[Practice Letterhead]

[Practice Name] [Practice Address] [Date]

To: North Cumbria Eating Disorder Service [Service Address]

**Subject: Inappropriate Transfer of Workload to General Practice**

Dear [Recipient's Name],

We are writing in response to your recent communication regarding the monitoring of physical health in young people awaiting assessment by the North Cumbria Eating Disorder Service. We wish to formally express our concerns regarding the inappropriate transfer of workload to General Practice, which is neither funded nor resourced to undertake the work of a specialist service.

We acknowledge the pressures, and the challenges faced in providing timely assessments. However, General Practice is also under extreme pressure, and the additional expectation placed on GPs to monitor and review these patients while they await assessment is not sustainable. This is particularly concerning given that eating disorders require specialist input, and primary care is not an appropriate setting for ongoing medical risk assessment and monitoring in these cases.

Additionally, we request that you cease advising patients and their families to return to their GP for physical health reviews prior to their assessment. This approach places an undue burden on already stretched General Practice services and risks delays in patient care by diverting specialist responsibilities to non-specialist providers.

The request for GPs to conduct physical health assessments shortly before NCAEDs appointments is also impractical and places additional strain on primary care services. If up-to-date physical health parameters are required as part of the assessment process, this should be managed within NCAEDS and not outsourced to GP surgeries without appropriate funding or resourcing.

We therefore urge NCAEDS to:

1. Refrain from directing patients back to General Practice for pre-assessment reviews.
2. Ensure that all necessary physical health monitoring is conducted within the specialist service.
3. Recognise the capacity constraints within General Practice and avoid inappropriate workload transfer.

We appreciate the challenges facing NCAEDS and remain committed to working collaboratively for the best interests of our shared patients. However, any additional work expected of General Practice must be properly commissioned, funded, and resourced.

We look forward to your urgent response outlining how this matter will be addressed.

Yours sincerely,  
[GP Name]  
[Practice Name]  
[Contact Information]