

MINUTES of the MCN MEETING
held on Wednesday 21st September 2022

Present: Lesley Pillans, Linda Keenan, Alison Sherriffs, Lorna Carroll, Judit Szekelyhidi, Mary Roberts, Kerrie Bellingham, Paula Collin, Louise Johnston, Lucy West, Sharon Hamilton, Heather Ireland, Mark Edmond, Hannah Clark

1. Apologies

Heather Cassie, Laura Hulse, Jane Fletcher, Sam Aitcheson, Philip Crockett, Kandarp Joshi, Rachael Smith

2. Minutes of Last Meeting

Accepted as accurate

3. Matters Arising

There were no matters arising from the previous Minutes. All items are covered under the main agenda.

4. Training

● **MCN Annual Event**

The MCN annual event is taking place this Friday with the topic being Medical Emergencies in Eating Disorders. Have around 70 people joining so expecting it to be a good day.

● **EEATS Trainees Day**

This event is taking place in person in Edinburgh on the 2nd of December. Have a lot of new trainees and numbers are currently at 16 so almost at capacity for this event. The EEATS Supervisor day is being held on 11 November 2022 using MS Teams.

● **MANTRA**

There was a query from a few people in Dumfries & Galloway asking if this training could go ahead sooner but advised them to get in touch with Jose directly with this query. Had an email yesterday from Jose who seems to think that we have some sort of budget for this training which we don't, it is up to each individual health board to pay for their clinicians to go through it. Still waiting on them to come back to us with what the criteria is for becoming a supervisor and they still haven't given us any actual dates for training.

LP, LK and Emma Plunkett had a meeting a few weeks ago with Jose who is the head of sales at the Maudsley together with Janet Treasure and Ulrika Schmidt which was really helpful and productive. They agreed we would get a smaller cohort of people who would potentially be interested in becoming

supervisors and they would go through the MANTRA training first and then there would be a separate two day training event to train them to become supervisors and all the information regarding what that would involve was discussed. LK sent out a message to the clinicians who had expressed an interest in the training and has four who would be interested in becoming a Supervisor which is great except there is not a great geographical spread and no-one from the North-East of Scotland. If anyone is interested then please get in touch with LK as we would need a minimum of six before we could even think of starting this. LP and LJ can bring this up at their team meetings and just remind people that there is the potential option for that training next year.

5. **MCN Visits**

Had a lovely visit down to Tayside and met with the team face to face which was lovely. Also had a smaller group meeting over at Eden Unit and are heading up to Highland next week. Hoping to arrange dates with Grampian EDS and also Shetland and Orkney too.

6. **Service Developments**

• **Shetland**

Mary Roberts gave an update on what's happening within the service advising that Dr Jansen has retired and Katrina McLaren is leaving the service so that is a big loss to the team. It essentially leaves Hannah on her own with a special interest in eating disorders. MR is there to support Hannah but is not an area that she has tended to focus on in her clinical work. There are various other gaps in the service so at the moment it feels quite depleted in terms of the Community Mental Health team and limited in terms of what they can offer. HC advised that they held their steering group last month and were hoping to do some subgroups from that but unfortunately due to the capacity within the service at the moment they haven't been able to follow that through and really just waiting to see if people are employed and put into place. They do have a CPN Team Lead that is a preferred candidate but waiting for the paperwork for that to come through so all being well hopefully he will start mid November and then try and get him involved as well with the eating disorder steering group. Dr Morgan who joined the team was hoping to start joining more of the groups but he just works 8 weeks on, 8 weeks off. LP reminded everyone about the Island Consultation Group Meetings that we hold and AS will make sure that Hannah is on the distribution list for this.

• **Tayside**

Advertised for a replacement for the Consultant Psychiatrists post around May/June this year and didn't have any takers at all. Service is currently without any dedicated medical cover at all which is a big concern. In the meantime having to rely on the sector of CMHT Consultants that cover the different patches where their patients live which is not ideal. It means they

are having to work with lots of different teams with varying staffing levels and varying knowledge and experience of eating disorders. There are also major staffing issues in terms of medics across all of the CMHT's at the moment. Have a number of patients who are under the Mental Health Act and quite a significant number who are on psychotropic medication that GP's don't seem particularly willing to monitor so have a number of different issues arising. There are ongoing meetings at the moment around the situation and there is a much wider medical crisis than just the eating disorder service. Have gone through all the options in terms of AMP's, Physician Associates etc but again they need regular supervision and are lacking people with the qualifications to take this on. One option they are considering, and PC met with one of their GP's last week, was whether they might have some success in employing a GP to do some special interest sessions. There might be some GP's who would be willing to do something a bit different a couple of days a week so PC is about to get in touch with GP leads for mental health to ask how they go about doing that and hopefully get some joy there.

Still accepting referrals as before and these have probably levelled off now since COVID. Feels like they are kind of back to business as usual and as with this time of year they usually have quite a few student referrals coming in, some for the first time from different areas as well.

Louise Hobbs who has been a Psychologist with the service since it was set up is about to retire and she will finish in November. Ali Gibson who works with the service part-time at the moment is going to take on Louise's sessions and she will become full-time. Also about to lose an Assistant Psychologist who has been commuting from Aberdeen.

About to get a trainee Clinical Psychologist. Andreas will be with the service for a year and he starts in October. He's very keen and has some experience from when he was an assistant so that's really positive.

Also looking to employ a CAP who will span the eating disorder service and also the adult weight management service so have sign off for that and just waiting to go to advert.

Have a number of in-patients at the moment, four in total, one of whom is in the Priory.

Beyond the clinical work a few of the team are attending the BEAT Conference next week. PC is still quite involved in the Scottish Government work, the Matrix work and also taken quite a few steps forward in getting a local eating disorders workstream up and running and that has CAMHS representation, it has user and carer representation, have medics coming to that as well so that's been a big step forward and is really helpful in terms of some of the issues they are facing at the moment. PC is also still very

involved with placements and have lots of requests for nursing placements and have medical students still coming so people are still very interested it's just trying to keep them beyond their training and get them to come back. Still involved in teaching as well and will be doing the Psychology teaching at Edinburgh University next month and ongoing nurse training and Dietitian training also so still very busy. Do have a number of people going through EEATS and PC supervising all of them but they are making good progress and all coming to the meeting in December.

- **Eden Unit**

Continuing to work on staff levels and doing better in most respects. Have a bit of a shortage of nursing staff at the moment though and have a couple of vacancies come up which Kerrie's been working really hard to make sure that that's filled. Kerrie will be moving on sometime in the near future and will be a huge loss to the Unit.

Keen to get back on track with a more psychological focus on the Unit. Have been doing a lot of firefighting and very aware that there hasn't been the chance to focus on the psychological aspects, partly because they didn't have the staff and the psychological therapies post. More recently there has been a number of challenging patients that have taken up a lot of time. Still hoping to have a music therapist starting soon and waiting for the instruments to be delivered. LK is going to get in touch with Katie Kinnear to get an update on what's happening with this.

Very happy with how the Day Programme is going. Have new premises for that and it seems to be working really well. Emma Plunkett is back as Day Programme Manager and has settled into a good working pattern with Emma, Duncan as CBT Therapist doing CBT and MBT and Elaine also who are doing good work with the day programme.

Were meant to have an away day a few weeks ago but for various reasons weren't able to do that so hoping to roll that over to November when more staff are available.

LJ had two students with her, Molly who is doing her elective and MK is on his fifth year placement.

Looking forward to the EEATS and MEED training. LJ is speaking at the Psychotherapy and Eating Disorders Joint Conference in November.

Have another OT who is settling into her position which will be a massive help to Christine and also welcomed Lucy to the meeting.

LP spoke about the ongoing issue with the Social Work post and how this might be advertised in a different way and whether there was potentially a scope to think about some kind of OT type assistant who has a special interest or could link up in some way with social work and maybe through the Health and Social Care Partnership and get somebody trained that might be able to help with some of the practical aspects of the day to day stuff that most of the patients need help with. The group were asked on their thoughts around this. The post would be for the Eden Unit but the person would have to have links into Tayside and Highland as well and into their Social Work departments. PC suggested finding out what the CAMHS link nurses do and LK will get in touch with Susan Hynes regarding this. This can be discussed further at the next Eden Unit Review Group meeting in a couple of weeks time.

- **Highland**

Still working on the same sort of themes as they have been which is mainly matching demand and capacity and have made some good progress with that. Waiting times are much less than they were. They dropped and for one week had no patients on their waiting list. Referrals pretty much staying at peak levels but not increasing further. Managed to recruit to some additional posts, one of which still needs to be made substantive. Have managed to access additional hours for Lorna Carroll so now have three days of ring fenced eating disorder specialist dietetic time which is something the service has been wanting for a long time. Also re-arranged some other posts and hoping to recruit to a Band 6 post which will be a kind of development nursing therapist post. Down a little bit on capacity because Carol Raeburn has retired and come back half-time but the overall picture is that capacity is a lot better.

In terms of other developments in terms of audits and other interests with keeping on top of the clinical workload there isn't much time for those extra things at the moment. Lucky to have a Core Trainee and a Higher Trainee with the service, Helen Urquhart is with them from August to August next year and have Philip Verity for six months and will then have Praveen Kumar for the six months after that so hoping they will be able to perhaps look at sort of audit research type things and see if they can develop things. Have ongoing links for teaching and training.

Have noted a significant increase in the number of CAMHS patients transitioning through to adult services and are actively pushing for all CAMHS patients to be seen up until they are 18.

- **Grampian**

Judit gave the update for the Grampian team and highlighted the new posts that were able to be created using the Government monies. The two day

Dietitian post has now been filled which will be a great help to Marie who has been inundated with referrals. Sharon from Eden had been helping with these referrals which was a great help. Emma Plunkett is taking on the two day nursing post. Also managed to fill the physiotherapist post which is 2 ½ days and a full day Psychology Assistant who has been working with us since June and is doing some audit work for us auditing the referrals. Trainee Clinical Psychologist Megan just finished this last week and are going to having another trainee in October.

Have been doing an MBT group with Phil focusing on ED and BPD patients. Finishing this at the end of September but planning to run another psycho-education group.

- **NEEDS**

Aberdeen

We are so pleased to be back in the Macrobin Centre and we are beginning to see an increase in numbers already. Thanks to Linda Keenan for helping facilitate that return.

After advertising in the ACVO (Aberdeen Council of Voluntary Organisations) magazine we have had three notes of interest in volunteering. One has already been along to a meeting, and we're meeting up with another possible volunteer shortly.

Our administrator has contacted Dundee Carers' Centre to "gee" them up regarding getting Bridging the Gap back up and running. Apparently the problem was a maximum number of people per room, as well as staffing. Hopefully we can move forward with this shortly, as there have been a few enquiries about the Dundee group.

There have also been a few enquiries about the Aberdeen group and four new members attended last Monday night, also some new carers.

We do hope that we get more volunteers asap, so that with bigger numbers we can divide up into smaller groups.

There was an enquiry from Kandarp Joshi regarding restarting their Coffee Care and Share group for carers. HC has said she was keen to take this forward.

MS Teams discussion with Lived Experience person at Beat regarding getting new volunteers. It was suggested the two Lived Experience Ambassadors in the North East visit and speak to both carers and group members about their personal journeys, and then they could decide if they wished to volunteer. They were supposed to come in September or October. September has passed and no contact. I've emailed them again, but no joy so far!

Hopefully over the next few months the two groups can settle back into their locations and we can begin to move forward again.

7. **Audit & Quality Assurance**

The next meeting will take place on Wednesday 5th October 2022 at 2pm.

8. **AOCB**

- **Island Board Protocols for Referring Patients**

LK took this issue to the Shetland Steering Group Meeting and they have agreed to send the protocols out again to all GP's and make staff aware of them.

- **Eden Unit access to NHS Tayside Blood results**

Not going to see any changes with this in the near future as the platforms are just not compatible for us to be able to do this.

9. **Date & Time of Next Meeting**

The next meeting will take place on Wednesday 7th December 2022 at 1pm.