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Niagara Eating Disorder Outpatient Program

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Niagara Health – Port Colborne General Site
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Referral to this program is for consultation and management/treatment recommendations for clients age 16 and older. **Referrals are accepted from a Primary Care Provider.**

The program offers primarily group-based, outpatient services with some **limited** resources for individual counselling or psychotherapy. No inpatient services are available. **Client must be medically stable to participate in programming.**

It is required that the Primary Care Provider will continue to medically monitor their patients while they are in the program. This may mean weekly monitoring, especially for adolescents, or admission to hospital as outlined below. We are available for consultation as needed.

If the patient is under 16 years of age, please refer them to McMaster Children's Hospital Fax (905)521-2349. We no longer provide services to clients under the age of 16.

Referrals will be made to more intensive treatment programs as needed. Information on these programs may be obtained from our clinic coordinator or on our website.

We ask that the following recommended investigations are included with the referral along with height, current weight, postural vital signs and any other information helpful to the client's care.

Recommended investigations at time of referral:

CBC with differential, Electrolytes, Calcium, B12, TSH, Creatinine with eGFR, ALT and an ECG
Other investigations are at the discretion of the family physician and results are appreciated to aid in patient care.

Repeat investigations focus on any abnormalities found on initial screening investigations with close monitoring of liver function tests, electrolytes, calcium and magnesium, as well as an ECG to check for arrhythmias and prolonged QTC. Routine physical monitoring of the client would include weight, postural vital signs, body temperature and hydration status.

Acute medical situations requiring short-term management may arise. Admission to hospital must be based on physician's individual judgement, but some admitting criteria for adults according to the APA guidelines include a weight loss of 25% in less than 6 months, heart rate less than 40 beats per minute; an arrhythmia or prolongation of the Q-T interval; a blood pressure below 90/60 or a greater than 20 millimetre postural change in blood pressure; significantly low blood sugar; a potassium of less than 2.5 mmol/L; electrolyte imbalance; hypothermia, and dehydration. Admission Criteria for adolescents and children include <75-80% of ideal body weight, bradycardia, hypotension, orthostatic hypotension, dehydration, electrolyte abnormalities, arrhythmias, acute food refusal and/or any instability. Please see the APA guidelines and hospital protocols for further information.