



Cotswold Spa Hospital

Virtual Day Patient Recovery Service

Cotswold Spa Hospital provides a specialist Virtual Day Patient Eating Disorder Service. We treat young people and adults aged between 13 and 25 years, with a primary diagnosis of eating disorder. The team specialise in supporting young people with the transition from CAMHS to adult services.



*Putting
children and
young people at
the heart of all
that we do*

The service is for young people of all genders with an eating disorder, predominantly:

- Bulimia Nervosa
- Anorexia Nervosa
- Avoidant Restrictive Food Intake Disorder

The aim of the service is to provide an intensive virtual day program for young people who would have been admitted as an inpatient. We also offer a step-down service from inpatient care as part of a discharge pathway, to reduce the length of an inpatient stay, if clinically appropriate, and to improve patient outcomes.

The virtual day patient programme is completely flexible depending upon each young person's needs and stage of recovery. Some young people attend our virtual programme five days per week, others just one or two days per week to keep on track with their recovery. For those even further along their recovery journey we offer outpatient sessions if needed.





The hospital provides a virtual group programme that offers opportunities for motivational enhancement, psycho-education, emotional coping skills, independent living skills, social skills, as well as recreational and social activities.

Patients, families and carers can access family forum support groups, skills based carer advice, and meal support strategies.

Cotswold Spa Hospital provides Royal College of Psychiatrists Management of Really Sick Patients with Anorexia Nervosa (MARSIPAN) guided medical assessment and treatment as required, with liaison with community services to provide blood tests, electrocardiograms (ECGs), Paediatric / National Early Warning Scale 2 (PEWS / NEWS2) monitoring, and blood glucose testing. The hospital may recommend a referral to medical specialists where appropriate, according to the patient's needs, and in collaboration with Primary Care.

The Programme

The Virtual Day Patient Programme provides a Consultant Psychiatrist led comprehensive assessment to understand the patients' needs and suitability for the day patient programme.

The Multidisciplinary Team (MDT) develop care plans with patients and families for out of hospital care, according to the patient's needs, and in collaboration with the community mental health teams and primary care teams. They will provide weekly collaborative reviews of patients' care including risk assessments. This may include recommending an increase or decrease in care, or arranging assessment/referral for more appropriate care or setting, subject to the patients' needs and risks. The team will provide daily assessments to review suitability for continued treatment. This may include a crisis plan. Regular CPA review meetings take place, including joint-working with the community teams with the aim of building a robust relapse prevention plan to facilitate discharge to the community team and primary care.

Each individualised care plan will provide meal support and motivational behavioural strategies with access to evidence-based therapies and family interventions focused on the eating disorder, such as the Maudsley skills based approach.

Crisis Management & Contingency Planning:

The Consultant Psychiatrist at Cotswold Spa Hospital has responsibility for the day patient only whilst they are attending the programme. Outside of this time the patient's Community Psychiatrist or Care Coordinator will hold clinical responsibility. Patients subject to the provisions of the Mental Health Act, such as Community Treatment Orders, will continue to be under the care of the community based Responsible Clinician, who will contribute to the care and treatment of the patient.

The hospital will work with the referrers, prior to a patient commencing the virtual day programme, to ensure that a detailed care plan and outline of responsibilities is in place.

Where significant risk emerges, the patient may be referred to emergency services, such as ambulance or police services as appropriate.

Admission Criteria

- All genders aged 13 – 25 years
- Primary diagnosis of an eating disorder
- Joining the day patient programme is subject to an individual assessment to consider risks & physical health status
- Agreed support from existing community services to manage any escalating risk, including access to Crisis Team support 24/7 & input from the Community Psychiatrist for any secondary mental health presentations & risk management in the community.
- Primary care input continues, including prescribing, & physical health monitoring.



This information is available in different languages, Braille, Easy Read and BSL on request

For further information, to arrange a visit, or make a referral, please call our 24 hour referral line on: **0800 218 2398** or email: **referrals@elysiumhealthcare.co.uk**

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