



Service Informations for referrers

Services we provide

The Peter Beumont Eating Disorders Service at Royal Prince Alfred Hospital is a public tertiary service for adults with eating disorders in New South Wales. These services offer a stepped model of care and include:

Peter Beumont Unit – a nine-bed inpatient ward dedicated to the treatment of eating disorders. The inpatient program is focussed on medical stabilisation, psychiatric assessment, containment of eating disorder behaviours, nutritional rehabilitation, psychological therapy and functional recovery delivered in both individual and group modalities. As it is a gazetted unit, there is capacity to admit both voluntary and involuntary patients.

Peter Beumont Day Program (formerly ‘Derwent House’) – day patient program providing six hours of intensive treatment for four days per week. The program consists of supervised and supported meals, evidence-based group therapy, individual care coordination and containment of eating disorder symptoms. The program offers both early intervention, and treatment for individuals with a well-established illness of longer duration.

Eating Disorders Ambulatory Clinic – provides a consultative psychiatric and dietetic service of assessment and review for community mental health and primary care clinicians, operating on a shared care model.

Eating Disorders Outreach Service – This arm of the service provides a clinical consultation-liaison function to support clinicians managing patients with eating disorders at a local level across NSW. In addition to this, the outreach service also works in collaboration with the Centre for Eating and Dieting Disorders (CEDD) to provide education

and training in order to increase the capacity and capability of the health workforce in the area of eating disorders.

Our team

- Specialist Psychiatrists
- Clinical Psychologists
- Occupational Therapists
- Dietitians
- Specialist Nurses
- Social Workers

Who can refer?

All referrals must be completed by a doctor. Patients need to be in the care of an appropriate medical practitioner for physical health management and ongoing care. The doctor responsible for continuing care must be nominated on the referral, if not the referring doctor. Please include discharge summaries, risk assessments and any other reports from teams involved in the patient’s care.

Please note: *If there are immediate concerns, please contact Mental Health Line on 1800 011 511 or have the patient present to their local emergency department. This is not an acute service, and cannot respond to immediate, high risk.*

How to refer

To make a referral, access our referral package or for any enquiries **please contact an intake clinician on 0484 346 291 between 12–4pm Monday to Friday.**

Referral forms can also be accessed at https://www.slhd.nsw.gov.au/MentalHealth/services_eating.html

Please fax referrals through to (02) 9515 1502.

Admission criteria

	Inclusion criteria	Exclusion criteria
Peter Beumont Inpatient Unit	<ul style="list-style-type: none"> Resident of NSW Age 17 – 64. Special consideration may be given to patients of age 16 on a case by case basis Diagnosis of an eating disorder with associated medical complications or severe symptoms requiring hospitalised re-feeding, supervision and containment Risk of rapid physical deterioration Outpatient or day program treatment is of insufficient intensity Existing engagement with a primary care practitioner, or mental health clinician, with evidence of a trial of treatment within the Local Health District 	<ul style="list-style-type: none"> Diagnosed mental illness other than the eating disorder that is the primary presenting issue. Patients receiving active medical treatment, including intravenous treatment or cardiac monitoring. * Definition of the threshold to refer to Emergency Care is outlined on page 7 of: http://cedd.org.au/wordpress/wp-content/uploads/2015/04/Adult-inpatient-guidelines2.pdf
Peter Beumont Day Program	<ul style="list-style-type: none"> Resident of NSW Medically stable Diagnosis of an eating disorder Motivation to achieve core goals of the program such as weight gain and eating normally BMI \geq 16kg/m² Safe, local overnight accommodation Can commit to attending 4 days/ week Engaged with a General Practitioner (GP) who can be consulted on a regular basis 	<ul style="list-style-type: none"> BMI < 16kg/m² Active substance misuse/abuse Active self-harm/suicidal ideation Pre-contemplative stage of change Inappropriate for group therapy
Ambulatory (Outpatient) Clinic	<ul style="list-style-type: none"> Diagnosis of an eating disorder or at risk of developing an eating disorder Engaged with GP who can be consulted 	<ul style="list-style-type: none"> BMI \geq 35kg/m². Please refer these patients to a Metabolic and Obesity Service for assessment: <ul style="list-style-type: none"> - Royal Prince Alfred: (02) 9515 4220 - Concord: (02) 9767 6747 - Westmead: (02) 9845 6544