

# Eating Disorder Services

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- Adult Eating Disorder
- Personality Disorder / Eating Disorder Dual Diagnosis



# Welcome

Cygnnet Health Care was established in 1988. Since then we have developed a wide range of services for individuals with mental health needs and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the people in our care.

Our expert and highly dedicated care team of 8800 employees empower 2725 individuals across 140 services to consistently make a positive difference to their lives, through service user focused care and rehabilitation.

We maintain a good relationship with our quality regulators and undergo regular inspections, with 85% of our services rated

'Good' or 'Outstanding'. We also operate an internal system of quality care, treatment and positive outcomes.



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# Introduction

Cygnnet Health Care provides highly specialised eating disorder services for women aged over 18, including those with extremely low BMIs. We also specialise in treating individuals who have a dual diagnosis of personality disorder combined with eating disorder, along with other co-morbid mental health problems, complex challenging behaviour and self-harm.

Care and support is provided by comprehensive multi-disciplinary teams in environments that are highly structured, while also cheerful and non-institutional. We aim to support service users in their recovery and personal transformation towards a successful discharge back home to community setting or supported living environment.

Our services offer a range of therapies, including psychodynamic, occupational, family, art drama and complementary therapies, as well as DBT. We believe strongly in service user centred, individualised care, and involve service users in shaping their own treatment.

## Our service user profile:



Age Range:  
**18+**



Gender:  
**Female**



Mental Health Act Status:  
**Detained Informal**

- > Primary diagnosis of eating disorder (Cygnnet Hospital Ealing)
- > Dual diagnosis of personality disorder and eating disorder (Cygnnet Hospital Coventry - Ariel Ward)
- > May be detained under the Mental Health Act or informal
- > Extremely low BMI
- > May have co-morbid presentations including:
  - Self-harm
  - Self-neglect
  - Complex challenging behaviour
  - Other associated complex needs
- > May have a history of trauma and/or abuse

## Our services at a glance:

- > Naso-gastric and PEG feeding
- > High staffing ratios
- > Full medical monitoring
- > Full therapeutic programmes
- > Family therapy and carers assessments and support
- > Vocational activities

## Our multi-disciplinary teams:

- > Specialist Consultant Psychiatrists and Speciality Doctors
- > Psychology
- > Occupational therapy
- > Nurses
- > Dietician
- > Health care support workers
- > Social workers
- > ED Clinical Nurse Specialist
- > DBT Therapists
- > Physiotherapy

## Our outcome measurement tools:

Our comprehensive range of outcome tools and measures evaluate progress to ensure a holistic view of recovery. These include:

- > BMI
- > Eating Disorder Examination Questionnaire
- > Vancouver Obsessional Compulsive Inventory (VOCI)
- > Wender Utah Rating Scale (ADHD screening)
- > GAP
- > START
- > HoNOS
- > MOPPs
- > SCID V / SCID PD



# Our myPath Care Model

To ensure we cater for each person's journey and achieve long-term results, we have created a unique approach to care for people with eating disorders.

**myPath** is an overarching care model that serves to monitor service user engagement levels, manage their records, assess their progress and formulate a personalised and dynamic care plan with measurable targets. The model embraces a wide range of evidence-based tools, such as pharmaceutical inputs, daily living skills, progressive community-based outcomes and risk management plans. In doing the above, **myPath** ensures the delivery of high quality and inclusive care, which is continually evaluated through robust operational and clinical governance frameworks.

Our **myPath** is tried and trusted and delivers industry-leading results.



# Cygnets Hospital Ealing, West London

22 Corfton Road, London, W5 2HT

## Adult Eating Disorder

18+ Female 17 beds

**S**unrise Ward at Cygnets Hospital Ealing provides a highly specialised eating disorder service for women, including those with extremely low BMIs.

Sunrise focuses on supporting service users to attain a healthy BMI and prepare for a return to home. We have two distinct areas to support individuals at varying point on their recovery journey, taking a person from admission through to rehabilitation and preparation for a return home.

Sunrise is able to admit individuals with extremely low BMIs. The unit is highly experienced in providing naso-gastric feeding, where this is deemed the most appropriate intervention.



### Therapeutic Pathway

In order to fully address the complexity of the problems experienced by the service users on Sunrise Ward, treatment focuses on the following three elements:

- > Weight restoration and physical harm reduction through the institution of an appropriate meal plan
- > Cognitive reconstruction via individual and/or group therapy to improve ego strength, conflict resolution, personal identity, and self-acceptance at normal body weight
- > Psychosocial functional enablement via individual and/or group psychoeducative, creative, and experiential activities

Input into the therapeutic programme is offered by professionals from the following departments:

- > Dietetics
- > Occupational therapy
- > Psychology
- > Sessional therapists - including cognitive behavioural therapy, psychotherapy, psycho-drama, motivational enhancement therapy and compassion focused therapy
- > Alternative therapy - massage and yoga

Various approaches are offered on the therapeutic programme including psycho-dynamic, cognitive behavioural therapy, EMDR, trauma-focused therapy and psycho-education. We also offer a broad range of creative and physical therapies. Depending on the different stages of treatment and recovery, service users are referred to various groups and activities on the therapeutic programme.

## Treatment is structured in the following way:

### Phase 1 (BMI under 15)

During this stage of the programme the aim is to improve physical health and start weight restoration, build a therapeutic alliance with the service user and work on motivational enhancement. As soon as possible after admission, service users start to attend appropriate groups and activities including supported meals and post meal support, psycho-education and appropriate physical activity.

On reaching a BMI of 14 and when weight restoration has started, service users are physically and medically more stable and able to participate in activities. They will then be referred to further groups and activities including motivational enhancement therapy, create and textiles, self-nurture, relaxation and self-soothe.

### Phase 2 (BMI 15 - 18)

As service users recover and their weight increases, the physiological and psychological needs change and underlying issues are exposed.

With individual therapy sessions and key worker involvement, as well as starting to attend more groups on the programme, service users are helped to explore these issues in a safe environment.

Additional elements at this stage include: feelings diary, Cognitive Behavioural Therapy, Dialectical Behaviour Therapy skills, psycho-drama, expression and confidence, acceptance and commitment group, yoga and appropriate physical activity and body image therapy.

At this stage there are also trips and outings outside of the hospital, including visits to local coffee shops as part of the leisure trips that form part of the Social Eating programme, Lifestyle Intervention programme and the Independent Living Skills programme.

### Rehabilitation Programme (BMI 18 & above)

As service users reach a BMI of 18 and work towards their target weight, they will be referred to occupational therapy to start a rehabilitation programme where they become more independent and take increased and graduated responsibility for their eating.

The rehabilitation programme is a very important stage of recovery for the service user to start to take back choices and responsibilities around eating, food choices and independence and learn to maintain weight of a target within a prescribed weight band.

Occupational therapy interventions during the rehabilitation process are aimed at improving a person's ability to function at home, work or study in the community.

During this part of the treatment process service users need to build towards more independence and take increased and graduated responsibility for their eating, living skills and self-care.

On reaching a healthy weight a service user will be helped to develop a maintenance meal plan best suited to them.

This is a very important stage in recovery as this gives the service user the opportunity to learn to maintain their weight whilst taking more control of balancing their eating as well as activities.

Home leave will also be part of an individual programme.



# Cygnnet Hospital Coventry, West Midlands

2 Lansdowne Street, Coventry, CV2 4BF

## Dual Diagnosis Personality Disorder / Eating Disorder

18+ Female 6 beds

**A**riel Ward is Cygnnet Hospital Coventry's inpatient personality disorder service, part of which offers a highly specialised service for individuals with co-morbid disordered eating.

It is often the case that some women with a primary diagnosis of personality disorder can also suffer with disordered eating. It is often hard to place and treat these individuals as many existing services across the country either focus on the personality disorder or the eating disorder. At Ariel Ward we recognise this and both aspects can be treated simultaneously. We provide appropriate specialist therapeutic input for women with a BMI higher than 16, including the ability to undertake naso-gastric feeding, if required.

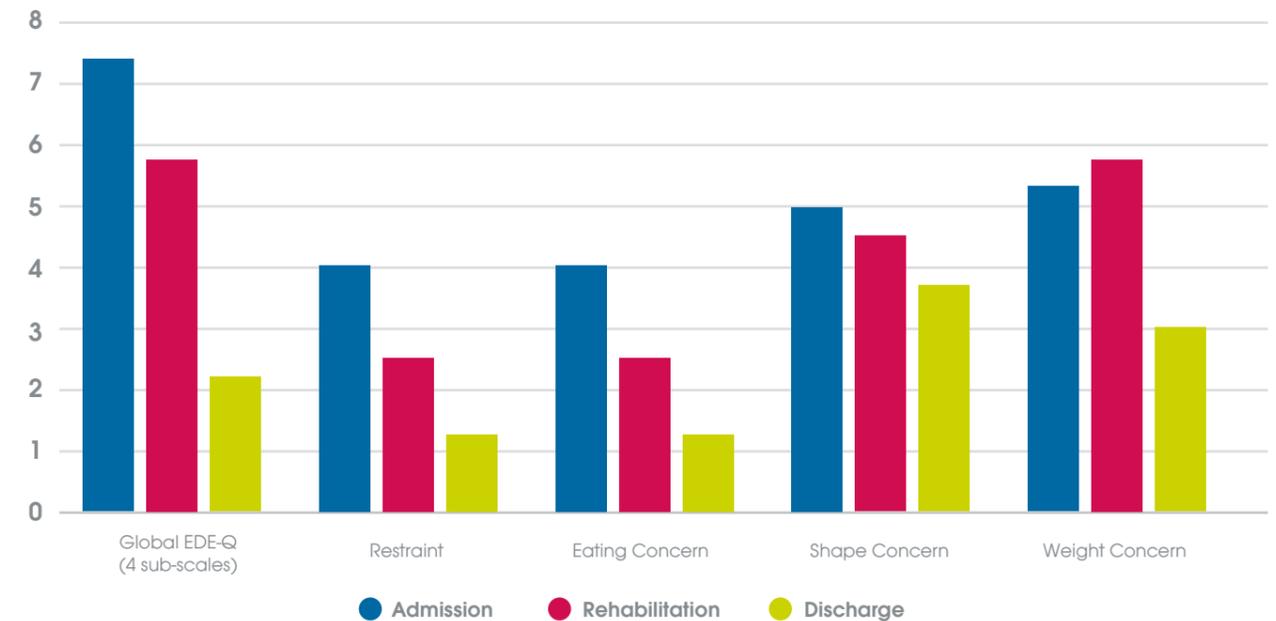
Cygnnet Hospital Coventry's care pathway also includes St Mary's Court, which provides seven transitional studio apartments offering the opportunity to safely test out independent living skills prior to re-integration into the community. Each unit is self-contained with its own facilities for self-catering and laundry, and staff support can be tailored according to individual need. The apartments help to ensure a greater chance of success upon discharge as individuals move through their programme of rehabilitation.



# Outcomes

All patients assessed with the EDE-Q on discharge showed improvement

Table of mean scores for subscales and global data



# Service User Feedback

“ I owe Cygnnet for being able to make it this far in recovery, and I know that all I have learnt from being here gives me a promising chance of making it this time. ”

“ Rehab is an excellent part of recovery, it gives you learning skills for when you are discharged. The planning you learn helps when you go on home leave. ”

“ Coming into hospital was probably one of the most difficult and scariest things I've had to do. Being at Cygnnet has been a life changing experience. I would not be where I am today, without all the hard work, dedication, support and encouragement the staff at Cygnnet gave me. I will always be grateful as because of Cygnnet I have my life back and can go on to lead a normal life, with friends, family and work. ”

# Map

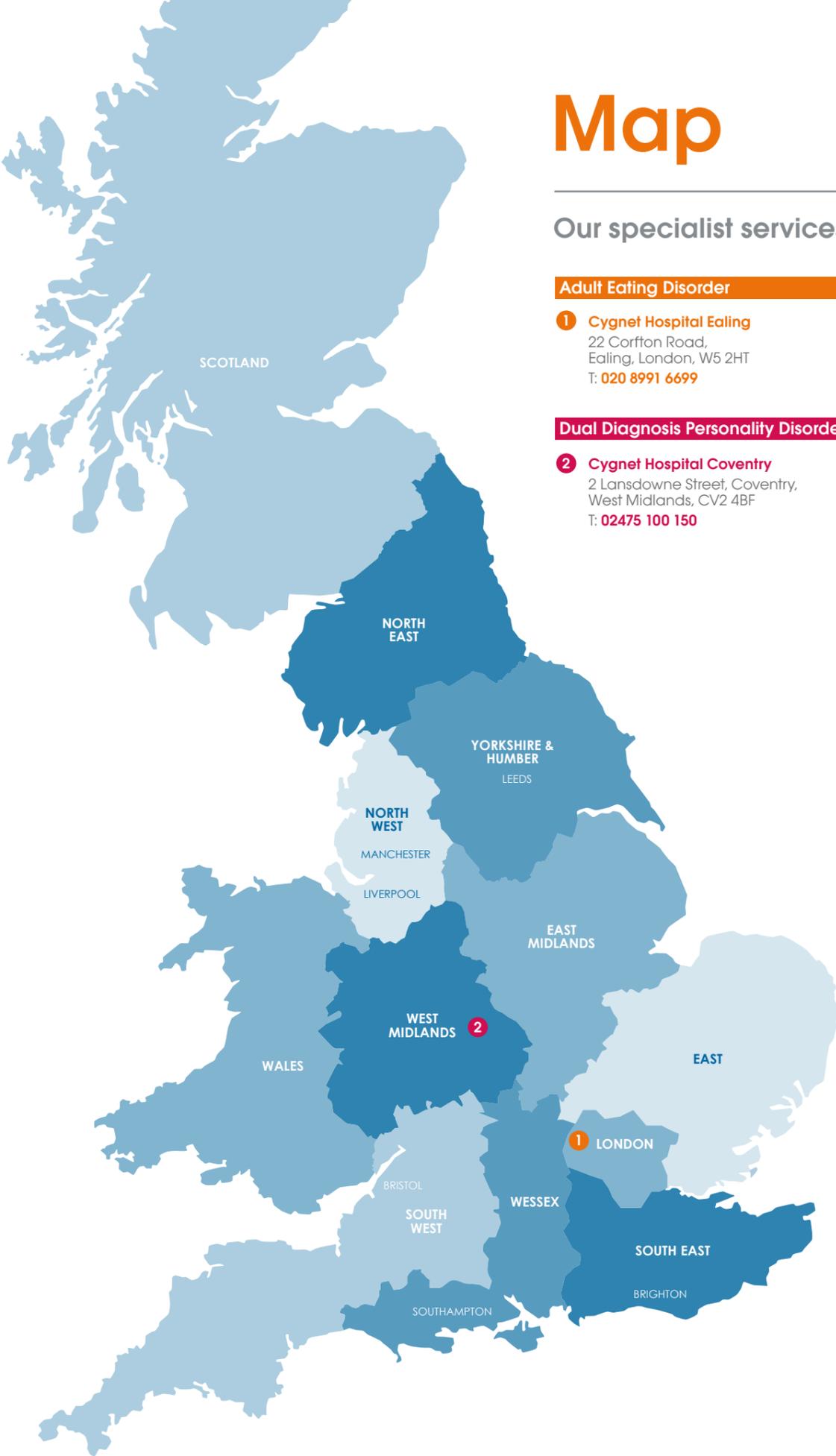
Our specialist services by region

## Adult Eating Disorder

- 1 **Cygnnet Hospital Ealing**  
22 Corfton Road,  
Ealing, London, W5 2HT  
T: 020 8991 6699

## Dual Diagnosis Personality Disorder / Eating Disorder

- 2 **Cygnnet Hospital Coventry**  
2 Lansdowne Street, Coventry,  
West Midlands, CV2 4BF  
T: 02475 100 150



# How to Make a Referral

Please call **0808 164 4450**  
or email **chcl.referrals@nhs.net**



 @cygnethealth

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[www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)

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