

Eating Disorder Treatment and Management Plan

Eligibility

*Practitioners should refer to the **DSM-5** diagnostic criteria for the relevant eating disorder when completing this assessment.*

Step 1: Confirm Medicare Enrolment

- ☐ The person is enrolled in Medicare
 - If **No**, the person is **not eligible** for an EDP.
 - If **Yes**, proceed to **Step 2**.

Step 2: Diagnostic Category

- ☐ The person has a **clinical diagnosis of anorexia nervosa**
 - If ticked, the person is **eligible** for an EDP. No further criteria are required.
 - If **not ticked**:
 - The person has a **clinical diagnosis of one of the following**:
 - ☐ Bulimia nervosa
 - ☐ Binge-eating disorder (BED)
 - ☐ Other specified feeding or eating disorder (OSFED)
 - If **none** are ticked, the person is **not eligible** for an EDP.
 - If **any** are ticked, proceed to **Step 3**.

Step 3: Assessment Criteria

- ☐ Eating Disorder Examination Questionnaire (**EDE-Q**) global score is ≥ 3
 - If **No**, the person is **not eligible** for an EDP.
 - If **Yes**, proceed to **Step 4**.

Step 4: Condition Characteristics

- The condition is characterised by:

- ☐ Rapid weight loss
- ☐ Frequent binge eating
- ☐ Inappropriate compensatory behaviour (≥ 3 occurrences per week)
- If **none** are ticked, the person is **not eligible** for an EDP.
- If **any** are ticked, proceed to **Step 5**.

Step 5: Clinical Indicators

- Tick **two or more** of the following:
 - ☐ Clinically underweight: body weight $< 85\%$ of expected, with weight loss directly attributable to the eating disorder
 - ☐ Current or high risk of medical complications due to eating disorder behaviours and symptoms
 - ☐ Serious comorbid medical or psychological conditions significantly impacting health or function
 - ☐ Hospital admission for an eating disorder in the previous 12 months
 - ☐ Inadequate response to evidence-based treatment over the past 6 months despite active participation
- If **two or more** boxes are ticked, the person **meets the eligibility criteria** for an EDP.
- If **fewer than two** are ticked, the person **does not meet the criteria**.