

Please email completed forms to referrals@esuscentre.au

Referrer Details

Referrer's Full Name	<input type="text"/>	Date of Referral	<input type="text"/>
Practice Details	<input type="text"/>	Provider Number	<input type="text"/>
Email	<input type="text"/>	Phone	<input type="text"/>

Patient Details

Name	<input type="text"/>	Date of Birth	<input type="text"/>	Sex	<input type="text"/>
Email	<input type="text"/>	Phone	<input type="text"/>		
Address	<input type="text"/>			Postcode	<input type="text"/>
Private Health Fund	<input type="text"/>	Member Number	<input type="text"/>		

Clinical Information

Reason for Referral

Primary Mental Health Diagnosis

Past Medical History

Current Medications

Observations

Height:	<input type="text"/>	Lying BP:	<input type="text"/>	Standing BP:	<input type="text"/>
Weight:	<input type="text"/>	Lying HR:	<input type="text"/>	Standing HR:	<input type="text"/>
Temp:	<input type="text"/>				

Please also attach: • ECG • Recent pathology (including FBC, UEC, Mg, Ca, PO4, iron studies, BSL)

Please advise the programs you would like your patient to be considered for:

Outpatient Consulting

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Psychology | <input type="checkbox"/> Psychiatry |
| <input type="checkbox"/> Dietetics | <input type="checkbox"/> Specialist GP / Nurse Practitioner |

Have you completed an Eating Disorder Treatment Plan?

- ☐ Yes ☐ No

Day Patient Groups

- | | |
|---|--|
| <input type="checkbox"/> Adolescent Intensive Refeeding | <input type="checkbox"/> Radically Open DBT (RO-DBT) |
| <input type="checkbox"/> Adult Intensive Refeeding | <input type="checkbox"/> Schema Therapy |
| <input type="checkbox"/> Dialectical Behaviour Therapy (DBT) Skills | <input type="checkbox"/> EmpowerED intergrative therapy for loss of control eating |
| <input type="checkbox"/> Teen & Family DBT Skills | <input type="checkbox"/> Unsure |

Once the above is recieved it will be assessed by our Referral Assessment Service (RAS) and the patient will be contacted directly.

Intensive Treatment Program (ITP)

Intensive 5-day per week program for patients over 18 years of age with a primary diagnosis of eating disorder who require nutritional rehabilitation and support. Program duration is six weeks or as clinically indicated.

Adolescent Intensive Treatment Program (AITP)

Intensive 5-day per week program for high school aged patients with a primary diagnosis of an eating disorder who require nutritional rehabilitation and support. Program duration is six weeks or as clinically indicated and includes parent engagement, education and support.

Dialectical Behaviour Therapy (DBT) Skills Program

Supports participants to develop skills to better regulate emotions, manage distress, and manage relationships. Groups run for half a day per week for 10 weeks. As a transdiagnostic program, participants do not require an eating disorder diagnosis.

Teen DBT Skills Program

Adapted for adolescents aged 12 years and up for DBT informed skills training. Program runs for half a day per week for 10 weeks and includes parental engagement in some sessions. As a transdiagnostic program, participants do not require an eating disorder diagnosis.

Radically Open Dialectical Behaviour Therapy (DBT) Group Program

A transdiagnostic program targeting underlying overcontrol, perfectionism and rigidity. Participants may present with comorbid conditions including depression, anxiety, OCD. The program runs for half a day per week for 10 weeks. As a transdiagnostic program, participants do not require an eating disorder diagnosis.

EmpowerED Program – Integrative Therapy for Loss of Control Eating

EmpowerED integrates key cognitive and somatic therapies to support participants who experience loss of control eating and cognitive dysfunction, usually in the context of neurodivergence or complex trauma. The program runs for a full day per week for 10 weeks with an additional two follow-up groups. It includes comprehensive psychoeducation.

Group Schema Therapy for Eating Disorders

This adapted schema program addresses the complex and underlying issues associated with the development and maintenance of eating disorders. Appropriate for individuals who have not adequately benefited from front-line treatments. The program offers a very supportive environment and runs for one full day per week for 20 weeks and includes additional follow up sessions.

*** All day programs fully funded by Gold private hospital insurance with most major fund.*

General Admission Criteria

Intensive Treatment Program (ITP) 16 years and up - Adolescent Intensive Treatment Program (AITP) 12 - 18 years

- Body mass index (BMI) ≥ 15
- Primary diagnosis of an eating disorder
- Displays a capacity to engage in voluntary eating disorder treatment

Medical Admission Criteria for the ITP and AITP

Exclusion criteria:

- Symptomatic postural tachycardia (e.g., dizziness, syncope with postural changes)
- Blood glucose level (BGL) < 3.0 mmol/L
- Clinically significant electrolyte abnormalities (e.g., potassium < 3.0 mmol/L, phosphate < 0.6 mmol/L, or sodium < 130 mmol/L)
- ECG abnormalities requiring acute medical attention (e.g., QTc prolongation > 500 ms, bradycardia < 40 bpm)
- Any other medical condition that poses an immediate risk to patient safety in a non-inpatient setting

Patients who may still be considered for admission include those with:

- Mild bradycardia (≥ 40 bpm)
- Orthostatic changes that are asymptomatic
- Minor electrolyte deviations that are being corrected
- Medically monitored conditions with low acute risk

All patients are reviewed prior to admission by our medical team, and suitability is confirmed based on clinical judgement and a comprehensive risk formulation. If there is any uncertainty, please contact our intake coordinator or Medical Director to discuss the case.