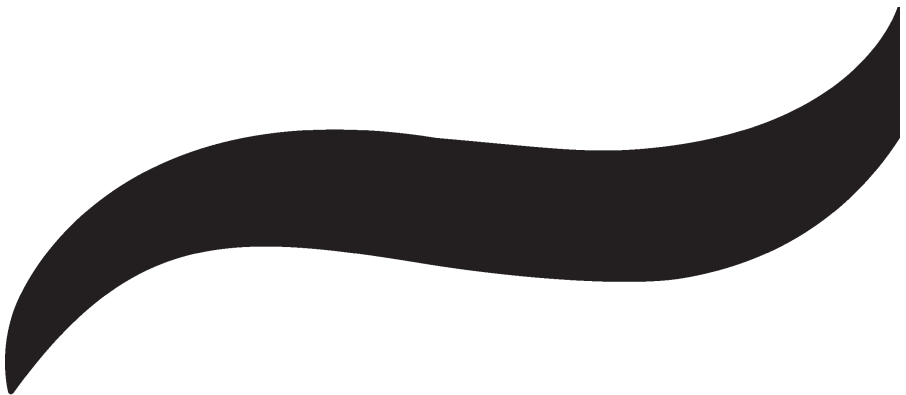




Tertiary Eating Disorder Specialist Service (TESS)

The Assessment Process



WHY HAVE I BEEN REFERRED?

You have been referred to the Tertiary Eating Disorder Specialist Service (TESS) because you or others may have concerns about your eating and your weight, and you may also be experiencing difficulties with your mood and managing your emotions. You should have agreed with this referral being made.

TESS is a team of healthcare professionals who specialise in working with people who have an eating disorder. The team consists of specialists from psychology, nursing, occupational therapy, psychiatry and dietetics. We have support staff to assist the therapy work and also two team secretaries.

We are based at the Buchanan Centre, Main Street Coatbridge, If you don't live in or near Coatbridge, we try to see people closer to their home where possible.

WHAT IS AN ASSESSMENT?

We will meet with you to find out more about you and any difficulties you may be experiencing. We'll discuss these with you and any goals you may have, that you would like to work on. Sometimes people are worried about coming along and this is completely understandable. You may have had eating difficulties for a long time and be frightened to change. You can bring someone along with you for support, but we also like to have an opportunity to meet with you alone at some point during the assessment. The aim of assessment is to find out more about you and to assess if you have an eating disorder. It is also important to work out what specific support could help you and how other services may be able to help as well.

There are various ways of assessment dependant on individual circumstance. These may include a telephone appointment, a video appointment using a secure system called Near Me (details of how to access this will be given if we decide to opt for this method), or face to face contact. During your time within the service we may decide to offer a variety of them.

HOW LONG DOES AN ASSESSMENT TAKE?

You may need to attend a number of assessment appointments with different specialists. This varies from person to person and can take up to eight weeks to complete. Initial assessment appointments generally last around 90 minutes.

WHAT TO EXPECT DURING THE ASSESSMENT PERIOD?

You may notice a little repetition in the questions we ask when seeing various clinicians in the beginning however, this is important for us as we get to know you. We'll also ask you to complete some written questionnaires before and during your initial assessments. These questionnaires let us see how you are coping in different areas of your life. We understand that these may be difficult to fill out but are important to help us understand your specific difficulties and make plans which will help you best. If you struggle to complete your questionnaires you can discuss this during your appointments.

AFTER THE ASSESSMENT

After your initial assessment is complete a summary of this will be discussed with our wider clinical team (this includes Nursing, Psychology, Dietetic, Occupational Therapy and Medical staff) to agree the next steps to provide the support and help that you need.

There can be multiple outcomes following the assessment process which may include:

- ❖ A specific treatment plan developed alongside you within the TESS service.
- ❖ Referral to other services e.g. Psychology services or your local Community Mental Health Team (both of which could also involve dietetic work).
- ❖ Discharge back to your GP with specific recommendations on how best to support you.
- ❖ Providing recommendations to your current care team (if you are already involved in another service)

We will communicate our thoughts to you either in person or in a letter (this is usually agreed with you at the assessment meeting). We also welcome your thoughts on what would best suit your needs and are always eager to consider this with you, and seek your feedback.

OTHER INVESTIGATIONS

Prior to your assessment at TESS it is important that we have all the relevant information to accurately assess your overall physical and mental state. This includes having some blood tests carried out to enable us to assess how your struggles may be impacting on your physical health. You may be asked to have an ECG carried out at either your GP practice or your local hospital to look at how your heart is functioning. We may need you to have these particular investigation carried out at times after the assessment also. There may be a possibility at some point of being asked to attend the hospital for a DEXA bone scan, this is for us to check the health of your bones. We will inform the relevant healthcare professionals if these are required.

If you have any mobility or sensory impairments that would impact on you attending, please notify us and we will try and make any necessary adjustments.

During your assessment it may be important for us to get in touch with you either by letter or telephone, for example if our doctors feel it would be helpful for you to have more blood tests carried out. We will check we have correct address and telephone number for you when we meet. It can also be helpful if we have access to a second contact number for you that your happy for us to have. If these change, please let the service know as soon as possible. Additionally, if you have a mobile telephone, we ask that you ensure you have a working answer machine facility for us to leave messages.

If you have any further questions about your assessment, please do not hesitate to contact the service on 01698 754640.

We look forward to meeting with you soon.

Best wishes

The TESS team

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

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