

Centre for Integrative Health (CFIH) Outpatient Referral Form

For all referrals:

Please provide a Mental Health Care Plan (MHCP), Chronic Disease Management Plan (CDMP) if relevant.

For diagnosed or suspected eating disorders:

In addition to a MHCP or CDMP, please also complete and fax the following information to CFIH, **prior** to your client's initial appointment.

MD agreement to medical monitoring:

I, _____ (MD name), regarding my patient, _____ (patient name) DOB: _____) verify that:

- ✓ My patient does not meet admission criteria as per the **Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders** admission guidelines, below.
- ✓ My patient is suitable to attend outpatient treatment at CFIH.
- ✓ I will monitor my patient's medical status regularly as per the below guidelines (regardless of patient weight).

MD name: _____ Signature: _____ Date: _____

Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders admission guidelines

<https://www.ranzcp.org/Files/Resources/Publications/CPG/Clinician/Eating-Disorders-CPG.aspx>

Areas to be assessed	Adult admission criteria	Child admission criteria
Weight	BMI <12; weight loss 1kg or more for several weeks	< 75% of expected body weight or rapid weight loss
Blood Pressure	Systolic resting– 80mmHg OR postural drop >20mmHg upon standing	<80/50mmHg resting OR postural drop >20mmHg upon standing
Heart Rate	<40bpm resting OR postural tachycardia >20bpm increase upon standing	<50bpm resting OR postural tachycardia >20bpm increase upon standing
Temperature	<35° C OR cold/blue extremities	<35.5° C OR cold/blue extremities
12-lead ECG	Any arrhythmia including QTc prolongation, non-specific ST or T-wave changes including inversion or biphasic waves	QTc >450msec
Glucose	<2.5mmol/L (random)	
Electrolytes*	Potassium – <3.0mmol/L; Sodium – <125mmol/L Phosphate & Magnesium - Below normal range	Hypokalemia
eGFR	<60ml/min/1.73m ² OR rapidly dropping (25% within a week)	
Albumin	<30g/L	
Liver enzymes	AST – >80; ALT – >90	
Neutrophils	<1.0 x 10 ⁹ /L	Neutropenia
Psychiatric Criteria	Moderate to high suicidal ideation; Active self-harm; Other psychiatric condition requiring hospitalisation	

*Please note 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.

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

Please return this completed form to CFIH via fax on (07) 3172 5851 prior to your patient's initial appointment at CFIH.