

Physical Risk in Suspected Eating Disorders – Mental Health Clinician Response Guide

Response Required	Indication / Symptom / Behaviour	Local Contacts for Action (complete details of those relevant to your client / service)
<p>Presence of any one of these symptoms / behaviours: arrange urgent (on the same day) medical review with medical practitioner or at emergency dept for decision re need for medical admission</p>	<ul style="list-style-type: none"> • Reporting fainting / collapse / dizziness • Chest pain, heart palpitations, shortness of breath • Acute total cessation of food or fluid intake over 3 – 5 days 	<p>Local General Practitioners (if client's GP unavailable):</p>
<p>Presence of any one of these symptoms / behaviours: Discuss / recommend arranging medical review within the next 48 hours</p>	<ul style="list-style-type: none"> • Reporting cold, blue extremities • Rapid ($\geq 0.5\text{kg} / \text{wk}$) / weight loss ≥ 2 consecutive weeks • BMI < 15 (adult); $> 10\%$ loss of body weight (child / adolescent) • Persistent* restriction of fluid intake ($< 500\text{ml} / \text{daily}$) • Persistent* increased fluid intake ($> 3000\text{ml} / \text{daily}$) • Persistent* self-induced vomiting ≥ 1 episode daily • Persistent* & escalating laxative / other medication use to control weight <p>*Persistent = occurring over last 2 weeks</p>	<p>Physician / ED Medical Specialist available for secondary consultation:</p> <p>Mental Health Triage:</p> <p>Emergency Department:</p>
<p>Presence of any one of these symptoms / behaviours: Discuss/recommend increase in frequency of medical monitoring to / or maintain weekly – fortnightly medical review</p>	<ul style="list-style-type: none"> • Ongoing weight loss • worsening dietary restriction ($< 1200\text{kcal} / 5000\text{kJ}$ daily) • Restriction of fluid intake ($< 1000\text{ml} / \text{daily}$) • Increase to purging / binge eating frequency • Self-induced vomiting ≥ 2 episode weekly • Laxative / other medication use to control weight 	<p>ECATT:</p> <p>Emergency Dept Psychiatric C/L contact:</p> <p>CEED contact: 8387 2669 / 8387 2789</p>
<p>Discuss/recommend medical monitoring as advised by medical practitioner</p>	<ul style="list-style-type: none"> • Ongoing mild to moderate eating disorder behaviours 	