

A collage of five photographs showing healthcare professionals and patients. Top left: A smiling woman with blonde hair. Top center: A male healthcare worker in a blue shirt and yellow lanyard interacting with a female patient. Top right: A woman with red hair in a blue shirt. Bottom center: A smiling woman with long brown hair. Bottom right: A blurred image of a person's back in a blue shirt.

Eating Disorder Services

> Adult Eating Disorder

Welcome

Cygnnet Health Care was established in 1988. Since then we have developed a wide range of health and social care services for individuals with mental health needs, autism and learning disabilities within the UK.

Through our values of Integrity, Trust, Empower, Respect and Care we take pride in the services we offer and the outcomes we enable individuals in our care to achieve.



Our expert and highly dedicated care team of 10,500 employees support 2,800 individuals across 147 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 82% of our services rated 'Good' or 'Outstanding'.

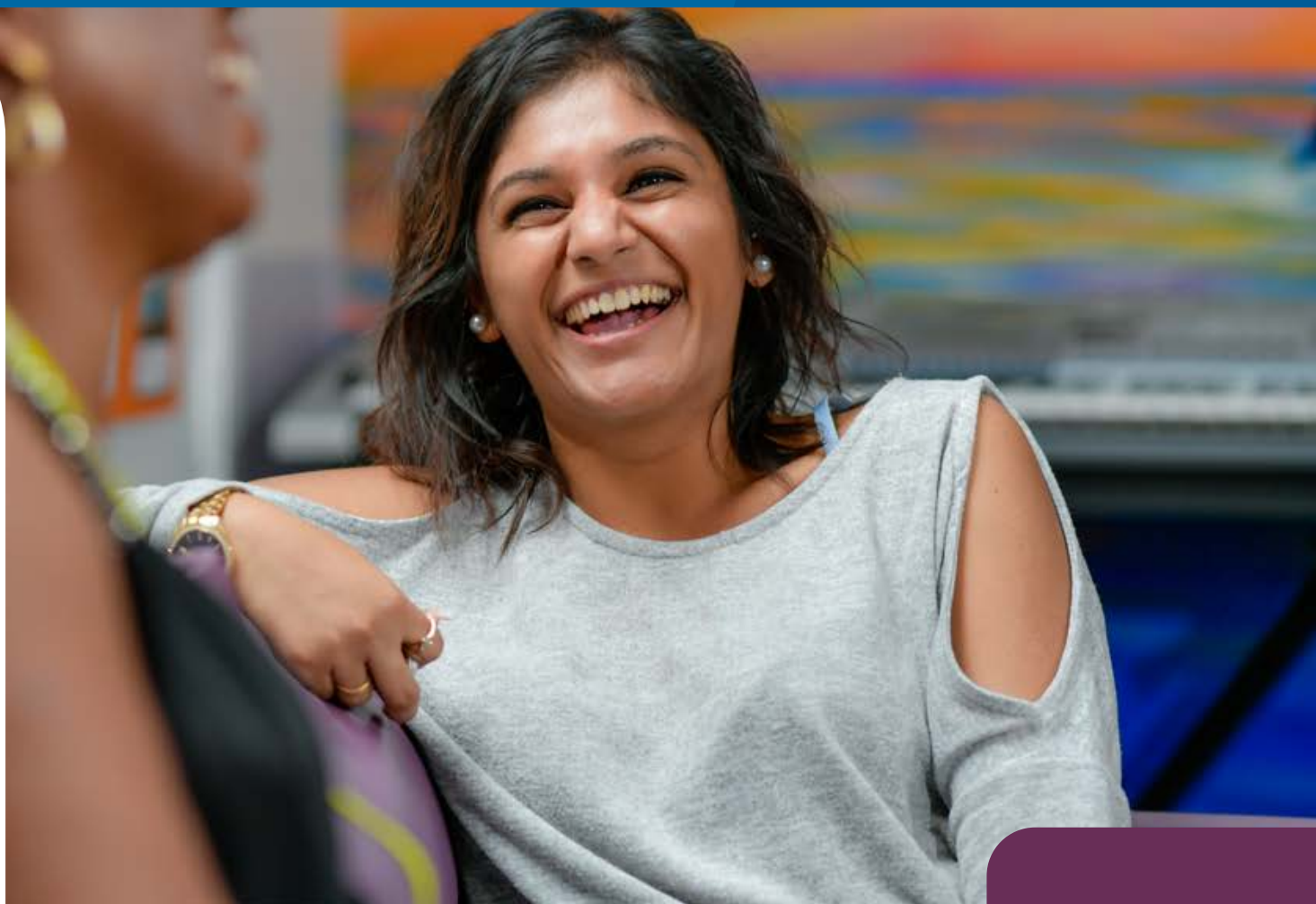


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Introduction

Cygneth Health Care provides highly specialised eating disorder services for women aged over 18, including those with extremely low BMIs. 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 Dialectical Behaviour Therapy (DBT). We believe strongly in service user centred, individualised care, and involve each individual in shaping their own treatment.

Our service user profile:

- > Primary diagnosis of eating disorder
- > May be detained under the Mental Health Act or informal
- > Dual diagnosis of Autism Spectrum Disorder (ASD)
- > Extremely low BMI
- > May have co-morbid presentations including:
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex behaviours that challenge
 - Other associated complex needs
- > May have a history of trauma and/or abuse
- > May require nasogastric feeding
- > Able to accept men where appropriate



18+ years



Female



Mental Health Act Status:
Detained or Informal



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Our services at a glance:

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

Our multi-disciplinary teams:

- > Hospital manager
- > Clinical manager
- > Ward manager
- > Consultant psychiatrist
- > Specialty ward doctor
- > Psychologist
- > Psychology assistant
- > Occupational therapist
- > Occupational therapy assistant
- > Social worker
- > Nurses (RGN & RMN)
- > Dietitian
- > Music facilitator
- > Art therapist
- > Support workers

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



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Our Model of Care



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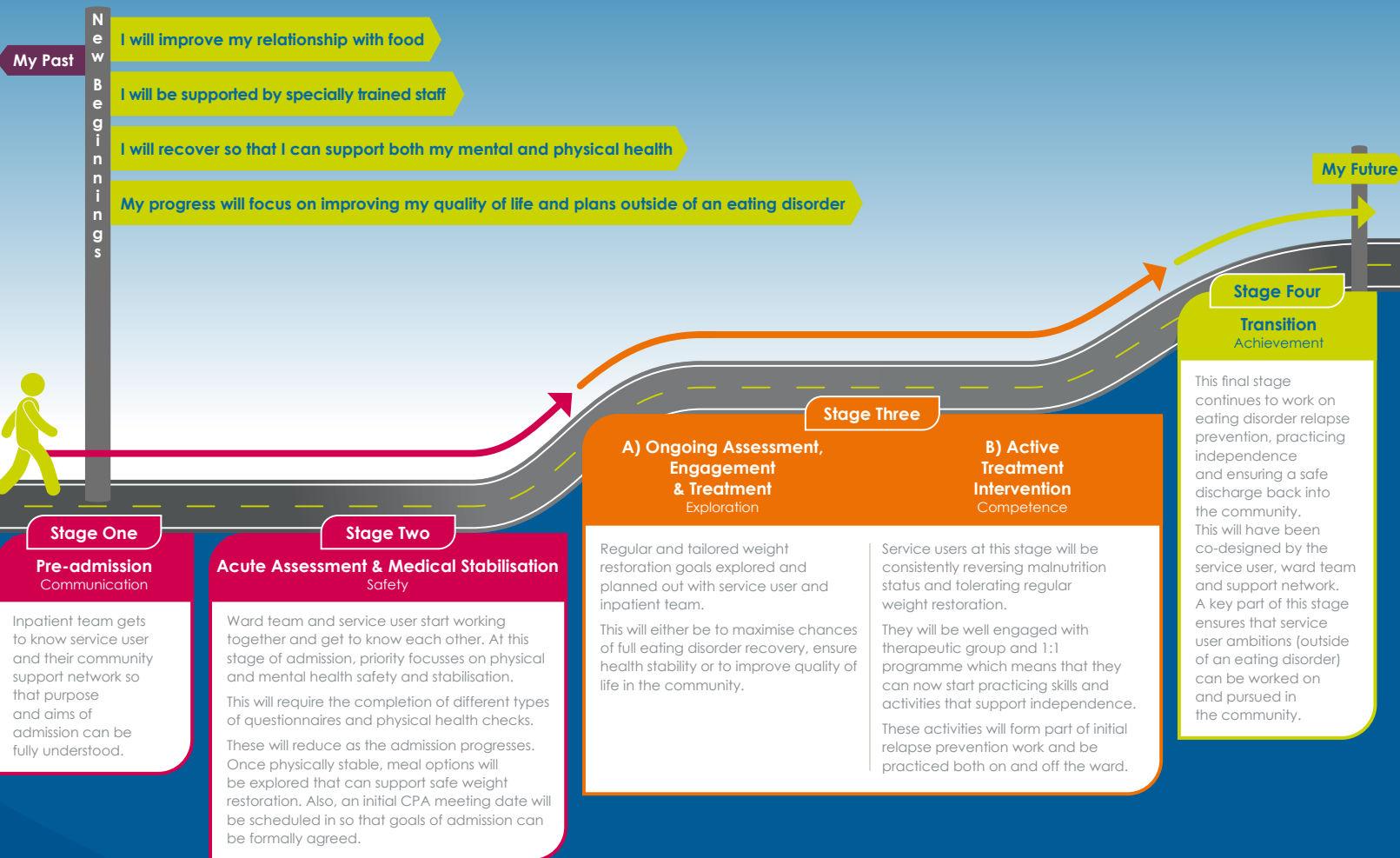
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Our myPath Care Model

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



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Cygnet Hospital Ealing, West London

22 Corfton Road, Ealing, London W5 2HT

Adult Eating Disorder



18+ years



Female



14 beds

Sunrise Ward at Cygnet Hospital Ealing provides a highly specialised eating disorder service for women, including those with extremely low BMIs. We focus on supporting individuals to attain a healthy BMI and prepare for a return to home.

We support individuals in a safe and homely environment. We engage with them to help diminish their distress and help them achieve a better quality of life. For most individuals this will involve the reduction of emotional behaviours associated with the eating disorder psychopathology and acquiring new skills necessary for surviving emotional crises, regulating emotions and improving interpersonal effectiveness.

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

Family based therapy

sessions run fortnightly to ensure families are able to play an active and positive role in their loved ones recovery



Pet therapy dogs visit the service regularly



Community snack trips – gradually enabling individuals to become used to eating in public places at cafés



Graduated supervision of meals, enabling the individual to gain independence with preparing and eating meals



Rated 'Good' by the CQC



Therapies provided include:

- > Enhanced Cognitive Behaviour Therapy (CBT-E)
- > Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- > Family therapy
- > Cognitive Remediation Therapy (CRT)
- > Cognitive Remediation and Emotional Skills Training (CREST)



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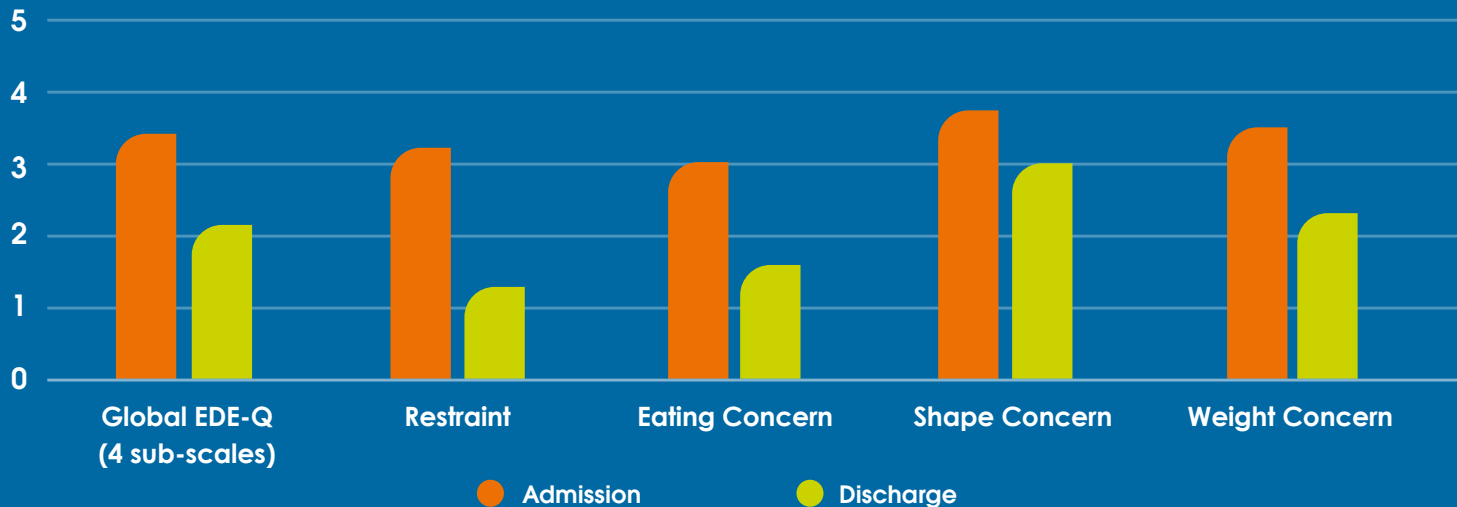
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Our Outcomes

All service users at Cygnet Hospital Ealing assessed with the EDE-Q on discharge showed improvement

Table of mean scores for subscales and global data



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Average length of stay is

4 months

Discharge Destinations

100%

of the individuals discharged from Sunrise Ward at Cygnet Hospital Ealing in 2022 were able to move closer to home or step down along their care pathway into the community

100%



Moved into the community or closer to home

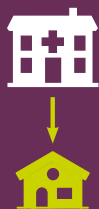


Moved to a higher level of security

Our Feedback

100%

of service users feel their care and treatment is helping them towards discharge



100%

of individuals say they are given choices about the types of therapies / groups they are involved in



"I can't begin to express how amazing you have all been, I was in a very dark, difficult place. Thank you from the bottom of my heart."
Former service user



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"It is not often that I am lost for words, but I truly cannot find the right ones to express my gratitude for the chance to live again that you have given me." **Former service user**

100%

of individuals have felt safe during their stay



100%

of service users say that the staff are caring and supportive



"Your hard work and input has been really appreciated and valued by us all."
Family member

"This place is amazing! My daughter spent 7 months there. She was suffering from Anorexia and was extremely ill. The staff were fantastic, kind and sympathetic. After a while, when she started gaining weight, she was gradually allowed home for one night and then as she progressed she came home more and more. I can't thank ALL the staff enough for what they did to help my daughter, she couldn't have been in a better place for recovery. I can highly recommend Cygnet Hospital Ealing." **Parent**

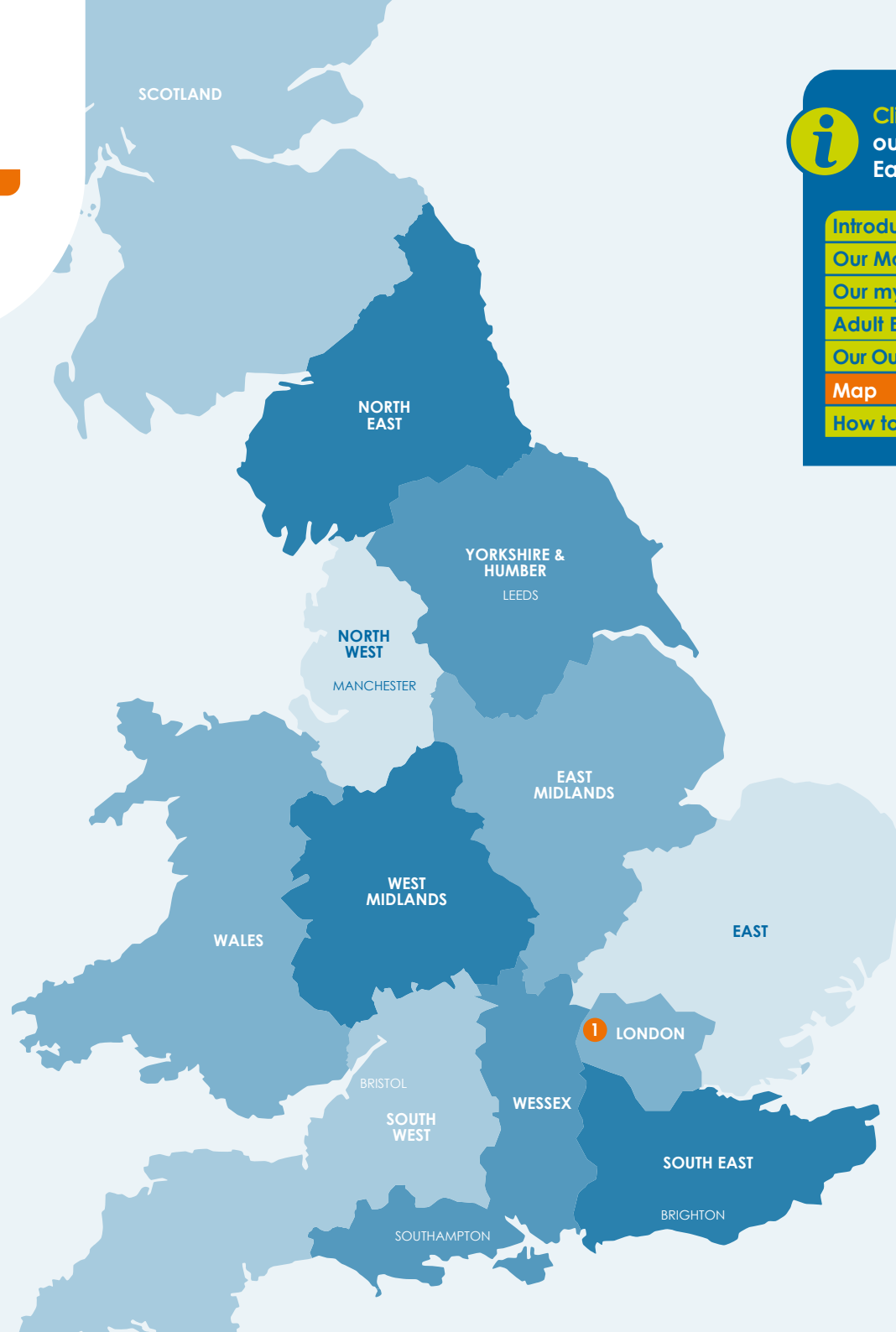


Surveys from 2022

Map | Our specialist services by region

Adult Eating Disorder

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



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How to Make a Referral



We are able to take referrals 7 days a week.

To make a referral please;

Call:

0808 164 4450

Email:

chcl.referrals@nhs.net

or contact your regional Business Relationship Manager.

Planned admissions referral steps:

- 1 Referral made to Cygnet referrals team via **0808 164 4450** / chcl.referrals@nhs.net or via your regional Business Relationship Manager
- 2 Assessment arranged and undertaken via our assessment team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement



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CYG-690 | Date of Preparation: 22/03/23

Integrity

Trust

Empower

Respect

Care