



Medical Clearance for Outpatient Treatment at CCI

The Centre for Clinical Interventions (CCI) is a clinical psychology service and therefore has no medical practitioners on site. Given the co-occurring medical complications associated with eating disorders, we require all patients to be assessed for medical stability to ensure they are physically safe to engage in outpatient care prior to commencing treatment for an eating disorder. We have asked your patient to arrange an appointment with you for this assessment and ask that you please sign and return this form to your patient once this is complete. If you wish to fax the completed form directly to our service, our fax number is (08) 9328 5911.

If you require further information regarding this medical assessment, we have included information on the back of this form detailing the current Royal Australia and New Zealand College of Psychiatry (RANZCP) Clinical Practice Guidelines for the Treatment of Eating Disorders. The WA Eating Disorders Outreach and Consultation Service (WAEDOCS) can also provide guidance and support around the medical assessment and management of patients with eating disorders. Medical professionals can call this service on 1300 620 208 to seek advice specific to their patients.

If your assessment of a patient shows that they are not currently suitable for outpatient treatment, they may require a higher level of care, such as an inpatient admission to hospital, WAEDOCS can also provide further guidance and support around facilitating this if required.

Thank you for completing this assessment.

I consider this patient, _____ (patient name) to be medically stable and suitable for outpatient psychological treatment at this time.

Signature: _____ **Date:** _____

Doctor details: _____

Indicators for Consideration for Psychiatric and Medical Admission

RANZCP Clinical Practice Guidelines for the Treatment of Eating Disorders (2014)

	Psychiatric or Medical Admission ^a Indicated (level of acuity can usually be managed in either setting)	Acute Medical Admission ^b Required (level of acuity usually requires a medical ward)
Rapid weight loss	Rapid weight loss (i.e., 1kg/week over several weeks) or grossly inadequate nutritional intake (<1000kcal daily) or continued weight loss despite treatment	
Systolic BP	<90 mmHg	<80 mmHg
Postural BP	>10 mmHg drop with standing	>20 mmHg drop with standing
Heart rate		≤40 bpm or > 120 bpm or postural tachycardia > 20 bpm
Temperature	<35.5°C or cold/blue extremities	<35°C or cold/blue extremities
12-lead ECG		Any arrhythmia including QTc prolongation, nonspecific ST or T-wave changes including inversion or biphasic waves
Blood sugar	Below normal range*	< 2.5 mmol/L
Sodium	<130 mmol/L*	<125 mmol/L
Potassium	Below normal range*	<3.0 mmol/L
Magnesium		Below normal range*
Phosphate		Below normal range*
Albumin	Below normal range	<30 g/L
Liver enzymes	Mildly elevated	Markedly elevated (AST or ALD >500)*
Neutrophils	<1.5 × 10 ⁹ /L	<1.0 × 10 ⁹ /L
eGFR		<60ml/min/1.73m ² or rapidly dropping (25% drop within a week)
Weight	BMI <16kg/m ^{2**}	BMI <14kg/m ^{2**}
Risk assessment	<ul style="list-style-type: none"> - Suicidal ideation - Active self-harm - Moderate to high agitation and distress 	

^a Patients who are not as unwell as indicated above may still require admission to a psychiatric or other inpatient facility.

^b Medical admission refers to admission to a medical ward, short stay medical assessment unit or similar.

*Any biochemical abnormality which has not responded to adequate replacement within the first 24 hours of admission should be reviewed by a medical registrar urgently.

**This additional information is taken from NSW Health/CEDD Guideline for Inpatient Management of Eating Disorders in General Medical and Psychiatric Setting in NSW (2014).

Starvation syndrome can occur at any weight and therefore weight should not be the deciding factor for admission to hospital or use of the Mental Health Act.