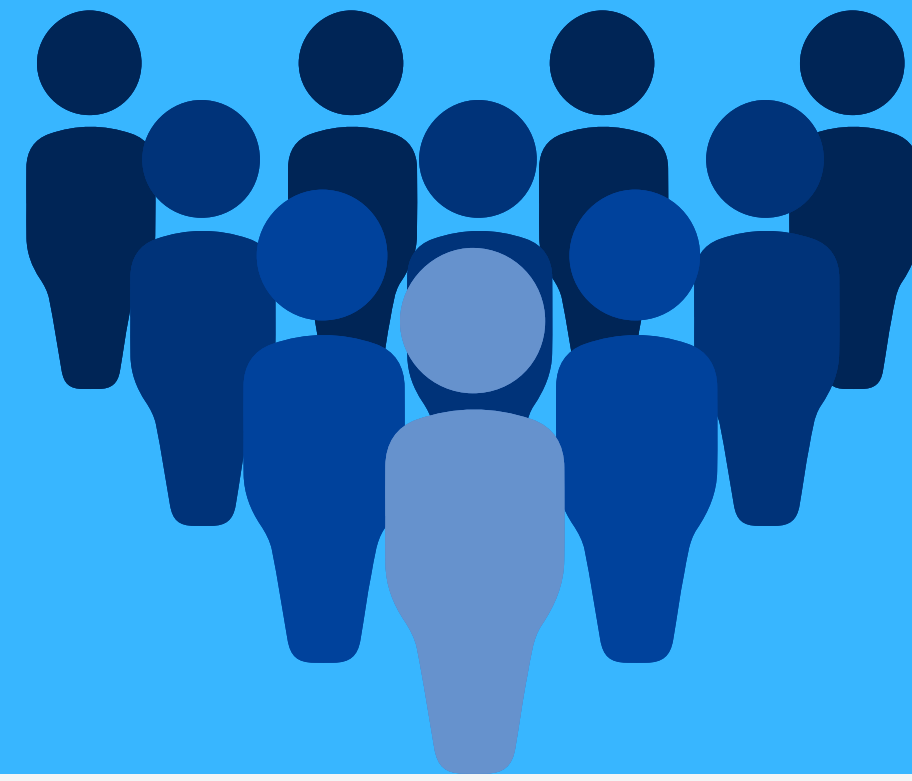


North East & Yorkshire: ARFID Innovation & Improvement Project



THE PROBLEM



ARFID is a new (2013), complex heterogenous eating disorder. With it's diagnostic addition there was no ring-fenced additional funding & no NICE guidance.



Over-stretched teams were left feeling under-skilled & low in confidence to meet a high-demand unmet need. There were very few clinicians with 'specialist skills' across large geographies with patients & families were left feeling frustrated, unheard and abandoned.

AIMS



- Mobilise & share a sparse specialist resource to increase workforce skills & confidence to deliver treatments
- Develop tools to support operational delivery of clinical needs (pathways)
- Identify & reduce waste & inefficiency by avoiding duplication & collaborating
- Develop co-produced resources to support patients & families whilst pathways develop

METHOD

- Create project partnership across 4 ICS
- Host focus group exploring the unmet need with patients & families
- Data map existing service provision & demand
- Conduct a scoping survey of training & supervision needs
- Engage the workforce through development networks
- Engage those with lived experience



IMPLEMENTATION & REACH



- Developed an ARFID severity matrix to & re-feeding guidelines for sensory acute admissions. These were shared nationally & are used across UK services to support service delivery & patient experience

- Provided regional training across services to >1000 learning members & >5500 post-event views.
- Developed & delivered group complex case specialist discussion spaces accessed by > ,,,,,,,
- Recruited & supported ... regional ARFID champions
- Produced an ARFID awareness film & poster (>1000 views)
- Supported schools with a school food policy pilot & a learning event with >500 attendees

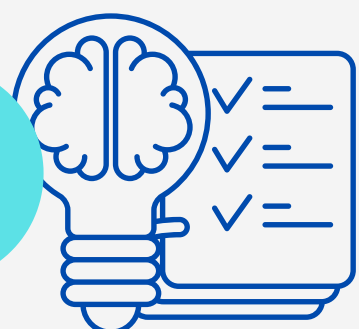
- Launched (Feb 2024) a comprehensive patient & families website including an accessible 8-module webinar series and 8 co-produced patient resources.. This supports families in our region with credible & reliable information (8,724 user engagements)
- Launched (Feb 2024) a professionals website for all services across the regions with extensive resources (2.051 user engagements)
- Hosted 2 public Q&A MDT panel events with >175 attendees & 250 post-event views
- Supported the implementation of 3 new clinical pathways

FEEDBACK



- We have felt lost, useless & failing our child. Keep going - your work is so valuable!
- Just thank you. To be in a safe group with professionals on hand has been INCREDIBLY useful.
- Great session which was very informative
- This is excellent. It is such an important piece of work because without it, being on a medical ward is so much harder

LESSONS LEARNED



- Collaboration & co-production is key
- lack of funding is a huge barrier - we have to focus on what we can do
- Building self-efficacy is challenging when clinicians want a solution



IMPLICATIONS

- A trained & supported existing workforce enabled to develop pathways
- Improved service user experience, quality & access to reliable information & support