



Government of **Western Australia**
North Metropolitan Health Service
Mental Health, Public Health and Dental Services



GP information

North Metropolitan Eating Disorders
Specialist Service (NMEDSS)





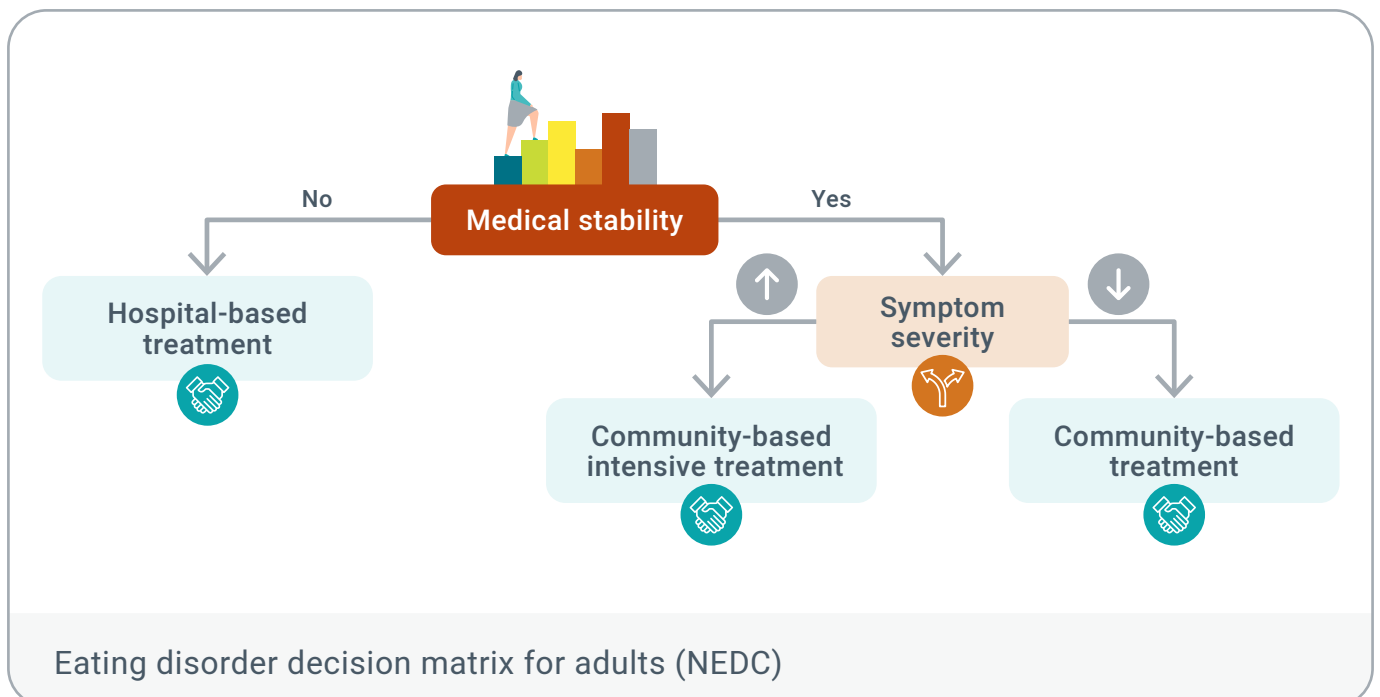
Welcome

The North Metropolitan Eating Disorders Specialist Service (NMEDSS) is a community-based service that provides specialist treatment for eating disorders.

NMEDSS takes a person-centred and recovery-oriented approach to treatment, with a multi-disciplinary team consisting of clinical nursing, dietetics, clinical psychology, psychiatry, physician, exercise physiology and peer support.

The service offers a 'step up' from outpatient eating disorder treatment, a 'step-down' treatment from inpatient settings as part of a stepped care model. This model moves from community-based treatment, through intensive community treatment, up to hospital care.

The decision-making matrix below can be used to allocate individuals to the most supportive treatment service within the model.





NMEDSS provides intensive community-based treatment for individuals with a diagnosed eating disorder who haven't accessed less intensive treatment settings, or who are stepping down treatment intensity following a hospital admission.

The [Western Australia Eating Disorders Outreach and Consultation Service \(WAEDOCS\)](#) can provide further information about the most appropriate referral options for your patients in line with the stepped care model.

What services does NMEDSS offer?

- Intensive day program, providing meal support, group therapy and associated individualised treatment planning and review
- Individualised specialist multidisciplinary clinics with consultant psychiatrists, physicians, specialist dietitians, clinical psychologists, social worker, nurses, peer support workers and exercise physiologists as required to meet individual needs
- Intensive clinical monitoring for at-risk clients, including vital signs, ECG and blood glucose levels.

Referral eligibility criteria

Individuals must be:

- Aged 16 years or older
- Living in the North Metropolitan Health Service catchment area (or WA Country Health Service)
- Have a diagnosed eating disorder, which is the issue of primary concern for treatment.

Important considerations before making a referral

First-line eating disorder treatment is usually provided by sub-specialist outpatient clinical psychology and dietetic services, as per the stepped care model above.

- The Centre for Clinical Interventions (CCI) is a government service that offers evidence-based treatment for eating disorders at no cost to the individual. [A referral form for GPs](#) is available on the CCI website.
- In the private sector, Medicare-funded eating disorder treatment and management plans enable access to clinical psychologists and dietitians in the community. [The Inside Out Institute GP Hub](#) will guide you through the process of identifying, diagnosing, managing and referring patients with eating disorders, including completing a care plan.

NMEDSS welcomes discussion prior to referral to our service to determine whether we can support your patient's needs. We can suggest alternative, more supportive treatment options if we can't help.

NMEDSS is not an acute service and individuals at immediate risk due to physical instability or acute and severe psychiatric symptoms should be referred to more acute services as part of their initial management.

NMEDSS encourages family members and supporters to be included throughout the referral, assessment and treatment process.

How to refer to NMEDSS

Referrals can be sent to referrals.NMEDSS@health.wa.gov.au using the referral form at the end of this document. Please provide:

- Completed referral form
- ECG (<7 days ago)
- Bloods (amylase, B12/folate, FBC, iron studies, prolactin, TFT's, U&E's, LFT, calcium, Mg, phosphate, LH/FSH, estrogen, testosterone, SHBG).

Contact NMEDSS Triage for all referral enquires on (08) 6458 3100 between 8.30am and 4.00pm, Monday to Friday.

NMEDSS waitlist

- If there is no capacity for immediate treatment, the individual will be placed on a waitlist.
- Wait listed patients are **not** considered active with the service and therefore are not under the clinical governance of NMEDSS.
- Ongoing GP involvement and updates to NMEDSS from the GP regarding physical examination findings are important to inform waitlist priority.
- Once there is capacity for assessment and treatment, contact will be established to book an initial assessment.

More information about NMEDSS is available on our [website](#).

Role of referring GPs

GPs are requested to provide ongoing medical care for their patient. This typically involves **weekly** appointments and should include the following:

- Weekly medical monitoring, using the form at the end of this document, should be emailed to NMEDSS at NMEDSS@health.wa.gov.au following each visit.
- Consideration of the need for escalation of the patient's physical and mental health care needs according to the WA Eating Disorders Outreach and Consultation Service (WAEDOCS) criteria and mental health risk.



Support for GPs

WAEDOCS

WAEDOCS provides consultation, guidelines and training for the management of eating disorders in a range of settings. GPs can contact WAEDOCS between 9am and 4pm for support managing patients.

Phone: 1300 602 208

Website: [WA Eating Disorders Outreach and Consultation Service](#)

Inside Out Institute

The Inside Out Institute provides a range of resources for GPs and practice staff, including support to complete care plans through its GP Hub.

Website: insideoutinstitute.org.au

National Eating Disorders Collaboration (NEDC)

NEDC provides an online toolkit and e-learning for GPs managing individuals with eating disorders.

Website: nedc.com.au

Other resources

- [Eating Disorder Examination Questionnaire](#)
- [Medical Monitoring in Eating Disorders](#)
- [Laboratory Assessments](#)

The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.

North Metropolitan Eating Disorders Specialist Service

📍 516 Hay Street, Perth WA 6008

☎ (08) 6458 3100

✉ NMEDSS@health.wa.gov.au

🌐 www.nmhs.health.wa.gov.au/Hospitals-and-Services/Mental-Health/Specialties/NMEDSS

This document can be made available in alternative formats on request.