



GP Quick Guide to the Birmingham & Solihull Eating Disorders Service Referral Criteria & Process

Referral Criteria

The following are guidelines for GP referral to the eating disorders service. If you are unsure whether the individual you have in mind meets the criteria and would like an informal discussion before completing the referral please call Dr Sophie Tomlin, Consultant in Eating Disorders Psychiatry via our medical secretary on 0121 301 2420. We also operate a consultation and liaison helpline, which provides support to those working with anyone with a possible eating disorder/disordered eating. The service is available by phone on a Thursday 2.00pm-4.00pm on 0121 301 2212 or by email at any time on: bsmhft.edsconsultation@nhs.net (Please note this email address does not accept referrals)

We accept referrals for men and women as follows:

- Aged 18 or above if living in Solihull
- Aged 25 and above if living in Birmingham
- **Anyone** with a suspected diagnosis of Anorexia Nervosa, Atypical Anorexia Nervosa, Bulimia Nervosa, Atypical Bulimia Nervosa, Binge Eating Disorder or Other Specified Feeding and Eating Disorders (OSFED)

In general referrals will be seen within 6 weeks of referral being made. A Body Mass Index (BMI) of 14 or less is regarded as urgent and will be seen within 7 days of referral

Please note: For anyone aged 16-25 please refer to Forward Thinking Birmingham by completing the referral form on their website: www.forwardthinkingbirmingham.org.uk

In general referrals for the following are not accepted:

- Obesity without features of an eating disorder
- Current psychosis
- Drug or alcohol dependence requiring initial intervention from a drug/alcohol team
- Any other psychiatric or physical disorder requiring treatment elsewhere before the eating disorder can be addressed
- Significant weight loss as a result of other physical, psychiatric or organic disorder
- Severe crisis requiring initial input from the Community Mental Health Team (CMHT) or Home Treatment Team (HTT)

How to make a Referral to the Birmingham & Solihull Eating Disorder Service

All GP referrals to our service need to be made via the **Birmingham & Solihull Single Point of Access (SPOA)**

An urgent referral (BMI of 14 or less) can be made on the SPOA referral line 0121 301 4000 but must be followed up with a referral form available on the Trust website www.bsmhft.nhs.uk (click on GPs & commissioners – click on making a new referral) complete the referral form and email to bsm-tr.referrals@nhs.net or fax to 0121 301 4001

A non-urgent referral can only be made using the SPOA referral form available on the Trust website www.bsmhft.nhs.uk (click on GPs & commissioners – click on making a new referral) complete the referral form and email to bsm-tr.referrals@nhs.net or fax to 0121 301 4001

Please include the following details in the referral:

- Weight, height, BMI (we cannot triage referrals without this information)
- Rate of weight change over last 6 months (if known)
- Eating disorder symptoms (e.g. body image, restriction, bingeing, vomiting, laxatives, and excessive exercise)
- Relevant medical and psychiatric history
- Results of any physical observations and bloods
- Any known risk factors (self-harming behaviours, safeguarding risk involving themselves or others including children involved)

What happens once the referral is made?

We operate an “opt-in appointment system”, which means that upon receipt of the referral we write to the individual to ask if they would like an appointment and they will be given 14 days to reply. If they say “yes” we will send an appointment and you will be notified of the outcome. If they say “No” or do not respond to this ‘opt in’ letter we will notify you and discharge the individual from our service back to your care as not seen.

Once accepted there are 3 main pathways available: Outpatient treatment, day treatment or inpatient care. Individuals can move between clinical areas as needed.