

Eating Disorder Specific Medicare Benefits Schedule *Informational Fact Sheet for Providers*

What is the new Eating Disorder Specific Medicare Benefits Schedule? As of 1 November 2019, a new suite of 64 Medicare Benefits Schedule (MBS) item numbers are available to support eligible patients with an eating disorder under an Eating Disorder Management Plan (EDMP). Under an EDMP, eligible patients will be able to access Medicare rebates for up to 40 eating disorder psychological treatment (EDPT) sessions and 20 eating disorder dietetic treatment (EDDT) sessions in a 12-month period.

Who is eligible for an EDMP? Patient eligibility criteria is listed below.

*Please note: CFIH practitioners are available to assist with the eligibility assessment process through conducting thorough assessments, administering and scoring questionnaires, and providing summary reports to GPs.

There are two cohorts of patients eligible to access an EDMP:

1. Patients with a clinical diagnosis of anorexia nervosa.
2. Patients who meet the eligibility criteria (below), **AND** have a clinical diagnosis of any of the following conditions;
 - a. Bulimia nervosa
 - b. Binge-eating disorder
 - c. Other specified feeding or eating disorder

Eligibility criteria for patients with diagnoses other than anorexia nervosa are:

1. The person has been assessed as having an EDEQ[^] score of 3 or more; and
2. The person's condition is characterised by rapid weight loss, or frequent binge eating, or inappropriate compensatory behaviours (3 or more occurrences per week); and
3. The person has **AT LEAST TWO** of the following indicators:
 - a. Body weight less than 85% expected weight (where weight loss is directly attributable to the eating disorder);
 - b. Current or high risk of medical complications due to eating disorder behaviours and symptoms;
 - c. Serious comorbid medical or psychological conditions significantly impacting on medical or psychological health status with impacts on function;
 - d. The person has been admitted to hospital for an eating disorder in the previous 12 months;
 - e. The person has experienced inadequate treatment response to evidence-based eating disordered treatment over the past 6 months despite active and consistent treatment.

What are the options for patients deemed ineligible? Patients who do not meet the eligibility criteria for an EDMP are still be eligible for rebates under a Mental Health Care Plan as well as a Chronic Disease Management Plan. Please note that some patients will interpret their ineligibility for the EDMP in ways that may exacerbate their illness and/or interfere with treatment engagement. It is recommended that, in the case of ineligibility, this information is delivered with upmost caution and sensitivity.

[^] Copies of the Eating Disorder Examination Questionnaire (EDEQ) as well as scoring templates are located at the end of this document as well as on our website under the "For Referrers" tab.

Accessing Treatment Under an EDMP

Step 1. Patient presents to GP or ED practitioner for initial assessment to determine eligibility*.

Step 2. If eligibility criteria met, a GP (*items 90250 – 90257*), Psychiatrist (*item 90260-90262*), or Paediatrician (*items 90261-90263*) prepares the EDMP and refers the patient on for psychological and/or dietetic services*.

Step 3. Under the EDMP, the patient commences an initial course of treatment of up to 10 eating disorder psychological treatment (EDPT) services (*items 92352 – 82367*).

Step 4. After 10 EDPT psychological sessions have been completed, the provider sends an update letter and refers the patient to the GP for the 'first review' (*items 90264 – 90269*).

Step 5. If eligible, patient completes EDPT sessions 11-20.

Step 6. After 20 EDPT sessions, the provider sends an update letter and refers the patient to the GP for the 'second review'.

Patient attends GP Second Review (*items 90264-90265*).

AND

Review of EDPT by Psychiatrist (*items 90266 or 90268*) or Paediatrician (*items 90267 or 90269*).

Step 7. If eligible, patient attends EDPT sessions 21-30.

Step 8. After 30 EDPT sessions, the GP conducts the third review (*items 90264-90265*).

Step 9. If eligible, patient attends EDPT sessions 31-40.

Step 10. After 40 EDPT sessions, the course of treatment has been completed and the provider sends an update letter to the GP.

Step 3. Under the EDMP, the patient commences a course of 20 eating disorder dietetic treatment (EDDT) services (*items 82350 and 82351*).

Step 4. No review required.

Step 5. Patient continues with sessions 1-20 of EDDT with a dietitian.

Step 6. After 20 EDDT sessions, the course of treatment has been completed and the provider sends an update letter to the GP.

New MBS Item Numbers for Eating Disorders Explained

Preparation of an eating disorders management plan (EDMP) by a GP, other medical practitioner (OMP), consultant psychiatrist or paediatrician.

Discipline	Item Number	Item Description
GP without MH Training	90250	EDMP preparation by a GP without mental health training. At least 20 minutes but <40 minutes
	90251	EDMP preparation by a GP without mental health training. At least 40 minutes
GP with MH Training	90252	EDMP preparation by a GP with mental health training at least minutes but <40 minutes
	90253	EDMP preparation by a GP without mental health training at least 40 minutes
OMP without MH training	90254	EDMP preparation by a medical practitioner (not including a general practitioner, specialist or consultant physician) without mental health training. At least 20 but <40 minutes.
	90255	EDMP preparation by a medical practitioner (not including a general practitioner, specialist or consultant physician) without mental health training. At least 40 minutes.
OMP with MH training	90256	EDMP preparation by a medical practitioner (not including a general practitioner, specialist or consultant physician) with mental health training. At least 20 but <40 minutes.
	90257	EDMP preparation by a medical practitioner (not including a general practitioner, specialist or consultant physician) with mental health training. At least 40 minutes.
Consultant Psychiatrist	90260	EDMP preparation in consulting rooms with a consultant psychiatrist. At least 45 minutes.
	90262	EDMP preparation by video conference with a consultant psychiatrist. At least 45 minutes.
Consultant Paediatrician	90261	EDMP preparation in consulting rooms with a consultant paediatrician. At least 45 minutes.
	90263	EDMP preparation by video conference with a consultant paediatrician. At least 45 minutes.

Review of an eating disorders management plan (EDMP) by a GP, medical practitioner, consultant psychiatrist and paediatrician.

Discipline	Item Number	Item Description
General Practitioner	90264	EDMP review by General Practitioner
Medical Practitioner	90265	EDMP review by Medical Practitioner
Consultant Psychiatrist	90266	EDMP review in consulting rooms by Consultant Psychiatrist. At least 30 minutes.
Consultant Paediatrician	90267	EDMP review in consulting rooms by Consultant Paediatrician. At least 20 minutes.
Consultant Psychiatrist	90268	EDMP review by video conference by Consultant Psychiatrist. At least 30 minutes.
Consultant Paediatrician	90269	EDMP review by video conference by Consultant Paediatrician. At least 20 minutes.

Provision of eating disorder psychological treatment (EDPT) sessions by a GP, medical practitioner, consultant psychiatrist or paediatricians.

Discipline	Item Number	Item Description
General Practitioner	90271	EDPT in consulting rooms with GP. At least 30 minutes but <40 minutes.
	90272	EDPT other than consulting rooms with GP. At least 30 but <40 minutes.
	90273	EDPT in consulting rooms with GP at least 40 minutes.
	90274	EDPT in other than consulting rooms with GP. At least 40 minutes.
	90279	EDPT with GP by video conference. At least 30 but <40 minutes.
	90280	EDPT with GP by video conference. At least 40 minutes.
Medical Practitioner	90275	EDPT in consulting rooms with Medical practitioner. At least 30 but <40 minutes.
	90276	EDPT in other than consulting rooms with Medical Practitioner. At least 30 but <40 minutes.
	90277	EDPT in consulting rooms with Medical practitioner. At least 40 minutes.
	90278	EDPT in other than consulting rooms with Medical practitioner. At least 40 minutes.
	90281	EDPT with Medical Practitioner by video conference. At least 30 but <40 minutes.
	90282	EDPT with Medical Practitioner by video conference. At least 40 minutes.

Provision of eating disorder psychological treatment (EDPT) sessions by a clinical psychologist, psychologist, occupational therapist or social worker.

Discipline	Item Number	Item Description
Clinical Psychologists	82352	EDPT in consulting rooms. At least 30 but <50 minutes.
	82353	EDPT by video conference. At least 30 but <50 minutes.
	82354	EDPT other than in consulting rooms. At least 30 but <50 minutes.
	82355	EDPT in consulting rooms. At least 50 minutes.
	82356	EDPT by video conference. At least 50 minutes.
	82357	EDPT other than consulting rooms. At least 50 minutes.
	82358	EDPT as part of a group 6-10. At least 60 minutes.
	82359	EDPT as part of a group 6-10 by video conference. At least 60 minutes.
General Psychologists	82360	EDPT in consulting rooms. At least 20 but <50 minutes.
	82361	EDPT by video conference. At least 20 but <50 minutes.
	82362	EDPT other than in consulting rooms. At least 20 but <50 minutes.
	82363	EDPT in consulting rooms. At least 50 minutes.

	82364	EDPT by video conference. At least 50 minutes.
	82365	EDPT other than consulting rooms. At least 50 minutes
	82366	EDPT as part of a group 6-10. At least 60 minutes.
	82367	EDPT as part of a group 6-10 by video conference. At least 60 minutes.
Occupational Therapist	82368	EDPT in consulting rooms. At least 20 but <50 minutes.
	82369	EDPT by video conference. At least 20 but <50 minutes.
	82370	EDPT other than in consulting rooms. At least 20 but <50 minutes.
	82371	EDPT in consulting rooms. At least 50 minutes.
	82372	EDPT by video conference. At least 50 minutes.
	82373	EDPT other than consulting rooms. At least 50 minutes
	82374	EDPT as part of a group 6-10. At least 60 minutes.
Accredited Mental Health Social Workers	82375	EDPT as part of a group 6-10 by video conference. At least 60 minutes.
	82376	EDPT in consulting rooms. At least 20 but <50 minutes.
	82377	EDPT by video conference. At least 20 but <50 minutes.
	82378	EDPT other than in consulting rooms. At least 20 but <50 minutes.
	82379	EDPT in consulting rooms. At least 50 minutes.
	82380	EDPT by video conference. At least 50 minutes.
	82381	EDPT other than consulting rooms. At least 50 minutes
82382	EDPT as part of a group 6-10. At least 60 minutes.	
82383	EDPT as part of a group 6-10 by video conference. At least 60 minutes.	

Provision of eating disorder dietetic treatment (EDDT) services by a suitably trained accredited practicing dietitian (APD).

Discipline	Item Number	Item Description
Accredited Practicing Dietitian	83250	EDDT with APD. At least 20 minutes.
	83251	EDDT with APD by video conference. At least 20 minutes.

**This is intended as a summary only. Please see MBS Eating Disorders Quick Reference Guide for a complete overview and or contact our Client Care Co-ordinators on the details below.*

ID:

Date:

EATING DISORDER EXAMINATION QUESTIONNAIRE (EDEQ)

Instructions: The following questions are concerned with the past four weeks (28 days) only. Please read each question carefully. Please answer all of the questions. Please only choose one answer for each question. Thank you.

Questions 1 to 12: Please circle the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days) only.

On how many of the past 28 days	No days	1-5 days	6-12 days	13-15 days	16-22 days	23-27 days	Every day
1 Have you been deliberately <u>trying</u> to limit the amount of food you eat to influence your shape or weight (whether or not you have succeeded)?	0	1	2	3	4	5	6
2 Have you gone for long periods of time (8 waking hours or more) without eating anything at all in order to influence your shape or weight?	0	1	2	3	4	5	6
3 Have you <u>tried</u> to exclude from your diet any foods that you like in order to influence your shape or weight (whether or not you have succeeded)?	0	1	2	3	4	5	6
4 Have you <u>tried</u> to follow definite rules regarding your eating (for example, a calorie limit) in order to influence your shape or weight (whether or not you have succeeded)?	0	1	2	3	4	5	6
5 Have you had a definite desire to have an <u>empty</u> stomach with the aim of influencing your shape or weight?	0	1	2	3	4	5	6
6 Have you had a definite desire to have a <u>totally flat</u> stomach?	0	1	2	3	4	5	6
7 Has thinking about <u>food, eating or calories</u> made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?	0	1	2	3	4	5	6
8 Has thinking about <u>shape or weight</u> made it very difficult to concentrate on things you are interested in (for example, working, following a conversation, or reading)?	0	1	2	3	4	5	6
9 Have you had a definite fear of losing control overeating?	0	1	2	3	4	5	6
10 Have you had a definite fear that you might gain weight?	0	1	2	3	4	5	6
11 Have you felt fat?	0	1	2	3	4	5	6
12 Have you had a strong desire to lose weight?	0	1	2	3	4	5	6

Questions 13-18: Please fill in the appropriate number in the boxes on the right. Remember that the questions only refer to the past four weeks (28 days).

13 Over the past 28 days, how many <u>times</u> have you eaten what other people would regard as an <u>unusually large amount of food</u> (given the circumstances)?
14 ...On how many of these times did you have a sense of having lost control over your eating (at the time that you were eating)?
15 Over the past 28 days, on how many <u>DAYS</u> have such episodes of overeating occurred (i.e. you have eaten an unusually large amount of food and have had a sense of loss of control at the time)?
16 Over the past 28 days, how many <u>times</u> have you made yourself sick (vomit) as a means of controlling your shape or weight?
17 Over the past 28 days, how many <u>times</u> have you taken laxatives as a means of controlling your shape or weight?
18 Over the past 28 days, how many <u>times</u> have you exercised in a “driven” or “compulsive” way as a means of controlling your weight, shape or amount of fat or to burn off calories?

Questions 19-21: Please circle the appropriate number. Please note that for these questions the term “binge eating” means eating what others would regard as an unusually large amount of food for the circumstances, accompanied by a sense of having lost control overeating.

	NO DAYS	1-5 DAYS	6-12 DAYS	13-15 DAYS	16-22 DAYS	23-27 DAYS	EVERY DAY
	None of the times	A few of the times	Less than half	Half of the times	More than half	Most of the time	Every time
19 Over the past 28 days, on how many days have you eaten in secret (ie. furtively)? ...Do not count episodes of binge eating	0	1	2	3	4	5	6
20 On what proportion of the times that you have eaten have you felt guilty (felt that you’ve done wrong) because of its effect on your shape or weight? ...Do not count episodes of binge eating	0	1	2	3	4	5	6
21 Over the past 28 days, how concerned have you been about other people seeing you eat? ... Do not count episodes of binge eating.	0	1	2	3	4	5	6

Questions 22-28: Please circle the appropriate number on the right. Remember that the questions only refer to the past four weeks (28 days)

On how many of the past 28 days	Not at all	Slightly		Moderately		Markedly	
22 Has your <u>weight</u> influenced how you think about (judge) yourself as a person?	0	1	2	3	4	5	6
23 Has your <u>shape</u> influenced how you think about (judge) yourself as a person?	0	1	2	3	4	5	6
24 How much would it have upset you if you had been asked to weigh yourself once a week (no more, or less, often) for the next four weeks?	0	1	2	3	4	5	6
25 How dissatisfied have you been with your <u>weight</u> ?	0	1	2	3	4	5	6
26 How dissatisfied have you been with your <u>shape</u> ?	0	1	2	3	4	5	6
27 How uncomfortable have you felt seeing your body (for example, seeing your shape in the mirror, in a shop window reflection, while undressing or taking a bath or shower)?	0	1	2	3	4	5	6
28 How uncomfortable have you felt about others seeing your shape or figure (for example, in communal changing rooms, when swimming, or wearing tight clothes)?	0	1	2	3	4	5	6

What is your weight at present? (Please give your best estimate).

What is your height? (Please give your best estimate).

If female: Over the past three-to-four months have you missed any menstrual periods?

If so, how many?

Have you been taking the “pill”?

THANK YOU

EDE-Q reproduced with permission. Fairburn and Beglin (2008). In Fairburn, C. G. (2008). *Cognitive Behavior Therapy and Eating Disorders*. Guilford Press, New York.

EDE-Q Scoring

Subscale scoring

Question	<i>Subscale Item no.1: Restraint</i>	Score
1	Restraint overeating	
2	Avoidance of eating	
3	Food avoidance	
4	Dietary Rules	
5	Empty stomach	
Subscale Item = (total score ÷ 5)		

Question	<i>Subscale Item no. 2: Eating Concern</i>	Score
7	Preoccupation with food, eating or calories	
9	Fear of losing control overeating	
19	Eating in secret	
21	Social eating	
20	Guilt about eating	
Subscale Item = (total score ÷ 5)		

Question	<i>Subscale Item no. 3: Shape Concern</i>	Score
6	Flat stomach	
8	Preoccupation with shape or weight	
10	Fear of weight gain	
11	Feelings of fatness	
23	Importance of shape	
26	Dissatisfaction with shape	
27	Discomfort seeing body	
28	Avoidance of exposure	
Subscale Item = (total score ÷ 8)		

Question	<i>Subscale Item no. 4: Weight Concern</i>	Score
8	Preoccupation with shape or weight	
12	Desire to lose weight	
22	Importance of weight	
24	Reaction to prescribed weighing	
25	Dissatisfaction with weight	
Subscale Item = (total score ÷ 5)		

EDEQ Global Scoring

Subscale no.	<i>Subscale Description</i>	Subscale total score
1	Restraint	
2	Eating Concern	
3	Shape Concern	
4	Weight Concern	
Global total = (subscales total ÷ 4)		

Fairburn, C.G., & Beglin, S.J. (1994). Assessment of eating disorders: interview or self-report questionnaire? *International Journal of Eating Disorders*, 16, 363-370.