hospitals which provide an Eating Disorders Day Care service include The Priory Hospital Altrincham, Bristol, Glasgow, Hayes Grove, Roehampton and Woodbourne.
Inpatient Eating Disorders service

Spotlight on: The Priory Hospital Hayes Grove

The Priory Hospital Hayes Grove in Kent offers a wide range of inpatient therapy services including treatment for eating disorders. Treatment plans are tailored to each individual’s specific needs.

The Priory Hospital Hayes Grove is a place of serenity where our patients can take time out to rest and heal in a therapeutic environment, which promotes positive outcomes.

The Eating Disorders service at The Priory Hospital Hayes Grove, is provided by a well-established and long-serving multidisciplinary team whose expert and multi-skilled approach ensures the very best care is provided to patients.

The MDT consists of a Psychotherapist, Art Psychotherapist, Physiotherapist, a Family Therapist and a Cognitive Analytical Therapist.

This service provides care and treatment for patients suffering from Anorexia Nervosa, Bulimia Nervosa, obesity and other related conditions and comprises of:

- Two wards – Acute EDU and EDU Transition and Progression
- 10 single occupancy bedrooms on each ward
- En-suite facilities
- A patient lounge
- A kitchen/dining room

Over the last 15 years The Priory Hospital Hayes Grove has developed specialist skills within the multidisciplinary team to assess for, initiate and deliver Enteral feeding:

- Nasogastric
- PEG
- PEJ

These interventions can be considered lifescaving and life changing for the most severely compromised patients suffering with treatment resistant Anorexia Nervosa.

The inpatient programme is reviewed at regular intervals. The aim through the group and individual programme is to encourage patients to develop a healthy relationship with food, to understand the emotional factors that underlie their disordered eating, and to enable the individual to consider all aspects of their life, to support them to make the positive changes towards a more fulfilling life.
Case Study: H’s story*

H was admitted to a Priory inpatient service aged 35 years old, having already had three recent admissions to hospital. She had been diagnosed with Anorexia Nervosa at the age of 16. On admission H had a BMI of 11; her weight was dangerously low due to restricting food intake and over exercising. She presented with high levels of fatigue, episodes of dizziness, dehydration, extremely low body temperature and blood abnormalities. Her long standing Anorexia had resulted in osteoporosis and amenorrhea. H’s previous admissions had been successful in medical stabilisation and weight gain but ongoing weight maintenance always proved difficult.

Throughout her life, H had struggled with bereavement, emotional abuse and ongoing post-traumatic stress symptoms. This, along with her eating disorder symptoms, had negatively impacted on her personal relationships and work life. She had become socially isolated and struggled to maintain employment. H’s family felt unable to cope with H’s disordered behaviour, which had disrupted family life.

On admission her psychiatric and physical health was assessed, her diet and fluid input and output were monitored, bloods were taken and an ECG was performed. She was placed on a refeeding programme and physical observations were closely monitored - every effort was made to prevent over exercising.

H began to gain weight gradually and she started to participate in various programmes, including 1:1 psychotherapy and Family Therapy. This enabled H to explore issues related to emotional abuse in a supportive and therapeutic environment. She also participated in the Supported Eating programme which included personalised menu planning, 1:1 sessions with the dietician, support with food shopping, and eating in unfamiliar environments. This promoted further control over personal eating behaviours which she initially was terrified about confronting.

H began to discuss her feelings more openly. In the past she had found programmes challenging and hard to engage with but at Priory she felt consulted and supported at all times. With added confidence, H began to enjoy periods outside of the hospital with her family. Through Family Therapy they felt more skilled to manage these interactions. Her family were able to visit the unit and cook and eat meals with H, under the supervision of a Specialist Nurse. H also started to visit her work place and planned a graduated return to work, whilst still having the support of the inpatient setting to return to.

After six months, H was discharged with a BMI of 18.5 which has been sustained since. She has maintained employment on a part time basis and has reported that she is socialising with work colleagues outside of work.

“I felt considered and treated like an individual, not a person with Anorexia. I was believed in and felt supported by the whole team.”

*All case studies are anonymised or written with consent
How to access our services

Priory accepts referrals from a variety of public sector and independent organisations throughout the UK. These include:

• NHS Provider Trusts Gatekeeping
• Clinical Commissioning Groups (CCGs)
• NHS England Specialised mental health case managers
• Community Mental Health teams
• Psychiatric hospitals
• Acute hospitals

All our hospitals have specific admission criteria relevant to the service and support they offer.

We are able to accept referrals 24 hours a day, 7 days a week. Urgent or out-of-hours appointments and admissions can be arranged immediately by telephoneing the appropriate hospital directly.

A referral can be made direct to a Priory site or via our central enquiries number.

Call us today on: 0800 090 1356
Send an email to: info@priorygroup.com
Visit: www.priorygroup.com
Our locations

01. The Priory Hospital Altrincham
Rappax Road, Hale, Altrincham
Cheshire, WA15 0NX
Tel: 0161 904 0050 Fax: 0161 980 4322
altrincham@priorygroup.com
Child and adolescent services only

02. The Priory Hospital Bristol
Heath House Lane, Stapleton
Bristol, BS16 1EQ
Tel: 0117 952 5255 Fax: 0117 952 5552
bristol@priorygroup.com

03. The Priory Hospital Cheadle Royal
100 Wilmslow Road, Cheadle,
Cheshire, SK8 3DG
Tel: 0161 428 9511 Fax: 0161 428 1870
cheadleroyal@priorygroup.com
Child and adolescent services offered

04. The Priory Hospital Chelmsford
Stump Lane, Springfield Green
Chelmsford, Essex, CM1 7SJ
Tel: 01245 345 345 Fax: 01245 346 177
chelmsford@priorygroup.com
Child and adolescent services offered

05. The Priory Hospital Glasgow
38-40 Mansionhouse Road,
Glasgow, G41 3DW
Tel: 0141 636 6166 Fax: 0141 636 5151
glasgow@priorygroup.com

06. The Priory Hospital Hayes Grove
Prestons Road, Hayes, Bromley,
Kent, BR2 7AS
Tel: 020 8462 7722 Fax: 020 8462 5028
hayesgrove@priorygroup.com

07. The Priory Hospital Roehampton
Priory Lane, Roehampton,
London, SW15 5JJ
Tel: 020 8876 8261 Fax: 020 8392 2632
roehampton@priorygroup.com
Child and adolescent services offered

08. The Priory Hospital Southampton
Hythe Road, Marchwood, Southampton,
Hampshire, SO40 4WU
Tel: 023 8084 0044 Fax: 023 8020 7554
southampton@priorygroup.com

09. The Woodbourne Priory Hospital
21 Woodbourne Road, Edgbaston
Birmingham, B17 8BY
Tel: 0121 434 4343 Fax: 0121 434 3270
woodbourne@priorygroup.com

To make a referral, please call 0800 090 1356, 24 hours a day, 7 days a week.
Get in touch

For more information on our services or to discuss treatment options:

Call us today on: 0800 090 1356
Send an email to: info@priorygroup.com
Visit: www.priorygroup.com