

## A medical assessment guide for people with an eating disorder

Eating disorders have serious medical complications, often the first step to getting help is a GP appointment. The greatest predictor of recovery is early intervention. As this young person's GP you can start them on the road to recovery with completion of a thorough medical assessment and engagement with specialty eating disorder services. A thorough medical assessment and early intervention is crucial and life-saving.

To refer to The Grampians Health Eating Disorder Multidisciplinary clinic please complete the SMART referral template via the Grampians Health website and fax to Speciality Outpatient Clinics on 5320 4822. For those under the age of 18 please address to one of the following Paediatricians: Dr. David Tickell, Dr. Jenna Pyper or Dr. Meg Freeman. To refer those over the age of 18 years please address to Adult Eating Disorder Multidisciplinary Clinic and Medical Consultant: Dr. Sam Holgate. The clinic includes medical, dietetic and psychology input.

It would be greatly appreciated if any of the following information be included in the referral:

### Medical Assessment

- Height, weight & BMI, highest and lowest weight and rapidity of weight loss
- Lying HR & BP wait 1 min then standing HR & BP
- Temperature
- Bloods: CMP, EUC, FBC, LFT, Iron studies.
- ECG (if HR <55bpm)
- Compensatory behaviours (purging, exercise, laxatives, restriction)
- Menstrual history
- Comorbidities: Depression, Anxiety, Self-harm, Suicidality
- Family composition, family history of mental illness, eating disorders etc.

### Criteria for URGENT REFERRAL to consider Medical admission (one or more of the following):

Consider discussion with Paediatric Eating Disorder CNC &/or referral to Emergency Department

- BP < 80/50 mmHg
- resting HR < 50bpm
- Body temperature < 36°C
- Electrolyte instability
- Significant weight loss
- Clinical dehydration

### Resources:

Victoria Centre of Excellence in Eating Disorders

[www.ceed.org.au](http://www.ceed.org.au)

Eating Disorders Victoria

[www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

If you have any questions or concerns please contact me on 0438 376 905 within business hours or contact hospital switchboard 5320 4000 after hours and you will be directed to a staff member.

Kind Regards,

### **Stacey English**

Paediatrics Clinical Nurse Consultant for Eating Disorders

0438 376 905