

Children and Young People with Suspected Eating Disorders Guidelines for Primary Care Professionals

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



Key signs and symptoms:

- History of weight loss or failure to gain weight. Have clothes size changed?
- Have Parents or Carers noticed any weight loss or other physical changes?
- How long have they been trying to lose weight & what have they tried?
- How much are they currently eating & drinking?
- Are they over-exercising, vomiting, or using any other methods lose weight or to limit calorie intake? How often?
- If they report they are bingeing, what do they mean by this? How often?
- Any physical health concerns: fainting, dehydration, constipation, chest pain, shortness of breath? If appropriate, when did they last have a menstrual cycle?
- Any mental health changes: confusion, distress? Any risk of self-harm, suicide or harm from or to others?



How to refer:

- Refer by letter or email: see contact details
- Refer as soon as a young person presents to you with any combination of the symptoms outlined.
- Consent is needed for a referral. Ensure the CYP and Parents/Carers are aware of the referral.



The physical exam:

- Weight and height
- BP and pulse (sitting and standing)
- Temperature
- Blood tests at same time as referral: FBC, U+E's, LFT, ESR, TFT, bone profile, Calcium, Magnesium
- Refer to Medical Emergencies in Eating Disorders (MEED) guidance.

DO NOT DELAY REFERRAL WAITING FOR RESULTS!



!! Red flags:

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

IF YOU COME ACROSS THESE SYMPTOMS PLEASE PHONE YOUR LOCAL CYP-CEDS FOR ADVICE.

How to contact your local Eating Disorder Service

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 appointment within 28 days.

DO NOT WATCH & WAIT. REFER ALL CYP SUSPECTED OF HAVING AN EATING DISORDER TO YOUR LOCAL CEDS

Other considerations:

- 'Low weight' is now defined as a loss of 10% of a young person's expected body weight.
- Make a referral based on signs and symptoms irrespective of weight.
- Consider impact of other external life events and stressors.

THINK: STATE NOT WEIGHT – WHAT IS THEIR FUNCTIONING LIKE?

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