

Adult Eating Disorder Service (AEDS)

Information for Health Professionals

GP's within Belfast Trust may refer patients via One Point of Referral Tel: (028) 9504 2920.

GP's within South Eastern Trust may refer patients via the trust's Mental Health Assessment Centres in Lisburn (028) 9266 5181 and Newtownards (028) 9151 2155.

These services are responsible for triaging referrals before sending them to AEDS. We welcome direct contact from GP's and other health professionals about urgent presentations.

The Referral Criteria

- Women and men
- 18 years old +
- Residing within Belfast or South Eastern Trust areas
- Presenting with a primary diagnosis of:
 - Severe and complex anorexia nervosa (AN)
 - Severe and complex Bulimia nervosa (BN)
 - Atypical eating disorders that resemble AN/BN
 - Patients who has shown a poor response at previous interventions

Patients with mild to moderate bulimia nervosa may be initially treated in primary or secondary care. This could include the use of a self-help CD-Rom or Sheffield workbooks available through the AEDS.

The AEDS do not provide interventions for the treatment of binge-eating disorder, simple obesity, body dysmorphic disorder or disordered eating that can arise out of general emotional disturbance.

Referrals must include

- Current weight and height
- Weight trend of at least six weeks
- Recent blood work (FBP, U&E, Glucose, LFT, CK, bone profile and magnesium)
- ECG for very low weight patients
- DEXA scan (if available)
- Up to date contact information
- Current risk assessment

The patient needs to consent to the referral.

Psychiatric and Medical Inpatient Settings

The AEDS provide an in-reach service to health professionals in their assessment and care of people with an eating disorder within both settings.

Team

The team is led by Clinical Services Manager Anne McKenny and Consultant Psychiatrist Dr Ken Yeow and are based in Woodstock Lodge, 1-15 Woodstock Link, Belfast, BT6 8DD, Tel 028 9504 2696.