

Grŵp Traws Bleidiol ar Anhwylderau Bwyta Cross Party Group on Eating Disorders

Minutes of the last meeting

4 November 2015

Tŷ Hywel, National Assembly for Wales

IN ATTENDANCE:	
Katie Dalton (secretary)	Gofal
Val Bailey	RCN Wales
Martin Ball	Parent
Jane Burgoyne	Primary Care Counselling
Julie Davies	Eating Disorders Support Group, Bridgend
Robin Glaze	Tier 4 CAMHS North Wales
Ewan Hilton	Gofal
Menna Jones	T3 ED Team Clinical Lead Cardiff and Vale/Cwm Taf UHB
Molly Leopold	T3 ED Team Cardiff and Vale/Cwm Taf UHB
Manon Lewis	Sufferer / Beat Cymru ambassador
Helen Missen	Carer
Claire O'Reilly	T3 ED Team Cardiff and Vale / Cwm Taf UHB
Kim Palmer	CAMHS, South West Wales
Dr Khesh Sidhu	Public Health Wales
Jacinta Tan	Swansea University / Abertawe Bro Morgannwg UHB

CPGED/NAW4/29 - Welcome and apologies	Actions
<p>Katie Dalton (acting Chair) welcomed attendees to the meeting of the Cross Party Group on Eating Disorders.</p> <p>RECEIVED: Apologies from absent members</p> <ul style="list-style-type: none"> • Bethan Jenkins AM • Gill Davies • Emma-Jayne Hagerty • Toni Hoefkens • Carole Phillips • Janet Ribeiro • Don Ribeiro • Debbie Woodward 	

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CPGED/NAW4/30 - Minutes of the last meeting	Actions
<p>AGREED: The minutes of the last meeting were agreed.</p>	
CPGED/NAW4/31 - Matters arising	Actions
<p>DISCUSSED: Matters arising</p> <p>CPGED/NAW4/23 - Key issues and priorities for ED Services in Wales ACTION: KD to finalise document and send to CPG members. KD to publish the document online and send to relevant policy makers. KD to write press release and send the document to the media. UPDATE: The CPGED key issues document had been finalised and sent back out to members. It had been published on the Gofal website and sent to Welsh Government officials and health board representatives who are developing the next Together for Mental Health delivery plan and conducting the CAMHS improvement work. A press release had been drafted including quotes and case studies from Bethan Jenkins AM, Manon Lewis, James Downs, Dr Menna Jones and Ewan Hilton. The story achieved significant coverage including interviews with Bethan Jenkins AM, James, Downs, Manon Lewis, Dr Menna Jones and Katie Dalton) on BBC Wales news, BBC news online, BBC Radio Wales, ITV Wales news, S4C Newyddion, Western Mail and numerous regional radio stations.</p> <p>CPGED/NAW4/24 - Eating Disorders Framework for Wales ACTION: BJ to write to Health Minister BJ to write to people conducting the refresh UPDATE: Letters had been sent to the Health Minister and Dr Khesh Sidhu. Public engagement events had been organised for patients and family members/carers to share their views and experiences of eating disorders services in Wales.</p> <p>CPGED/NAW4/25 - Mental health and eating disorders in schools ACTION: BJ to write to the Education Minister BJ to write to local authorities UPDATE: Letters had been drafted to both the Education Minister and Local Authorities and were due to be sent out shortly.</p> <p>CPGED/NAW4/26 - Together for Mental Health ACTION: KD to circulate WAMH document</p>	<p>KD to ensure that letters are sent as soon as possible</p>

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<p>KD to send key issues document to WG UPDATE: KD had circulated the WAMH document to members of the CPGED and sent the CPGED key issues document to the Welsh Government official responsible for developing the next Together for Mental Health delivery plan.</p> <p>CPGED/NAW4/27 - Assembly election manifestos ACTION: BJ/KD to send the key issues document to political parties KD to add the development of key pledges to the agenda of the next meeting UPDATE: Political parties are currently developing their manifestos for the National Assembly elections in 2016 and the key issues document will be sent to them shortly.</p> <p>CPGED/NAW4/28 - Eating disorder services in North Wales ACTION: BJ to write to the Health Minister to highlight the importance of eating disorder services being included within the range of projects supported by the CAMHS funding and express her support for this proposal. UPDATE: BJ had written to the Health Minister about this issue. RG reported that there were still concerns about whether this would be achieved. EH offered to speak to Welsh Government officials about this issue on behalf of the cross party group.</p>	<p>KD to send key issues document to political parties</p> <p>EH to speak to Welsh Government officials</p>
<p>CPGED/NAW4/32 - Refresh of the Eating Disorders Framework for Wales</p>	<p>Actions</p>
<p>Katie Dalton introduced Dr Khesh Sidhu from Public Health Wales who has been asked by the Welsh Government to undertake a refresh of the Eating Disorders Framework for Wales. Dr Sidhu outlined the parameters and process for the refresh work and emphasised the importance of hearing patient and family/carer experiences as part of the process, highlighting planned public engagement events in Wrexham and Cardiff on the 9th and 12th of November. Dr Sidhu invited members of the cross party group to share their views and experiences of using and delivering eating disorders services in Wales.</p> <p>Katie Dalton highlighted the cross party group’s ‘key issues’ document and members of the cross party group raised the following issues during the meeting:</p> <ul style="list-style-type: none"> • The people who are using eating disorders services are the tip of 	

the iceberg - many more people are living with eating disorders but are not accessing the treatment and/or support they need.

- The current eating disorders framework estimates the number of people with eating disorders per GP practice - but this is likely to be incorrect - the number is likely to be much higher.
- There needs to be a continual process of improvement and service development - it cannot stop at the end of the refresh.
- We need to use ongoing research to develop services over time.
- The framework could be clearer or more robust in terms of screening and action at a primary care level.
- More could be done to flag up symptoms and screen for eating disorders - but this needs to be relatively easy for professionals to carry out (recognising the pressures that staff are under). There could be a questionnaire that includes five basic questions to identify the likely presence of an eating disorder.
- Primary care - some GPs are excellent but others are not very good at identifying eating disorders.
- Primary care staff are generally low on confidence with regards to eating disorders - so we need to increase support for GPs and other primary care staff.
- Can improvements be made to medical training so that health professionals are routinely taught about eating disorders?
- Can we improve CBT training for counsellors?
- At Tier 2 there is a diverse range of training levels and a disparity in skills and knowledge of eating disorders among professionals
- Could practice nurses play a greater role in identifying eating disorders?
- Could other professionals such as dentists, school nurses and accident and emergency staff be trained to identify signs and symptoms of eating disorders and therefore aid early identification and intervention?
- Is there a better way of identifying people who frequently come into contact with A&E in order to flag up potential eating disorders and identify appropriate support?
- Example: A range of professionals are now equipped to identify post-natal depression, they recognise the importance of this and the severity of the condition. There are systems for screening and questionnaires that help to identify an issue. There has also been work to improve awareness and identification of domestic abuse in A&E. There are also systems in place to identify other vulnerable groups such as those at risk of child or elder abuse. Could a similar

<p>approach be taken to help non-ED staff to better identify eating disorders?</p> <ul style="list-style-type: none"> • If a system is put in place to flag up eating disorders then there needs to be an appropriate response and support in place to address the issue. • The response to the identification of an eating disorder needs to be quick - services need to be more responsive to prevent deterioration and ensure the right expertise and support is available and accessible. • Attitudes and behaviours of staff have improved within eating disorders services but there needs to be an improvement in attitudes towards eating disorders within other health setting such as re-feeding, paediatric or general wards. It is important that people do not feel judged or stigmatised because they have an eating disorder. • There is an issue with confidentiality when people leave CAMHS and join adult services. Parents/family members can feel that they are shut out from discussions that they were previously involved in. People understand the importance of confidentiality and trust but it can be very difficult for family members. • The education sector can play an important role in the early identification of eating disorders and creating a supportive environment - more should be done to raise awareness and knowledge among teaching staff, support staff and pupils. • The framework and service provision needs to reflect the diversity of the population in Wales. i.e. Welsh language, demographics, geography. 	
<p>Katie Dalton thanked everyone for their attendance and contributions to the discussion. Katie also thanked Dr Khesh Sidhu for coming along to the meeting to discuss the Eating Disorders Framework for Wales and listen to people's views.</p>	