

edhit UPDATE

2016/ No. 1

SAVE THE DATE! 6TH OCTOBER, ARNOLFINI

To celebrate EDHIT's arrival and raise awareness of eating disorders in the Bristol city region, we are holding a launch event - to which you are all warmly invited!

This will take place at the Arnolfini Art Gallery on Thursday 6th October during the Freedom of Mind Festival.

Find details and register at edhit-launch.eventbrite.co.uk



Come and join us for the official launch of EDHIT at Arnolfini

INTRODUCING EDHIT, THE EATING DISORDERS HEALTH INTEGRATION TEAM

A new Health Integration Team (HIT), focused on improving care and quality of life for people with eating disorders and enhancing prevention, has been given the green light by Bristol Health Partners. (See more details at www.bristolhealthpartners.org.uk.)

The Eating Disorders HIT, or EDHIT for short, is being led by Consultant Psychiatrist Dr Hugh Herzig of STEPS Specialist Eating Disorder Service, and Dr Helen Malson, Associate Professor of Social Psychology at the University of the West of England's Centre for Appearance Research.

Eating disorders have the highest levels of mortality associated with any mental health problem. However care for people with eating disorders can be fragmented or inconsistent, and there are few evidenced-based treatments; more research needs to be done!

Moreover, although eating disorders afflict people of all ages, they are a particular problem among young and potentially productive members of society, and are therefore associated with huge personal, health and social care costs.

The team will work on both prevention and treatment for people with eating disorders. Four EDHIT workstreams will each focus on collaboration across agency boundaries; transitions between services and along patient care pathways; research and evidence based practice; and patient and public involvement respectively.

Read more at: www.bristolhealthpartners.org.uk/eatingdisorders

“The team will focus on both prevention and treatment for people with eating disorders.”

INTRODUCING THE EDHIT WORKSTREAMS:

COLLABORATION LED BY HUGH HERZIG

Health Integration Teams are all about collaboration – between patients, their friends and families, clinical staff, university researchers, health care commissioners, public health specialists in local councils whose job is illness prevention, and other organisations such as charities or support groups.

In the new ED HIT we want to take every chance to promote collaboration, and have dedicated a work stream to look for and deliver different ways of coming together and sharing ideas and information.

The first task of the Collaboration work stream is to plan the EDHIT launch event. We want the event to be a celebration of the birth of our new HIT, a place to publicise some of the projects we want to work on, and an opportunity to share ideas and experiences with each other. We will welcome people voicing their own thoughts and ideas, and will be making a note of contact details and of themes that come up (with permission of course).

The event will take place on Thursday 6th October 5.30pm in the Light Studio at the Arnolfini Gallery in central Bristol, and we plan to display art and written work, to answer questions and have a discussion, and to leave enough time to talk informally to each other too. Please put it in your diaries, and we really hope to see you there.

RESEARCH AND EVIDENCE-BASED PRACTICE HELEN MALSON

The research workstream has got off to a flying start with its first research mini-conference held at the University of Bristol in July and several projects already off the ground or about to start.

Dr Emma Halliwell, a senior lecturer in Psychology at UWE, is leading a project which will deliver and evaluate an intervention which is designed to improve teenage girls' body image by helping them to challenge 'the thin ideal'. The intervention, which is funded by Bristol and South Gloucester Councils, will be delivered from September 2016 to January 2017 to 250 teenage girls in 5 schools.

A second intervention project, funded by UWE and led by myself, starting in September 2016, will develop, deliver and evaluate an intervention for young people that will aim to challenge a broader range of restrictive gender norms that may also be implicated in eating disorders.

In the next few months the EDHIT team will also be surveying GPs about their training needs in relation to caring for people with eating disorders. The team plan to use the findings of this survey to help improve the training that is given to GPs. If you have any views about the kinds of training GPs might need, the questions we should ask GPs or if you would like to let us know about your experience of GP care (good or bad) we would love to hear from you. Please send any comments to awp.EDHIT@nhs.net marking your email with GP survey PPI in the subject heading.

PATIENT AND PUBLIC INVOLVEMENT (PPI)

ANNE COOKE

EDHIT has devoted one of its four workstreams to PPI to ensure those using ED services and being affected by the HIT's work are involved every step of the way.

We started this before the HIT had even submitted its application to Bristol Health Partners by holding an open event in November 2015 (a huge thank you to everyone who attended). It was great to see a direct outcome of this evening – discovering that those affected by EDs felt the transition from care to recovery was, in fact, the hardest of any transition encountered through the care pathway – was then integrated into EDHIT's application: transition to sustained recovery is now included as one of EDHIT's goals.

Excitingly, Helen's plans now include a 3-year PhD research project into this critical transition stage. Studies of this kind will enable EDHIT to understand how best to support people to long-term recovery.

Our ongoing plans include building our PPI contact list so that we can ensure as many views as possible influence EDHIT's activities: the EDHIT launch event on October 6th; and another open PPI evening during Healthy City Week (date TBC).

TRANSITIONS / CARE PATHWAYS

SANNI NORWEG

In this work-stream we focus on two very important areas: the transitions an individual living with an eating disorder might experience; as well as the care and service pathways that need to be in place in order to improve the experience of service users.

- There are various important transitions that a person living with an eating disorder might encounter: child and adolescent mental health service to adult mental health service, eating disorder community services and eating disorder inpatient ward, medical ward and eating disorder inpatient ward, family home and student abode, or care to sustained recovery. It is important to ensure that these transitions, which can involve a discontinuity of care or a change in the philosophy of care received, are managed as well as possible by all involved. This is because at these times of heightened stress for an individual living with an eating disorder, there may be an increased risk of experiencing a relapse, feeling disengaged from services or being 'missed' by services. This year our focus will be on the transitions from CAMHS to adult eating disorder services, as well as on the transitions from the eating disorder service inpatient ward to the eating disorder community service.
- We are also mapping out care and service pathways in order to highlight areas for improvement, especially with a view to decreasing waiting times for service users.

UPDATE FROM THE HIT CONFERENCE:

We were delighted to be able to attend June's HIT conference as one of BHP's youngest HITs! This day event brings together all 20+ HITs in BHP. HITs cover a whole range of areas – from respiratory health to perinatal depression – but face similar challenges, and the conference allows for sharing best practice and gathering ideas for the future.

EDHIT gave a number of presentations: Helen Malson and Hugh Herzig spoke about EDHIT as a whole, and Anne Cooke spoke in a workshop about PPI. All of the presentations from the day are now available (<http://goo.gl/jbpVjE>) and you are able to read the full round-up of what happened on the Bristol Health Partners website (<http://goo.gl/YjXFGN>).

OPPORTUNITIES FOR YOU TO GET INVOLVED:

HELP IMPROVE EDHIT'S WORK BY JOINING (AND INVITING OTHERS TO JOIN!) OUR MAILING LIST

We wish to take account of as many views and experiences of people affected by EDs as possible in EDHIT's work. This includes anyone who is experiencing an ED or who has in the past, or anyone who has cared for or is caring for someone with an ED.

Does this apply to you or anyone you know?

Please help us reach out to more people by joining EDHIT's PPI mailing list (email awp.EDHIT@nhs.net) and/or passing on the invitation to others.

100,000 GENOMES PROJECT

Genomics England, with the consent of participants and the support of the public, is creating a lasting legacy for patients, the NHS and the UK economy, through the sequencing of 100,000 genomes.

The project has a focus on patients with rare conditions and their families. One of the conditions being studied is **anorexia nervosa**.

Aims of the project are to create a new genomic medicine service for the NHS – transforming how people are cared for – and to enable new medical research.

If you are interested in taking part please see www.genomicsengland.co.uk/taking-part/intro

WHAT RESEARCH QUESTIONS DO WE NEED TO ASK?

A number of short, one-year research projects will be carried out at UWE in 2016-17, and some of these could address questions about aspects of Eating Disorders – care or treatment, clinicians' needs, prevention, awareness, attitudes towards EDs, minority groups or anything else you think important to investigate. **If you have ideas please email awp.EDHIT@nhs.net marking your email with UWE Research Projects** in the subject heading.

GPs' TRAINING NEEDS

In the next few months the EDHIT team will also be surveying GPs about their training needs in relation to caring for people with eating disorders. The team plan to use the findings of this survey to help improve the training that is given to GPs. If you have any views about the kinds of training GPs might need, the questions we should ask GPs or if you would like to let us know about your experience of GP care (good or bad) we would love to hear from you. **Please send any comments to awp.EDHIT@nhs.net marking your email with GP survey PPI** in the subject heading.

6TH OCTOBER: EDHIT LAUNCH EVENT

17:30, Thursday 6th October
Light Studio, Arnolfini
16 Narrow Quay, Bristol BS1 4QA
Register at <http://edhit-launch.eventbrite.co.uk>
Also see freedomofmind.org.uk and #BHPedhit

Our launch event will include displays of art and written work, a chance to answer questions and have discussions, and time to talk informally to each other too. Please put the date in your diaries; we really hope to see you there!

19TH OCTOBER: OPEN EVENT IN HEALTHY CITY WEEK

17:30, Wednesday 19th October
Whitefriars Centre
Lewins Mead, Bristol BS1 2NT.
Register at <http://edhit-evening.eventbrite.co.uk>
Also see healthcityweek.org.uk #BHPedhit

Following our launch event, we are inviting everyone who has been affected by an ED to join us for a more focused feedback and consultation evening on the work of EDHIT. For those who attended the event in November 2015 this will be a similar evening, but bringing you up to date on our latest work and asking for your input on work to come. Last time we held an event of this kind your input directly changed the work of EDHIT. We genuinely need your input, and genuinely act on it too!

edhit

e: awp.EDHIT@nhs.net

w: www.bristolhealthpartners.org.uk/eatingdisorders
#BHPedhit