

## How to Refer Patients to NHS Grampian Eating Disorders Service

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### Contact details

Referral letters should be sent to the Eating Disorder Service (EDS) at the following address:

Eating Disorder Service

Fulton Clinic

Royal Cornhill Hospital

Cornhill Road

Aberdeen

AB25 2ZH

Tel: 01224 557392

It is preferable for referral letters to come directly from a patient's GP, or with the GP's knowledge, for example when other health professionals are referring to the EDS.

In exceptional circumstances, for example where the patient does not wish the GP to know of the referral, individual cases may be discussed with the Consultant Psychiatrist and Service Team Leader for the EDS.

When considering referral, it is helpful if a check is made on whether the patient is currently being seen by anyone else from Mental Health Services. If so, it would be inappropriate to refer to the EDS without prior discussion with the current therapist.

### Waiting Times

The service is usually able to see referrals for Triage Assessment within 6 weeks. Unfortunately there is currently a lengthy waiting list for patients to undergo individual therapy (currently 6 - 8 months).

The EDS has never been in a position to offer an urgent service, but we do to prioritise patients. To enable us to do this it helps to have information, not only about the patient's mental state, but also about any physical complications that may be picked up. For example low weight or very rapid weight loss, abnormal screening blood tests, very slow pulse and blood pressure, hypothermia and cardiographic abnormalities would all potentially lead to the patient being given higher priority. A Guidelines for Referrers sheet ([Guidelines for Referrers](#)) has recently been produced.

If there is acute concern about the patient's physical condition it may be appropriate to seek urgent advice from a physician.

If there is a need for emergency or very urgent psychiatric help then we suggest seeking help from the General Psychiatry Team.

### **Advice for GPS**

If GPs or other referrers wanted to seek advice regarding a patient, please make contact as follows:

E-mail: [gram.eatingdisorderservice@nhs.scot](mailto:gram.eatingdisorderservice@nhs.scot)

Tel. 01224 557392