



# Clinical Practice Guideline Eating Disorders Department Mental Health

## Appendix 1 GP External Referral Pathway for Eating Disorders (over 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

### 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**  
<https://monashhealth.org/services/mental-health/>

Patient requires  
**EMERGENCY**  
Mental health care

Peninsula Health Mental Health Triage  
P: 1300 792 977

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

Patient has  
Anorexia Nervosa  
or for diagnostic  
assessment

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

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

Patient with  
Disordered Eating  
(not meeting DSM 5  
criteria)

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

[RANZCP Eating Disorder guidelines 2014](#)

### Family & Patient RESOURCES

-[Butterfly Foundation Eating Disorders Foundation Victoria](#)  
-[Psychological Health](#)

#### 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



Peninsula  
Health

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**Clinical Practice Guideline  
Department**

**Eating Disorders  
Mental Health**

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