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PRESS RELEASE

**New guideline to standardise care for
adults, adolescents and older children with
eating disorders**

The National Institute for Clinical Excellence and the National Collaborating Centre for Mental Health have published a guideline for the NHS in England and Wales on the care of people with eating disorders. The guideline makes recommendations for the identification, treatment and management of anorexia nervosa, bulimia nervosa, and atypical eating disorders (including binge eating disorder) in adults, adolescents and children from the age of eight.

The guideline makes specific recommendations for the treatment of adolescents and young people in recognition of their unique needs and the high incidence of eating disorders in this group. Recommendations include:

- Effective assessment of people with eating disorders, which includes coordination of care, the involvement of patients and their carers, providing good information, moral support and getting help early.
- Involving family members, including siblings, in the treatment of children and adolescents with eating disorders. Interventions may include sharing of information, advice on behavioural management and facilitating communication.
- Managing most adults with anorexia nervosa as outpatients with psychological treatment being provided by professionals experienced in treating and assessing people with eating disorders.

- Offering most adults with bulimia nervosa and binge eating disorder cognitive behaviour therapy for bulimia nervosa (CBT-BN). Evidence based self-help programmes and trials of antidepressant drugs may also be used as an alternative or additional first step.
- Offering adolescents with bulimia nervosa CBT-BN adapted as needed to suit their age, circumstances, level of development, and including the family as appropriate.

Andrea Sutcliffe, Executive Lead on the guideline at NICE said: “The availability of NHS services for people with eating disorders varies across England and Wales. With about 1 in 250 females and 1 in 2000 males experiencing anorexia in adolescence or young adulthood and about five times that number suffering from bulimia, this guideline is an important step in standardising the care available to people with eating disorders.

She continued: “The guideline is based on the best available evidence and has been developed following a collaborative and consultative approach involving health professionals and service users. In addition, the ‘information for the public’ leaflet produced by NICE will support health professionals in providing consistent, quality information for people with eating disorders.”

Simon Gowers, Consultant Child and Adolescent Psychiatrist at Cheshire and Merseyside Eating Disorders Service for Adolescents said: “The prevalence of eating disorders in the general population is an increasing problem. They are particularly seen in young people - as many as 50% of people with anorexia nervosa are females between 13 and 19 years. The guideline development group has specifically taken this into account when putting together the guideline, adapting key recommendations for adolescents and recommending that young people are treated in age-appropriate settings.

He added: “Whilst each patient will have their own individual needs, this guideline gives clear recommendations on the types of treatment that should be made available and sets out a structured pathway of care. Ensuring that there are clear agreements about the responsibilities of individual health professionals will ensure that patients are appropriately monitored and offered the best treatment. The guideline also draws attention to a number of gaps in knowledge about effective treatments and offers pointers to further research.”

Jane Nodder patient representative on the eating disorders guideline

development group, said: “I welcome this guideline as a way of introducing a benchmark for the management and treatment of people with eating disorders. I am particularly pleased to see that it highlights the importance of patients, carers and health professionals working together to make treatment decisions and to provide good quality information to patients and their families. I think this guideline is a real step forward in improving care for people with eating disorders.”

Ends

For more information call Lucy Betterton or Sarita Tamber on 020 067 5900 and 07747 865 562.

For specific case studies of people with eating disorders call Steve Bloomfield, Eating Disorders Association on 0870 770 3221.

Notes to Editors

About the clinical guideline and the National Collaborating Centre for Mental Health

1. Clinical guidelines are recommendations on the appropriate treatment and care of patients with specific diseases and conditions within the NHS in England and Wales. They sit alongside, but do not replace, the knowledge and skills of experienced health professionals.
2. The guideline on eating disorders was developed by the National Collaborating Centre for Mental Health, a professionally-led group with the experience and resources to develop guidance for the NHS on behalf of NICE. The National Collaborating Centre for Mental Health (NCC MH) is led jointly by the British Psychological Society and the Royal College of Psychiatrists, it involves the following partners:
 - British Psychological Society
 - Centre for Evidence Based Mental Health
 - Centre for the Economics of Mental Health
 - College of Occupational Therapists
 - Institute of Psychiatry
 - Manic Depression Fellowship
 - MIND
 - National Institute of Social Work
 - Rethink Severe Mental Illness
 - Royal College of General Practitioners
 - Royal College of Nursing
 - Royal College of Psychiatrists
 - Royal Pharmaceutical Society
3. The NCC MH follows international standards of guideline development. They established an independent group consisting of representatives of people with eating disorders, health professionals working in the NHS and health service researchers. The group reviewed the published clinical research alongside current clinical practice and the experience of people with eating disorders and their carers. Professional and patient/carer groups whose members are likely to be affected by the guideline were able to submit information and comment on the recommendations before they were finalised.
4. NICE has also published ‘information for the public’ a leaflet that explains the guideline and sets out what people with eating disorders can expect from the NHS.
5. The full guideline, from which the NICE guideline is derived, is produced by the NCC MH and will be available from the NCC MH website at www.bps.org.uk or from the NICE

website at www.nice.org.uk. The full guideline includes information on how the evidence was collected, reviewed and assessed, a description of how the recommendations were formulated and graded, and full reference details of the literature in the evidence base.

About NICE

6. NICE is part of the NHS. It is the independent organisation responsible for providing national guidance on treatments and care for those using the NHS in England and Wales. Its guidance is for healthcare professionals and patients and their carers to help them make decisions about treatment and healthcare. For further information about NICE you can visit www.nice.org.uk.
7. NICE produces guidance in three areas of health:
 - the use of new and existing medicines and treatments within the NHS in England and Wales – technology appraisals.
 - the appropriate treatment and care of patients with specific diseases and conditions within the NHS in England and Wales – clinical guidelines.
 - whether interventional procedures used for diagnosis or treatment are safe enough and work well enough for routine use– interventional procedures.

NICE also funds three enquiries that undertake research into the way patients are treated to identify ways of improving the quality of care (the investigations are known as confidential enquiries).

8. NICE guidance and recommendations are prepared by independent groups that include professionals working in the NHS and people who are familiar with the issues affecting patients and carers.