

**For Health Professionals**

# MBS The Specialist Review

## The Eating Disorder Treatment and Management Plan

The eating disorder MBS items support a 'stepped model' for best practice care of eligible patients with eating disorders that comprise:

- assessment and treatment planning services;
- provision of and/or referral for appropriate evidence-based eating disorder psychological and dietetic treatment services; and
- regular review and ongoing management to ensure the patient accesses the appropriate level of intervention to meet their needs.

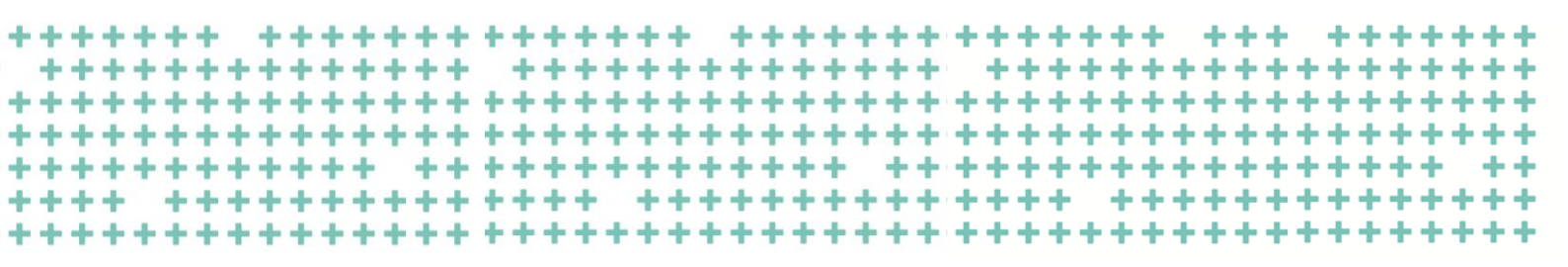
Under the Eating Disorder Items Stepped Model of Care an eligible individual must first receive an Eating Disorder Plan (EDP) developed by a medical practitioner in order to access 20 dietetic session and an initial 10 eating disorder psychological treatment (EDPT) sessions. To continue with the course of psychological treatment the EDP must be reviewed with their managing medical practitioner (e.g. GP) every 10 EDPT sessions.

In addition to the review with their medical practitioner, a patient must have a **formal specialist review** by a consultant paediatrician (item number 90267 or 90269) or a consultant psychiatrist (item number 90266 or 90268) to continue beyond 20 EDPT services. This can occur at any point before 20 EDPT sessions provided there is a referral from a medical practitioner.

## What the specialist review will cover

The [MBS Eating Disorders Quick Reference Guide](#) states that the specialist completing the review must:

- 1) Review the efficacy of services provided under the EDP including discussing with the individual whether their psychological and dietetic services are meeting their needs. During the sessions the specialist should:
  - a. Review the initial presenting problems and results of diagnostic investigations
  - b. Review response to treatment and medication plans which were initiated at the time of the initial consultation
  - c. Complete a comprehensive multi or detailed organ system assessment
  - d. Review original and differential diagnoses



- 2) The specialist must then prepare a report within 2 weeks of the attendance that includes:
  - a. A written diagnosis for the patient
  - b. Revision of treatment and management

They must then give the referring practitioner a copy of the written diagnosis and revision of the treatment plan. If appropriate, the specialist is expected to also explain the diagnosis and management to the patient and their carer (if any) if the patient agrees.

This is intended as a summary only. Please see [MBS Eating Disorders Quick Reference Guide](#) for a complete overview of the EDP process and the specialist review. For all the latest MBS FACTSHEETS, [click here](#).

