BRAMACARE
Transitional Eating Disorders Service

Adult Services: Residential Care, Day Care, Domiciliary Care
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SERVICE OVERVIEW

The White House is a Transitional Eating Disorder Service for adults, based in Ipswich. We provide nursing and residential care, a step-down programme and domiciliary care for those who are leaving hospital, but require a higher level of support that can be provided elsewhere.

We work closely with mental health teams and social care providers, together with commissioners and local authorities from around the UK, to provide tailored care packages offering the least restrictive approach to residents.

The White House is located in the heart of the community which encourages our residents to participate in the wider world and life beyond their eating disorder, whilst having the safety net of a dedicated Nursing Team on hand to help guide them each step of the way.

Residents also have access to specialist therapy and dietetics, as well as local primary care and community services, whilst they are here. And regular Multidisciplinary meetings and reports are provided to referrers and Responsible Clinicians, throughout the resident’s stay. We also liaise extensively with other medical specialities as necessary, in order to assist with the management of any medical comorbidities (e.g Type 1 Diabetes).

OUR PHILOSOPHY

To provide patient-centred care for individuals who need help managing their eating disorder in the community.

Our aims are to:

- Optimise the mental and physical well-being of each individual and help them achieve their goals.
- Provide a service that is based on the best available evidence and up to date guidelines.
- Disseminate knowledge to people with eating disorders, their families, healthcare professionals and other relevant parties.
- Work in partnership with all relevant agencies to achieve the best possible outcomes for every individual.
WHO IS THE SERVICE FOR?

Bramacare provides specialist care and support to people with eating disorders, in a community setting. This includes;

- Those in transition from hospital back home; as a stepping stone,
- Those who need longer term care (Severe and Enduring Eating Disorders), in order-to prevent readmission,
- And those who request Respite Care, for re-establishment of normal eating pattern and gradual weight restoration, in order-to avoid worsening of their symptoms and admission to hospital. This can be provided as either a Nursing Care, Residential Care or Day Care Package.

The White House provides 24/7 Nursing Care for residents with more complex needs and higher medical risk (e.g. low BMI). We also provide less intensive Residential Care packages for those who are more physically stable (e.g. BMI >15).

Additionally, we can provide Home Support to service users who live within our local catchment area, with our Home Support Team.

ELIGIBILITY CRITERIA

Individuals will be assessed on a case by case basis in order-to determine that their care needs can be safely met.

- >17 years of age and able to consent to treatment
- Diagnosis of anorexia nervosa or other complex eating disorder
- Retains capacity and is willing to remain on a voluntarily basis* and work towards their goals, following an agreed care plan.
- Willing to work towards becoming able to manage the eating disorder well enough to stay out of hospital and achieve improved social inclusion and quality of life (e.g. engaging in voluntary work or employment, improving number of leisure activities and circle of friends)

*Service users under MHA Section 17A, Community Treatment Order (CTO), are accepted.
OUR SERVICE

Our dedicated nursing team and care staff are highly skilled in supporting individuals with the day to day challenges of their eating disorder.

Each service user has a Key Nurse who will work with them to formulate a person-centred care plan, based on the individual’s ideas, concerns and expectations; as well as their physical and mental health needs.

Regular care reviews and Multidisciplinary meetings ensure that care plans are accurate and up to date.

Our team employs a Specialist Supportive Clinical Management (SSCM) approach, which combines regular clinical monitoring* and review of target symptoms, psychoeducation and general support, in-order-to normalise eating. Staff supervision is provided by Consultant Clinical Psychologist, Dr Liz Mitchell.

Our Specialist Dietician, Helen West, supervises each service user’s nutritional rehabilitation during their stay.

Examples of therapeutic activities and groups include reflexology, goal-setting, cooking group, nutrition, wellbeing and life skills, flexibility, exercise management, anxiety management, self-esteem.

Service users are also supported with the practical tasks of meal planning, shopping, cooking and setting goals to transfer skills home, when appropriate.

We very much encourage residents to engage in community activities and support them in preparation for discharge, whether that means returning to university, work, gaining voluntary work experience, or help with managing the family home.

Additional individualised one-to-one therapy, under the supervision of Consultant Clinical Psychologist, Dr Liz Mitchell, can also be provided, depending on the service users’ needs; once funding is agreed by the referring team.

* MARSIPAN guidelines are followed for residents with a primary diagnosis of Anorexia Nervosa.
SERVICE SUMMARY

- Nursing Care
- Physical observations and Medical risk assessment
- SSCM approach
- Individualised meal plans
- Arrangement of Blood tests and ECG monitoring as needed via GP.
- Providing access to a high-quality support programme that offers opportunities for motivational enhancement, psycho-education, dietetic/nutritional rehabilitation (supervised by a specialist dietician), development of emotional coping skills, independent living skills, social skills, adaptive future lifestyle skills plus recreation and social activities
- Tailored care packages for individuals being discharged from hospital, who require support in order-to transition safely back into the community. This may be under MHA Section 17A, Community Treatment Order (CTO)
- Respite care packages for individuals wishing to restore weight and/or normalise their eating pattern, (preventing potential hospital admission). This may be provided as Day care if appropriate.
- Nursing and Residential care packages for those with Severe and Enduring Eating Disorders.
- Where an individual has co-morbid problems or complex needs the service will work with their home team/responsible clinician to arrange funding and access to NICE* approved, evidence based therapeutic interventions.

*National Institute for Health and Clinical Excellence (NICE) – Mental Health and Behavioural conditions – Eating Disorder Recognition and Treatment
HOW TO MAKE A REFERRAL

Referrals are accepted from:

- Specialist Eating Disorder Teams
- Community Mental Health Services
- Inpatient Mental Health Services
- Primary care

Required referral information:

- Recent details of eating disorder behaviours
- Weight history
- Presenting BMI
- Previous treatment history
- Current care plan details
- Most recent blood results
- ECG
- Funding information
- Bramacare referral form

Once received, we acknowledge receipt of the referral the same working day. If you are uncertain about the appropriateness of a referral, we are happy to talk in confidence.
# CARE PATHWAYS

## Nursing Care
- Referral & Assessment
- Recommend Nursing Care package based on medical risk assessment*
- Funding approval
- Provision of Nursing Care package
- Person-centred care plan agreed
- Care plan implemented
- Monthly MDT review
- Liaison with Home Team/ Referring Clinician
- Care Plan Approach review
- Continue care package or
- Step Up / Step Down care as appropriate

## Residential Care
- Referral & Assessment
- Recommend Residential Care package based on medical risk assessment*
- Funding approval
- Provision of care package
- Person-centred care plan agreed
- Care plan implemented
- Monthly MDT review
- Liaison with Home Team/ Referring Clinician
- Care Plan Approach review
- Continue care package or
- Step Up / Step Down care as appropriate

## Day Care
- Referral & Assessment
- Recommend Day Care package
- Funding approval
- Provision of 6- 9 month Day Care package
- Person-centred care plan agreed
- Care plan implemented
- Weekly Care Review
- Monthly MDT review of progress
- Liaison with Home Team/ Referring Clinician
- Care Plan Approach review
- Discharge Planning
- Step Up or Step Down care as appropriate

## Home Care
- Referral & Assessment
- Recommend Day Care package
- Funding approval
- Provision of Home Care package
- Person-centred care plan agreed
- Care plan implemented
- Monthly care review
- Liaison with Home Team/ Referring Clinician
- Care Plan Approach review
- Continue care package or
- Step Up or Step Down care as appropriate

*MARSIPAN guidelines are followed for residents with a primary diagnosis of Anorexia Nervosa.
OUR FACILITIES

The White House is a grade II listed building, full of character overlooking the local park, situated in the heart of the community. It offers comfortable accommodation for both female and male patients.

Our home provides;

- Five En-suite bedrooms
- A wheelchair accessible bedroom and bathroom
- A completely self-contained flat.
- Bright and spacious kitchen
- Dining room
- Leisure room/ TV/ lounge/ library/ games
- Art and Craft areas
- Consulting room
- Laundry room
- Clinical room and treatment room

We are situated in Ipswich, Suffolk, within easy reach of London and Cambridge via excellent road and rail transport links. We are only 45 minutes from Stansted Airport, 65 minutes from London by train, and connected by the A12 and A14.

The nearby town centre provides a good selection of retail, leisure and community facilities; including shops, outlet stores, cinemas, theatres, restaurants and cafes, parks and community centres, and Ipswich Town Football Club.
OUR TEAM

Ms Laetitia Beaujard – Care Manager
Dr Sachindev Ramoo – Clinical Director and General Practitioner
Dr Liz Mitchell – Clinical Psychologist
Helen West – Specialist Dietician

CONTACT DETAILS

BRAMACARE
The White House, Limerick Close, Ipswich, Suffolk, IP1 5LR
Email: twh@bramacare.co.uk
Phone: 01473 740 872
Fax: 01473 206 588

Admissions and Referrals;
Email: referral@bramacare.co.uk

TESTIMONIALS

“Thanks to your efforts, you have given me a chance to live life and enjoy it too. I have gained confidence in myself and my abilities.” Laura, Suffolk

“Thank you so much for giving me this chance at recovery. I felt helpless a year ago, but now I am excited to start my new life back home & live life to the full. I am going home to my next stage of recovery, you gave me the strength to never give up but also believing that I am worth it and nothing can stop me to live.” Amy, Jersey