

Children and young people with suspected eating disorders

Guidelines for primary care professionals

These guidelines share advice about spotting the signs of eating disorders and when to refer children and young people to the community eating disorders service (CEDS) for specialist outpatient support.



Remember to refer ALL suspected children and young people with eating disorders to your local CEDS

- History of weight loss (> 1kg a week for 2 consecutive weeks) or failure to gain weight
- If no weight available has clothes size changed?
- Have parents or carers noticed weight loss?

- How long has the young person been trying to lose weight & what have they tried?
- If they are bingeing, vomiting, using laxatives, how often in a week?
- How much are they currently eating & drinking?

- Are they over exercising?
- If appropriate, when did they last have a menstrual cycle?
- Any risks?

CONSENT:

- Are both the young person & parent(s) aware of this referral?
- Who has given consent to this referral?



Include the physical exam

- Weight and height
- BP and pulse (sitting and standing)
- Temperature
- Send for blood tests at same time as referral: FBC, U+E's, LFT, ESR, TFT, bone profile, Calcium, Magnesium

DO NOT DELAY REFERRAL WAITING FOR RESULTS!



Children and young people DO NOT need to be exceptionally underweight for a referral

Low weight' is now defined as a loss of 10% of a young person's expected body weight



When to refer: Refer ALL Children and Young People with a suspected eating disorder to your local CEDS

Anxiety about gaining weight - behaviours to lose weight that are more than a 'teenage diet' such as extreme restricting or frequent bingeing • Low, normal or overweight with the above behaviours

- Fainting, dehydration and confusion



Timescales All referrals will be screened within 24 hours of receipt except on weekends or Bank Holidays. All accepted referrals will be screened for urgency and will be offered either, an emergency appointment within 24 hours, an urgent within one-week appointment or a routine within 28 days appointment

RED FLAGS

Phone your local CYP CEDS immediately

- Not eating and fluid refusal for more than 24 hours
- Cardiovascular compromise and fainting
- Percentage Median BMI <70%
- BP <0.4th centile
- Pulse <40 bpm sitting and standing/postural drop
- Temperature <35°C
- Weight loss > 1kg a week for 2 consecutive weeks

How to contact your local eating disorder service

| Service name | Areas the service covers | Who provides the service | Telephone number | Email |
|--|--|---|---|--|
| Wigan and Bolton Community Eating Disorder Service | Wigan and Bolton | Greater Manchester Mental Health NHS Foundation Trust | Mon - Fri 9-5 01942 775400 | WiganBoltonCEDS@gmmh.nhs.uk |
| Pennine Care NHS Foundation Trust Community Eating Disorder Service | North Bury; Oldham Heywood Middleton and Rochdale | Pennine Care NHS Foundation Trust | Mon - Fri 9-5 North - 0161 716 1560 | Pcn-tr.ceds@nhs.net |
| | South Tameside & Glossop and Stockport | | Mon - Fri 9-5 South - 0161 716 4060 | Pcn-tr.ceds@nhs.net |
| Manchester University NHS Foundation Trust Community Eating Disorder Service | Manchester, Salford and Trafford | Manchester University NHS Foundation Trust | Mon - Fri 9-5 0161 701 0447 | mftceds@mft.nhs.uk |

Beat are the UK's eating disorder charity

Visit www.beateatingdisorders.org.uk/ for more information about eating disorders, to access online support groups and one to one chat.



With thanks to the Healthy London Partnership for allowing us to re-use their content to make it relevant for colleagues in Greater Manchester