

Anorexia Nervosa Pathway Under 18 years

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

Patient requires
EMERGENCY
Medical care

Frankston Hospital Emergency Department

(or Monash ED)

HR <50 bpm, Cardiac arrhythmia, Postural tachycardia > 20/min, BP <80/50 mm, Postural hypotension >20 mm, QTc >450 msec, Temp <35.5°C, Hypokalaemia, Neutropaenia, Children < 75% of expected body weight or rapid weight loss
NB: These are a guide only.

Patient requires
EMERGENCY
Mental health care

Monash Health: Early in Life (ELMHS)

Triage: 1300 369 012

NOTE: if living between Carrum & Mordialloc
[Alfred Child & Youth Mental Health Service](#)
BH: 8552 0553 or AH: 1300 363 746

Patient has
Anorexia Nervosa
or for diagnostic
assessment

Monash Health: Early in Life (ELMHS)

Triage: 1300 369 012

For Family Based Therapy

NOTE: if living between Carrum & Mordialloc
[Alfred Child & Youth Mental Health Service](#)
BH: 8552 0553 or AH: 1300 363 746

Patient with
Disordered Eating
(not meeting DSM 5
criteria)

Peninsula Health Community Health FBT for Eating Disorders

Access P: 1300 665 781; F 9784 2309

Counselling - Family Based Therapy (FBT) Model

For 13 – 18 year olds with BMI 16 or over.

- Public /Private Paediatrics
- Private psychiatrist
- Psychologist
- Better Access to Mental Health (MBS)

OR

[Accessible Psychological Interventions \(API\)](#)
formerly ATAPS

Resources & Links

MONASH HEALTH

[Mental Health Services](#)

[Adolescent Medicine](#)
[Community Teams](#)

GP RESOURCES

[BMI Centile charts](#)

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

RACGP

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

[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](#)