

Anorexia Nervosa Pathway 18 years and over

Patient with Anorexia Nervosa

Definition;

1. Restriction of energy intake resulting in less than minimally normal or expected weight.
2. Intense fear of gaining weight despite being at a significantly low weight.
3. Disturbed perception of one's body weight or shape, and lack of awareness of seriousness of significantly low weight. (DSM-5)

Screening; consider [SCOFF tool](#)

Referral Options

Resources & Links

Patient requires
EMERGENCY
Medical care

[Table 3, p 53 RANZCP](#)

Direct Admit Frankston Hospital
Call switchboard Ph: 9784 7777
Ask for On-Call Eating Disorder Physician
(Business Hours Mon-Fri)
or
Frankston Emergency Department 9784 7196

MONASH HEALTH
[Mental Health Services](#)

Patient requires
EMERGENCY
Mental health care

[Table 3, p 53 RANZCP](#)

Peninsula Health Mental Health Triage
P: 1300 792 977

Patient has
Anorexia Nervosa
or for diagnostic
assessment

Referral to Monash Health Wellness and Recovery Specialist Eating Disorder program
[Wellness and Recovery Program](#)
OR
Peninsula Health Mental Health Triage
P: 1300 792 977 for diagnostic clarification
OR
Private Psychiatrist

GP RESOURCES
[CEED Centre for Excellence in Eating Disorders](#)

RACGP
[How to manage the patient with Anorexia Nervosa](#)

Patient with
Disordered Eating
(not meeting DSM 5 criteria)

Dietitian
OR
Private psychiatrist
OR
Psychologist
Better Access to Mental Health (MBS)
OR
[Accessible Psychological Interventions \(API\) formerly ATAPS](#)

[RANZCP Eating Disorder guidelines 2014](#)

GP ROLE

- early recognition, early intervention
- establish strong therapeutic relationship & coordinate care
- monitor weight, temperature, BP & postural drop, heart rate
- tests eg FBE, U&Es, LFTS, Prot, Alb, Ca, PO4, Mg, Glc, ECG
- assess mood
- help patient maintain a maximum tolerable weight

FAMILY RESOURCES

[Butterfly Foundation](#)
[Eating Disorders Foundation Victoria](#)