

REQUEST FOR EATING DISORDERS REFERRAL INFORMATION: Referral to the CAMHS Eating Disorders Service.

It is important that those struggling with these conditions get the right care as quickly as is possible whether that be within the community team with our support and advice or directly from the service. Within the NHS England document [Access and Waiting Time Standard for Children and Young People with an Eating Disorder](#), there is a drive for Eating Disorder Teams in CAMHS to respond to referrals in a more timely manner and we know how important this is to you, your patients and their families as well as ourselves. To enable Eating Disorder Teams to be able to assess and treat children and young people with eating disorders more quickly and efficiently we require a series of specific and relevant information and tests from the GP.

Therefore, some additional information is now being requested from GPs when making a referral. This guidance is taken from [Junior Marsipan: management in general practice pp.34-36 'Where a young person has consulted the GP with concerns about weight, body shape & eating'](#)

We recognise the many challenges that general practice is facing currently and the impact on the workload of the general practice team from these, but hope it will be possible for you to please include the following information on referrals:

Mental Health related issues:-

- **Symptoms** indicative of an eating disorder & any associated mental health difficulties e.g. weight loss, avoidance/restricting of foods, fear of weight gain, body image distortions, preoccupation with weight/shape/food, bingeing, purging, excessive exercise, loss of periods.
- **Risk history** which may include information about thoughts & acts of self-harm and suicide, self-neglect, dangerous, impulsive behaviours.
- **Mental health** medical history, including medication.

Physical presentations:-

- **Physical health** history, including medication
- **Dietary** intake including level of hydration, dietary restrictions, vomiting or purging.
- **Current Height & Weight.**
- **History of previous weight & height** including trajectory of weight loss
PLEASE NOTE: Weight loss of 500g plus in a week requires an urgent CAMHS referral.
- **BMI and % body weight for height BMI**
PLEASE NOTE: Where weight for height is less than 80% this should trigger an urgent referral to CAMHS and where this is under 70% this requires an urgent paediatric or adult medical assessment at the nearest acute hospital
- **Physical examination** to rule out differential diagnoses of endocrine, gastrointestinal & oncological problems.
- **Standing & sitting blood pressure (BP), pulse & temperature.**

- **ECG where there are abnormalities in BP & pulse or where there is rapid weight loss.**

Routine Blood tests results required at referral:

FBC
U&E
LFT
TFT
Calcium, phosphate, magnesium & zinc
HBA1c
Random Blood Sugar
Vitamin B12 & Folate
Iron & Ferritin
Clotting
Coeliac antibody screen
Inflammatory markers

If this information is not provided a clinician from the CAMHS Single Point of Access Team will always contact the GP surgery to request the relevant information/tests but the obvious concern is that this might result in a significant delay in the young person being seen. Therefore, to enable children and young people to receive treatment in the most timely and efficient way please ensure this information is sent with any suspected Eating Disorder referral.

Please feel free to contact us to discuss any concerns.

From the North Yorkshire and York CAMHS Eating Disorder Teams

York contact details:

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