**Stockport NHS Adult 18+ Community Eating Disorder Service**

**(Provider: Oakwood Psychology Services)**

**September 2023 Referral Form**

**Please email completed referral form to our administrator Emma Blackburn at:** [**e.blackburn3@nhs.net**](mailto:e.blackburn3@nhs.net)

**To discuss a patient before referring, please call Clinical Lead Dr Emma Salazar: 07858 106 063**

**Referral Criteria**

* Patients aged 18+ living in Stockport Borough (SK1 – SK8) and/or registered with a Stockport Borough GP
* Patients with a suspected or diagnosed eating disorder including anorexia, bulimia, binge eating disorder, avoidant restrictive eating, or other specified eating disorder
* Patients who are medically and psychiatrically stable
* We accept referrals from GPs, CMHTs, Talking Therapies Services, Midwives, Health Visitors, hospitals and tertiary care providers. We do not currently accept self-referrals.
* The patient must give informed consent to the referral, including for us to use the contact details supplied on the referral form to contact them to book an initial consultation.
* The patient must be ready to engage in psychological therapy.
* Oakwood does not make clinical decisions about accepting referrals solely based on BMI. Please contact Clinical Lead Emma Salazar 07858 106 063to discuss patients whose BMI is at or below 14; or above 40.

**Other Services**

* Patients aged under 18 presenting with an eating disorder should be referred to CAMHS Community Eating Disorders Service (South). They can be contacted at: pcn-tr.ceds@nhs.net or 0161 716 4060.
* Patients presenting with immediate psychiatric risk should be referred to the Stockport Access Team on 0161 419 4678.
* Referrers, please be advised that we are a psychological therapies-led eating disorders service and not a weight management service. This means that our work with patients will not focus on weight loss as a goal of treatment. The focus of our work on helping patients develop a more balanced relationship with food, eating, and body image, in order to recover from an eating disorder. We are unable to advise on the use of weight loss injections (e.g., Ozempic) and will not be able to work with patients who are currently prescribed, or using off-licence, these types of medications.
* To discuss a referral to weight management services provided by MoreLife, please contact: sophie.edwards@more-life.co.uk or 07785433985

**Medical risk assessment and management**

The Stockport NHS Adult Community Eating Disorder Service is a specialist psychological therapies service. We do not provide medical monitoring or test interpretation, which remain the responsibility of the patient’s GP.Please review the Medical Emergencies in Eating Disorders (MEED) guidelines (2022), especially the Risk Assessment on pages 4-8 below. Patients meeting criteria for 1 or more ‘red flags’ or 2 or more ‘amber flags’ should be considered high risk, and may require admission to hospital for stabilisation and refeeding. Please contact Clinical Lead Emma Salazar: [e.salazar@nhs.net](mailto:e.salazar@nhs.net) or 07858 106 063 to discuss.

After initial consultation with our service, we recommend patients with red/amber MEED (2022) flag risks should have an ECG and blood tests. Recommendations will be specified in the assessment letter.

In line with MEED (2022) guidance, if the patient has a risk of refeeding syndrome (very low BMI, little to no food intake for >4 days, abnormal electrolytes, low white blood cell count, low thiamine, liver disease, infection, or alcohol misuse) weekly blood tests are required until abnormalities have stabilised. Any abnormal blood results must be reported to Clinical Lead Emma Salazar [e.salazar@nhs.net](mailto:e.salazar@nhs.net) within one week.

GPs should be available for consultation with our therapists about patient care when needed. Where regular medical monitoring cannot be conducted due to surgery access restrictions or patient non-attendance, Oakwood may discharge the patient where we are not assured of their medical stability.

Patients who develop MEED (2022) red flag risks while under our care may be referred to a Specialist Eating Disorders Unit (SEDU) or specialist day-care. If a SEDU/day-care referral is declined by the patient or the provider, the patient will be referred to Stepping Hill Hospital for medically-managed re-feeding. Medical ward staff are welcome to contact our Clinical Lead Emma Salazar on 07858 106 063 for liaison and consultation on patient care and pathways for onward referral.

**Patient Personal Information** (Please complete fully or referral may be declined)

| Mr/Mrs/Miss/Ms/Mx/Other | First Name | Surname |
| --- | --- | --- |
|  |  |  |
| NHS Number | Gender and Sex | Date of Birth (DD/MM/YYYY) |
|  |  |  |
| Ethnicity | Home Phone Number | Mobile Phone Number |
|  | Consent to leave message: Yes/No | Consent to leave message: Yes/No |
| Email Address | | |
| Consent to email: Yes/No | | |
| Home/Current Residential Address | | |
|  | | |

**GP Details**

| Name |  |
| --- | --- |
|  |  |
| Practice Name | Address (or Practice Stamp) |
|  |  |
| Contact Number |
|  |
| Contact Email Address |
|  |

**Referrer Details if not GP**

| Name | Job Title |
| --- | --- |
|  |  |
| Organisation Name | Address |
|  |  |
| Contact Number |
|  |
| Contact Email Address |
|  |

**Weight Data (referral will not be processed if this is left blank)**

| Height (cm) | Weight (kg) | BMI (kg/m2) |
| --- | --- | --- |
|  |  |  |

**Specify the nature, development, and duration of the eating disorder and any recent changes in weight**

|  |
| --- |

**Has the patient ever been hospitalised for an eating disorder or other mental health issue?**

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**Risk/urgency information (e.g. is the patient pregnant, vomiting daily, physical health problems)?**

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| --- |

**Other services involved?**

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**Does the patient have any learning difficulties or communication difficulties?**

E.g. Literacy, vision, requires an interpreter, struggles with understanding when filling in forms.

**If yes, please state the nature of support required**

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| --- |

**☐ Please tick to confirm the patient is 18+, medically and psychiatrically stable.**

**☐ Please tick to confirm you have read the details on medical risk assessment and management above.**

**☐ Please tick to confirm you have reviewed the Medical Emergencies in Eating Disorders (2022) Risk Assessment (pp. 4-8 below) and the patient does not meet 1 red flag or 2+ amber flag criteria—or, if they do, you have discussed with Clinical Lead Emma Salazar on 07858 106 063.**

**☐ Please tick to confirm you have discussed the service with the patient, they are ready to engage in psychological therapy, and have agreed to be referred.**

| **Health Professional Signature** | **Date** |
| --- | --- |
|  |  |

**Royal College of Psychiatrists (2022)**

**Medical Emergencies in Eating Disorders red and amber risk flags below:**







