



Clinical Practice Guideline Eating Disorders
Department Mental Health

Appendix 2 GP External Referral Pathway for Eating Disorders (under 18 years old)

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 5, p 57 RANZCP

Frankston Hospital ED (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.

MONASH HEALTH
https://monashhealth.org/wp-content/uploads/2020/03/Butterfly-Day-Program-Brochure.pdf

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

GP RESOURCES
https://www.rch.org.au/childgrowth/Growth\_Charts/
CEED Centre for Excellence in Eating Disorders

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
• Private Psychologist
• Better Access to Mental Health (MBS) OR MBS Items for Eating Disorders:
https://nedc.com.au/professional-development/medicare-items/

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 & Patient RESOURCES
-Butterfly Foundation
-Eating Disorders Foundation Victoria
-Psychological Health



Peninsula  
Health

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