

For Eating Disorder Psychological Treatment (EDPT)

Step 1: Confirm Patient Eligibility

The patient must have:

- A clinical diagnosis of anorexia nervosa, bulimia nervosa, binge-eating disorder, or other specified feeding or eating disorder.
- An Eating Disorder Examination Questionnaire score of 3 or more
- Rapid weight loss, frequent binge eating, or inappropriate compensatory behaviour as manifested by 3 or more occurrences per week
- At least two of the following indicators:
 - Clinically underweight with a body weight less than 85% of expected weight where weight loss is directly attributable to the eating disorder
 - Current or high risk of medical complications due to eating disorder behaviours and symptoms
 - Serious comorbid medical or psychological conditions significantly impacting on medical or psychological health status with impacts on function
 - The person has been admitted to a hospital for an eating disorder in the previous 12 months
 - Inadequate treatment response to evidence-based eating disorder treatment over the past six months despite active and consistent participation

Step 2: Inform the patient of service limits

The patient can access:

- Up to 20 dietetic services
- Up to 40 eating disorder psychological treatment services, subject to reviews after each course of 10 services.
- Review and ongoing management services
- Within a 12-month period only

Step 3: Create the Eating Disorder Psychological Treatment Plan

Preparation codes:

GP without mental health training:

- 90250 – EDP preparation (at least 20 minutes but < 40 minutes)
- 90251 – EDP preparation (at least 40 minutes)

GP with mental health training:

- 90252 – EDP preparation (at least 20 minutes but < 40 minutes)
- 90253 – EDP preparation (at least 40 minutes)

Step 4: Write, sign and date the referral letter

Include all of the following details:

- Addressed to Treat Yourself Well Sydney Psychology (you do not need to name the specific psychologist)
- Patient's name, date of birth and address
- Patient's symptoms, opinion on diagnosis and a statement on whether an eating disorder psychological treatment plan has been prepared
- List of any current medications
- A statement indicating whether group sessions could be considered

Step 5: Send the referral letter and EDPT to Treat Yourself Well Sydney

- We need to receive the referral letter and EDPT prior to the patient's first session.

Unused services can be carried over from a previous calendar year to the current, however, these will count towards the patient's maximum total of 10 services within the current calendar year.

Services Australia can confirm the number of allied mental health services already claimed by the patient during the calendar year and whether they have an existing management plan.