

Medicare Items for Eating Disorders

Cheat sheet for GPs

On 1 November 2019, the Australian Government introduced a suite of new MBS items for people living with anorexia nervosa and other eating disorders. This resource provides information about the Eating Disorder Treatment and Management Plan (EDP) for GPs.

What is an EDP?

People eligible for the EDP will be able to access comprehensive treatment and management services for a 12-month period, including:

- assessment and treatment planning
- up to 40 sessions of evidence-based psychological treatment from a mental health professional
- up to 20 sessions of dietetic services from an accredited practicing dietitian (as recognised by Dietitians Australia)
- review and ongoing management services to ensure the person accesses the appropriate level of intervention

Patient eligibility and assessment

There are two cohorts of eligible patients who can access EDPs:

1. Patients with a clinical diagnosis of anorexia nervosa; **or**
2. Patients who meet the eligibility criteria (see Page 2) and have a clinical diagnosis of bulimia nervosa, binge eating disorder (BED) or other specified feeding or eating disorders (OSFED).

Eating disorders are diagnosed using the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

People living with anorexia nervosa are eligible for an EDP without any further criteria needing to be met.

The eligibility criteria that need to be met for a patient with a clinical diagnosis of bulimia nervosa, BED and OSFED, are:

- EDE-Q scores ≥ 3 **and**
- The condition is characterised by rapid weight loss, or frequent binge eating, or inappropriate compensatory behaviour as manifested by 3 or more occurrences per week **and**
- Two of the following indicators are present:
 - clinically underweight with a body weight less than 85% of expected weight where weight loss is directly attributable to the eating disorder
 - current or high risk of medical complications due to eating disorder behaviours and symptoms
 - significant functional impairment resulting from serious comorbid medical or psychological conditions
 - admission to a hospital for an eating disorder in the previous 12 months
 - inadequate treatment response to evidence-based eating disorder treatment over the past 6 months despite active and consistent participation.

The EDE-Q can be completed [online with automated scoring](#) and in [print format](#).

Developing an EDP

There are two cohorts of eligible patients who can access EDPs:

A medical practitioner in general practice (e.g., GP), consultant paediatrician, or consultant psychiatrist can develop an EDP. This practitioner is recognised as the *managing practitioner*. It is important to allow a longer appointment time to discuss and develop a plan that meets the needs of the person living with an eating disorder.

The EDP needs to include:

- opinion on diagnosis of the person's eating disorder
- treatment options, goals, and recommendations
- referrals to allied health professionals for mental health and dietetic services, and specialists for the 12 months.

An EDP is valid for 12 months from the date the EDP was created by the managing practitioner and not based on a calendar year. The patient's count of EDP mental health and dietetic services should start from the date of the EDP and apply to all services provided within that 12-month period.

For more information on the treatment and services available under an EDP, including the practitioners involved, the steps involved in developing an EDP, and links to MBS Items, [click here](#).



Item Number	Details	Time	Provider	Further Information
Preparation of eating disorder treatment and management plans				
90250	EDP preparation	At least 20 minutes but <40 minutes	GP without mental health training	<p>The following information is required for the preparation of an EDP for an eligible patient:</p> <ul style="list-style-type: none"> • Opinion on diagnosis • Treatment options and recommendations for management for 12 months • Outline of the referral options to allied health professionals for mental health and dietetic services, and specialists, as appropriate • Offer the patient and the patient's family/support (if any and if deemed appropriate with patient consent) a copy of plan and suitable eating disorder education
90251	EDP preparation	At least 40 minutes	GP without mental health training	
90252	EDP preparation	At least 20 minutes but <40 minutes	GP with mental health training	
90253	EDP preparation	At least 40 minutes	GP with mental health training	
Review of eating disorder treatment and management plans				
90264	EDR	-	GP	<p>The following information is required for the review of an EDP:</p> <ul style="list-style-type: none"> • Review the treatment efficacy of services provided under the EDP • Modifications made to the EDP and recorded in writing, including: <ul style="list-style-type: none"> • recommendations to continue with treatment options detailed in the plan or • recommendations to alter the treatment options detailed in the plan, with the new arrangements documented • Initiate referral for review by psychiatrist or paediatrician, as appropriate • Offer the patient and the patient's family/support (if any and if deemed appropriate with patient consent) a copy of plan and suitable eating disorder education



Item Number	Details	Time	Provider	Further Information
GP provision of eating disorder psychological treatment services				
90271	EDPT in consulting rooms	At least 30 minutes but <40 minutes	GP with training in FPS	<p>GPs providing eating disorder psychological treatment services initiated in the EDP.</p> <p>Specified evidence-based modalities include:</p> <ul style="list-style-type: none"> • Family Based Treatment (FBT) for Eating Disorders • Adolescent Focused Therapy (AFT) for Eating Disorders • Cognitive Behaviour Therapy for Eating Disorders (CBT-E) • Cognitive Behaviour Therapy for Anorexia Nervosa (CBT-AN) • Cognitive Behaviour Therapy for Bulimia Nervosa and Binge Eating Disorder (CBT-BN or CBT-BED) • Specialist Supportive Clinical Management (SSCM) for Eating Disorders • Maudsley Model of Anorexia Treatment in Adults (MANTRA) • Interpersonal Therapy (IPT) for Bulimia Nervosa and Binge Eating Disorder • Dialectical Behaviour Therapy (DBT) for Bulimia Nervosa and Binge Eating Disorder • Focal Psychodynamic Therapy for Eating Disorders
90272	EDPT other than consulting rooms	At least 30 minutes but <40 minutes	GP with training in FPS	
90273	EDPT in consulting rooms	At least 40 minutes	GP with training in FPS	
90274	EDPT other than consulting rooms	At least 40 minutes	GP with training in FPS	
90279	EDPT by video conference	At least 30 minutes but <40 minutes	GP with training in FPS	
90280	EDPT by video conference	At least 40 minutes	GP with training in FPS	
92194	EDPT via telephone	At least 30 minutes but <40 minutes	GP with training in FPS	
92196	EDPT via telephone	At least 40 minutes	GP with training in FPS	



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Flowchart for treatment under MBS EDP

Figure 1 outlines the pathway that a patient experiencing an eating disorder takes to access treatment under an EDP.

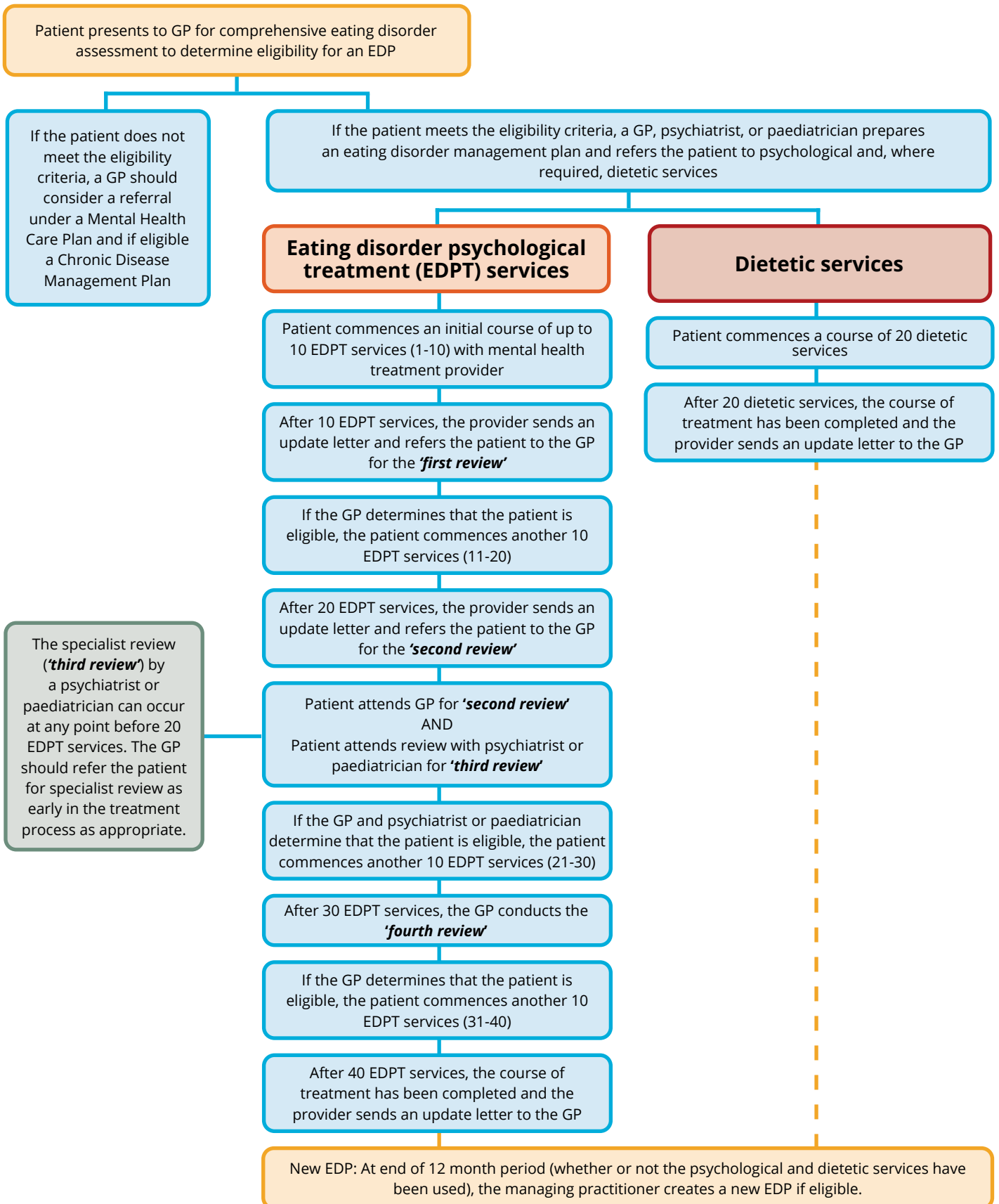


Figure 1 GP flowchart for treatment under MBS EDP

