

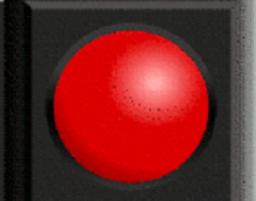
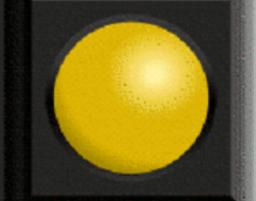
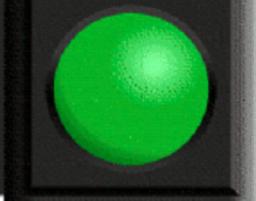
Appendix 1. AEDS Traffic Light System



ADULT EATING DISORDER SERVICE



Individuals receiving in-patient treatment for an eating disorder are viewed as a priority for access to the Adult Eating Disorder Service and will already have CMHT contact.

ANOREXIA	Traffic Light System	BULIMIA
<p>Red Light</p> <p>Indicates referral to AEDS for joint assessment with CMHT to determine level of input and management plan. Assessment within 10 working days</p> <p>SIGNIFICANT increase in symptoms in AMBER risk indicators:</p> <ul style="list-style-type: none"> • Dietary intake is restricted resulting in continuing weight loss more than 1kg per week • BMI less than 14 Plus one or more of the following: <ul style="list-style-type: none"> • Vomiting – once per day or more • Purging – once per day or more • Exercise – more than once per day • Significant depressive symptoms • Frequent/recurring suicidal ideation and/or self harm and/or impulsive behaviours • Co morbidity i.e. Diabetes, pregnancy • Significant disruption to daily functioning • PCT/CMHT input has not resulted in progress to recovery • Physical complications: Abnormal blood results: Hypertension, Hypotension, Low core temp, Muscle wastage, Bradycardia, ECG abnormalities 		<p>Red Light</p> <p>Indicates management within CMHT and if this input has not resulted in progress towards recovery referral to AEDS for assessment. Assessment within 30 working days</p> <p>SIGNIFICANT increase in symptoms in AMBER risk indicators:</p> <ul style="list-style-type: none"> • Bingeing – once per day or more • Vomiting – once per day or more • Purging – once per day or more Plus one or more of the following: <ul style="list-style-type: none"> • Significant fluctuations in weight with/without rapid weight loss • Exercise – more than once per day • Significant depressive symptoms • Frequent/recurring suicidal ideation and/or self harm and/or impulsive behaviours • Co morbidity i.e. Diabetes, pregnancy • Significant disruption to daily functioning • PCT/CMHT input has not resulted in progress to recovery • Physical abnormalities
<p>Yellow Light</p> <p>Indicates management within CMHT and if this input has not resulted in progress towards recovery referral to AEDS for assessment. Assessment within 30 working days</p> <p>MODERATE increase in symptoms on GREEN risk indicator:</p> <ul style="list-style-type: none"> • Dietary intake is restricted resulting in continuing weight loss • BMI less than 16 Plus one or more of the following: <ul style="list-style-type: none"> • Vomiting – approx 2-3 per week • Purging – approx 2-3 per week • Exercise – not more than once/day • Moderate depressive symptoms • Physical complications (abnormal blood results e.g. electrolyte imbalance) • Frequent suicidal ideation, self harm or impulsive behaviour • Co-morbidity i.e. Diabetes, pregnancy • Moderate disruption to daily functioning • CMHT/PCT input has not resulted in progress to recovery 		<p>Yellow Light</p> <p>Indicates management within CMHT or Primary Care Team with advice & support from AEDS</p> <p>MODERATE increase in symptoms on GREEN risk indicator:</p> <ul style="list-style-type: none"> • Bingeing – approx 2-3 times per week • Vomiting – approx 2-3 times per week • Purging – approx 2-3 times per week Plus one or more than the following: <ul style="list-style-type: none"> • Weight Loss – moderate fluctuations in weight/moderate weight loss • Exercise – no more than once per day • Moderate depressive symptoms • Physical complications (Abnormal e.g. electrolyte imbalance) • Frequent suicidal ideation and/or impulsive behaviours • Co morbidity i.e. Diabetes, pregnancy • Moderate disruption to daily functioning • PCT/CMHT input has not resulted in recovery
<p>Green Light</p> <p>Indicates management within CMHT or Primary Care Team with advice & support from AEDS</p> <ul style="list-style-type: none"> • Dietary intake is restricted resulting in gradual weight loss • BMI more than 16 < 17.5 Plus one or more of the following: <ul style="list-style-type: none"> • Occasional vomiting &/or laxative/diuretic use approximately once per week • Exercise – no more than 3 times per week • Mild to moderate depressive symptoms 		<p>Green Light</p> <p>Indicates management within CMHT or Primary Care Team with advice & support from AEDS</p> <ul style="list-style-type: none"> • Occasional (approx once a week) bingeing & vomiting and/or laxative/diuretic use (purging) • Weight Loss – minimal fluctuations in weight/minimal weight loss • Exercise – no more than 3 times per week • Depressive Symptoms – mild to moderate

Appendix 2. Adult Eating Disorders Indicator Form

Name:		CHI N°:	
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Height:		Weight:		BMI:	
BP:		Pulse:		Temp:	

1. Are you referring this person because they are an in-patient? Yes No

If an in-patient, is the person maintaining their weight? Yes No

2. How much weight has the person lost over the past three months?

3. On average how much weight does the person lose in a week?

4. If female, is she amenorrhoeic? Yes No

5. Are the blood results available? Yes No

Please give details below of any abnormalities found in the blood results FBC, U&E, LFT, Glucose, Ca, Mg, and Phosphate.

6. Briefly describe what the person eats on an average day?

Exercise: (Please Circle the Appropriate Choice)

7. How often does the person exercise? Once per week 2-3 Times per week Once per day > Once per day
8. How long does the person exercise? < 30 minutes 30 minutes 1 hour 1½ hours > 2 hours
9. Is the activity at an appropriate level for this person's weight? Yes No
10. Does the person eat an excessive amount over a short period of time? If yes please complete below Yes No

Binge Pattern:

Approximately how often does the person binge? Once per week 2-3 per week Once per day > Once per day

Please circle as appropriate

11. Does the person vomit or regurgitate food? If yes please complete below, Yes No

Purge Pattern:

Approximately how often does the person purge? Once per week 2-3 per week Once per day > Once per day

Please circle as appropriate

Does the person use laxatives, diuretics or Once per 2-3 per Once per > Once

diet pills to help them lose weight? week week day per day

Please circle as appropriate

12. From your clinical observations can the person rise from a sitting position with ease or is assistance required? Yes No

Muscle Weakness/Mobility:

Is person's mobility restricted or limited due to muscle weakness? Yes No

13.

Using the traffic light indicator tool, is the risk GREEN AMBER RED