

23rd March 2021

s9(2)(a)

Email: s9(2)(a)

Dear s9(2)(a)

Official Information Act Request for – Eating Disorder Admission Criteria

I write in response to your Official Information Act request received by us 2nd March 2021, you requested the following information:

- 1. If there are standard medical admission criteria across the three metro Auckland DHBs for adult patients with eating disorders, what are those criteria?**
- 2. If there are not standard medical admission criteria across the three metro Auckland DHBs, what are the CMDHB's admission criteria for patients with eating disorders?**

Counties Manukau Health Response:

For context Counties Manukau Health (CM Health) employs over 8,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 601,490 people). We see over 118,000 people in our Emergency Department each year, and over 2,000 visitors come through Middlemore Hospital daily.

Our services are delivered via hospital, outpatient, ambulatory and community-based models of care. We provide regional and supra-regional specialist services i.e. for orthopaedics, plastics, burns and spinal services. There are also several specialist services provided including tertiary surgical services, medical services, mental health and addiction services.

- 1. If there are standard medical admission criteria across the three metro Auckland DHBs for adult patients with eating disorders, what are those criteria?**

Auckland District Health Board runs the regional specialist eating disorder service, Tupu Ora. Tupu Ora's services include outpatient treatment, a day programme and a residential Eating Disorder Unit. Tupu Ora also provides consultation and liaison support to both secondary and primary health care in the Auckland/Northland Regions, as well as specialist training.

Auckland District Health Board provides all of the specialist community care for those with an eating disorder for the three Auckland metro DHBs for adults. Referrals from CM Health are made through our adult community mental health services.

2. If there are not standard medical admission criteria across the three metro Auckland DHBs, what are the CMDHB's admission criteria for patients with eating disorders?

CM Health has a defined medical admission criteria as included in the *“Guidelines for inpatient admission of adult patients with severe anorexia nervosa under Eagleton/Bolland Medical Team, Ward 6, Middlemore Hospital.”*, which was prepared in collaboration with the Regional Eating Disorders Services, Liaison Psychiatry, Nutrition Services, Charge Nurse Ward 6 and General Medicine. Criteria defined by this Guideline are below in figure 1.

Anorexia Nervosa

Patients with anorexia nervosa who require inpatient admission will present with one or more of the following features, often in combination.

1. **Life-threatening weight loss**
Total body weight < 70% of IBW, ie BMI <14 (normal BMI 20-25)
Rapid weight loss of 20% in 3 months
2. **Acute medical complications of malnutrition**
Syncope, Seizures, Cardiac failure
3. **Severe dehydration**
4. **Hypoglycaemia - symptomatic**
5. **Electrolyte imbalance**
Hypokalaemia: K⁺ < 2.5 mmol/l
Hypophosphataemia: PO₄ <0.3 mmol/l
7. **Physiological instability**
Bradycardia : HR < 40 bpm
Hypotension: Systolic < 75 mm Hg
Significant postural drop: >20mm Hg
Hypothermia: T < 35°C
8. **Abnormal ECG**
Arrhythmia
Prolonged QTc (>450 mm/sec)

Bulimia nervosa (Normal weight)

Isolated hypokalaemic alkalosis suggests vomiting, laxative or diuretic abuse and is more likely in patients with bulimia nervosa. Patients with bulimia nervosa with normal weight may be admitted to any on call Gen Med team with subsequent outpatient follow-up by the GP and EDS.

Figure 1: Source Mental Health Services

I trust this information answers your request. You are entitled to seek a review of the response by the Ombudsman under section 28(3) of the Official Information Act. Information about how to make a complaint is available at www.ombudsman.parliament.nz or Freephone 0800 802 602.

Please note that this response or an edited version of this may be published on the Counties Manukau Health website. If you consider there are good reasons why this response should not be made publicly available, we will be happy to consider this.

Yours sincerely



Fepulea'i Margie Apa
Chief Executive Officer
Counties Manukau Health