

Child Mental Health CoP - Session 4 (Eating Disorders)

03 October 2023



What is HealthPathways?

Melbourne

HealthPathways

Melbourne

Allied Health and Community Nursing

Child Health

Assault or Abuse - Child and Youth

Developmental Concerns - Child

Dermatology - Child

Endocrinology - Child

ENT and Hearing - Child

Gastroenterology - Child

General Paediatrics

Genitourinary - Child

Immunology - Child

Infant Health

Mental Health and Behaviour - Child and Youth

ADHD in Children and Youth

Anxiety in Children and Adolescents

Behavioural Problems in Preschoolers

Child Mental Health and Wellbeing Aged 2 to 12 Years

Depression in Children and Adolescents

Psychological Trauma in Children

Self-harm

Child and Youth Mental Health Referrals

Acute Child and Adolescent Psychiatry Referral or Admission (Same-day)

Non-acute Child and Adolescent Psychiatry Referral (> 24 hours)

Paediatric Psychology and Counselling Referral

Child and Youth Online Mental Health Therapy

Child and Adolescent Eating Disorders Specialised Referral

Child and Youth Mental Health Support Services

child eating disorder

Melbourne

HEALTHPATHWAYS

Latest News

20 September

health.vic

Health alerts and advisories

19 September

Listeriosis – advice for people at risk

There are currently a number of multi-state clusters of listeriosis under investigation nationally. People at increased risk of listeriosis should avoid consuming high-risk foods. [Read more...](#)

13 September

60-day dispensing – PBS medicines and current item codes

From 1 September 2023, GPs are able to write scripts for 60 days with 5 repeats for certain PBS medications. For further information, see 60-day prescriptions of PBS medicines, searchable table PBS for 60-day dispensing, and information kit.

1 September

Changes to requirements for COVID-19 vaccinators

Administration requirements for COVID-19 vaccines are now the same as other vaccinations. Vaccinators who are not nurse immunisers may only administer vaccines under written order of a medical practitioner. [Read more...](#)

8 August

Cardiovascular disease (CVD) risk guidelines update

The 2023 Australian Guideline for Assessing and Managing CVD Risk and associated Aus CVD Risk Calculator are now available. The Absolute Cardiovascular Disease Risk Assessment pathway will be unavailable while we update this pathway.

31 July

Notification of rheumatic heart disease (RHD) and acute rheumatic fever (ARF) cases

As of 31 July 2023, ARF and RHD have become routine notifiable

Pathway Updates

Updated – 20 September

Behavioural Disturbance in Older Adults

Updated – 20 September

Asymmetrical Sensorineural Hearing Loss

Updated – 19 September

Hyperlipidaemia

Updated – 19 September

First 12 Months After Admission to a Residential Aged Care Facility

Updated – 18 September

Consent

VIEW MORE UPDATES...

ABOUT HEALTHPATHWAYS

BETTER HEALTH CHANNEL

RACGP RED BOOK

USEFUL WEBSITES & RESOURCES

MBS ONLINE

NPS MEDICINEWISE

PBS

NHSD

About HealthPathways

What is HealthPathways?

How do I use HealthPathways?

How do I send feedback on a pathway?

How do I add HealthPathways to my desktop?

How do I add HealthPathways to my mobile?

Click 'Send Feedback' to add comments and questions about this pathway.

SEND FEEDBACK

Pathways are written by GP clinical editors with support from local GPs, hospital-based specialists and other subject matter experts



- **clear and concise, evidence-based medical advice**
- **Reduce variation in care**
- **how to refer to the most appropriate hospital, community health service or allied health provider.**
- **what services are available to my patients**

Go to melbourne.healthpathways.org.au



HealthPathways

Melbourne

Welcome

Sign in to HealthPathways

Username

Password

[Forgot password?](#)

☐ Show

☒ Remember me

Sign In

New to HealthPathways?

If you are a health professional and would like to have access to this HealthPathways website, please request access from the local HealthPathways team.

[Register now.](#)

Get localised health information, at the point of care

[What is HealthPathways?](#) ▾

[Terms and Conditions](#)

[General Inquiries](#) ▾

phn
EASTERN MELBOURNE
An Australian Government Initiative

phn
NORTH WESTERN
MELBOURNE
An Australian Government Initiative



info@healthpathwaysmelbourne.org.au



Relevant and related pathways

Child and Youth Mental Health Referrals

- [Acute Child and Adolescent Psychiatry Referral or Admission \(Same-day\)](#)
- [Non-acute Child and Adolescent Psychiatry Referral \(> 24 hours\)](#)
- [Paediatric Psychology and Counselling Referral](#)
- [Child and Youth Online Mental Health Therapy](#)
- [Child and Adolescent Eating Disorders Specialised Referral](#)
- [Child and Youth Mental Health Support Services](#)

Child and Youth Mental Health

- [ADHD in Children and Youth](#)
- [Anxiety in Children and Adolescents](#)
- [Borderline Personality Disorder \(BPD\)](#)
- [Depression in Children and Adolescents](#)
- [Self-harm](#)
- [Psychological Trauma in Children](#)



Eating disorders

- Respiratory - Child
- Rheumatology - Child
- Youth Health
- Investigations
- Legal and Ethical
- Lifestyle and Preventive Care
- Medical
- Mental Health
- ADHD in Children and Youth
- ADHD in Adults
- Alcohol and Drugs
- Anxiety in Adults
- Autism in Adults
- Bereavement, Grief, and Loss
- Bipolar Disorder
- Borderline Personality Disorder (BPD)
- Child and Youth Mental Health
- Depression in Adults
- Disaster Mental Health in Adults
- Eating Disorders
- Pregnancy and Postpartum Mental Health
- Physical Health and Mental Illness
- Problem Gambling
- Psychosis
- Self-harm
- Suicide Prevention
- Adult Mental Health Service Referrals
- Older Adult's Health
- Medicines Information and Resources
- Public Health
- Specific Populations
- Surgical
- Women's Health
- Our Health System



Eating Disorders

COVID-19 note

The rates of eating disorder behaviours and diagnoses, as well as illness severity and hospital admissions for eating disorders, have increased significantly during the COVID-19 pandemic, as has demand for and impact on service provision. ¹

Most people with eating disorders are not at increased risk of complications from COVID-19 infection.

COVID-19 may present atypically in those that are malnourished including:

- absence of fever.
- absence of increased heart rate.
- lack of substantial cough.

Last updated: May 2023

Red flags

- ▶ Patient severely underweight or recent dramatic weight loss
- ▶ Bradycardia while awake
- ▶ Suicidality
- ▶ Recurrent ketoacidosis in diabetic patients

Background

[About eating disorders](#)

Assessment

Practice point

Be aware of patient disclosure reluctance

Patients with eating disorders are unlikely to disclose eating problems and may present with apparently unrelated complaints, including requests for assistance to manage or lose weight.

1. Screen for eating disorders in [high-risk groups](#) and those with [suggestive features](#), as eating disorders are under-recognised due to patients' difficulty in disclosing symptoms.

Consider using the [Eating Disorder Screen for Primary Care \(ESP\)](#) for initial screening.

2. If adolescent patient:

Child and Adolescent Eating Disorders Specialised Referral

Melbourne

HealthPathways

Melbourne

Allied Health and Community Nursing

Child Health

Assault or Abuse - Child and Youth

Developmental Concerns – Child

Dermatology - Child

Endocrinology - Child

ENT and Hearing - Child

Gastroenterology - Child

General Paediatrics

Genitourinary - Child

Immunology - Child

Infant Health

Mental Health and Behaviour - Child and Youth

ADHD in Children and Youth

Anxiety in Children and Adolescents

Behavioural Problems in Preschoolers

Child Mental Health and Wellbeing Aged 2 to 12 Years

Depression in Children and Adolescents

Psychological Trauma in Children

Self-harm

Child and Youth Mental Health Referrals

Acute Child and Adolescent Psychiatry Referral or Admission (Same-day)

Non-acute Child and Adolescent Psychiatry Referral (> 24 hours)

Paediatric Psychology and Counselling Referral

Child and Youth Online Mental Health Therapy

Child and Adolescent Eating Disorders Specialised Referral

Child and Youth Mental Health Support Services

Youth Counselling and Therapy

child eating disorder

...

Child and Youth Mental Health Referrals

Child and Adolescent Eating Disorders Specialised Referral

Child and Adolescent Eating Disorders Specialised Referral

Information in referral sections is being developed and may not be a complete list of service providers. If you are aware of information that is inaccurate or if you would like to add or modify your details, use the Send Feedback button.

Public

Public Hospitals

1. Check the criteria of the relevant service.

2. Prepare the [required information](#).

3. Refer to the service.

- Use clinic-specific form if provided.

Eastern Melbourne

North Western Melbourne

4. Inform the patient:

- Ensure they are aware of the referral and the reason for being referred.
- Explain that delays may be experienced due to capacity in the health system. Advise the patient to return to their general practitioner with any concerns while waiting for their specialist appointment.
- To advise the service of any change in circumstance e.g., getting worse, as this may affect the referral.

Community Health Services (CHS)

1. Check the criteria of the relevant service.

2. Prepare the [required information](#).

3. Refer to the service.

- Use clinic-specific form if provided.

Eastern Melbourne

North Western Melbourne

Statewide

4. Inform the patient:

- Ensure they are aware of the referral and the reason for being referred.
- Explain that delays may be experienced due to capacity in the health system. Advise the patient to return to their general practitioner with any concerns while waiting for their specialist appointment.
- To advise the service of any change in circumstance e.g., getting worse, as this may affect the referral.

Private

Private Hospitals

1. Check the criteria of the relevant service.

2. Prepare the [required information](#).

3. Refer to the service.

SEND FEEDBACK



Building local pathways for better care

melbourne.healthpathways.org.au

Thank
you.

