

Eligibility Criteria

- Meet the diagnostic criteria for complex eating disorders, based on the specialised commissioning specification.
- Able to engage in an oral re-feeding programme without the use of nutritional supplements.
- Working age females.
- Has a Care Co-ordinator from the Community Mental Health Team (CMHT).
- If referral is from outside of Yorkshire and Humber region, agreement from your local NHS England Case Manager for the referral to go out of area.

Exclusion Criteria

- Psychotic disorders.
- Moderate to severe learning disabilities.
- Requiring NG/PEG feeding.

Included within the referral form, we request the following information (which can also be enclosed separately with the referral form):

- Details of any compensatory behaviours (e.g. self-induced vomiting; laxative abuse, excessive exercise, etc)
- Height, current weight, BMI, and information on changes in weight over the last 12 months
- Physical health markers including blood pressure & pulse
- Medical and psychiatric history including:
 - Brief history of eating disorder (age of onset, length, mental health service involvement, previous eating disorder treatments)
 - Significant Physical Illness (Current or past)
 - Psychological/Mental Disorder (Current or past)
 - Drug & alcohol misuse (Current or past)
 - History of suicidal behaviour or self harm
 - Past hospital admissions relating to mental health &/or eating disorder
- Latest blood results, particularly U&Es, liver function tests, calcium & phosphate, Glucose, Full blood count, Recent ECG
- Current medications (and details of any recent changes to medication)
- Past discharge summaries (if discharge summaries are unavailable it is essential dates of previous hospital admissions are provided)
- Reason for referral to The Retreat specifically (as opposed to another Provider)
- Information on the proposed discharge package of care in home area following the potential admission

The referral will be forwarded to the appropriate consultant and clinical team for screening against relevant admission criteria. The ability of our teams to consider a referral depends on the referral information provided. We are very aware that situations can change at any time and we would also expect that the responsibility for physical monitoring and risk assessment will remain with the patient's GP and the current team involved.