

SERVICE INFORMATION FOR REFERRERS

What are the services available at the Peter Beumont Eating Disorders Service?

The Peter Beumont Eating Disorders Service at Royal Prince Alfred Hospital is a public tertiary service for adults with eating disorders, co-located in the Professor Marie Bashir Centre. These services offer a stepped model of care and include the:

- **Peter Beumont Unit** – this is a nine-bed inpatient ward dedicated to the treatment of eating disorders. The inpatient program is focussed on medical stabilisation, psychiatric containment, 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’) – this day patient program provides six hours of intensive treatment for four days per week. The program consists of supervised supported meals, evidence-based group therapy, individual care coordination and containment of eating disorder symptoms.
- **Eating Disorders Ambulatory Clinic** – the ambulatory clinic provides a consultative service of assessment and review for community mental health and primary care clinicians, operating on a shared care model. There is also an outpatient binge-eating group program of 20 weeks duration, which runs twice per year.
- **Eating Disorders Outreach** – this service is currently in development. The aim will be to provide specialist consultation to clinicians managing patients with eating disorders.

Delivering these services are a multi-disciplinary team including a Consultant Psychiatrists, Psychiatry Registrar, Nurses, Dietitians, Occupational Therapists, Social Workers and Clinical Psychologists. We work collaboratively with our patients, their family and/or carers and the wider community.

Admission Criteria for the Inpatient and Day Program Services

	Inclusion	Exclusion
Peter Beumont Inpatient Unit	<ul style="list-style-type: none"> -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"> -Patients where a mental illness other than the eating disorder is the primary presenting issue -Patients receiving active medical treatment which may include intravenous treatment or cardiac monitoring - Severe electrolyte disturbances - Unable to transfer or mobilise - Aspiration risk
Peter Beumont Day Program	<ul style="list-style-type: none"> -Medically stable -Diagnosis of an eating disorder -Motivation to achieve core goals of the program such as weight gain and eating normally -BMI $\geq 16\text{kg/m}^2$ -Safe, local overnight accommodation -Can commit to attending 4 days/ week -Engaged with GP who can be consulted on a regular basis 	<ul style="list-style-type: none"> -BMI $< 16\text{kg/m}^2$ -Active substance misuse/abuse -Active self-harm/suicidal ideation -Pre-contemplative of change -Inappropriate for group therapy

Who can refer?

We are a state-wide tertiary referral service. All referrals need to demonstrate evidence of treatment at a local level, within either the private sector or local health district. All referrals must be completed by a doctor. The doctor responsible for continuing care must be nominated on the referral, if not the referring doctor. Any additional relevant information from other involved clinicians would be much appreciated.