

# Client Medical Clearance

---

Eating Disorders Queensland (**EDQ**) is a Therapeutic Community Organisation, delivering psychological and psychosocial support to clients, their families, and key supports.

We are **not** medical practitioners, but work alongside client's medical treatment team, to provide the safest and most ethical treatment.

All EDQ clients need to be engaged with a GP and have ongoing monitoring with them, to safely engage with all therapeutic services at EDQ.

EDQ work closely and collaboratively with Queensland Eating Disorder service (QuEDS) and Queensland Health Child and Youth Mental Health Services (CYMHS).

**We direct all GPS to their guidelines for admission to hospital and health services.**

EDQ requests the following medical assessment from a GP for all new clients.

**Date** (dd/mm/yyyy)

\_\_\_\_\_

I, \_\_\_\_\_ (GP name) saw \_\_\_\_\_ (patient name)  
on the \_\_\_\_\_ (dd/mm/yyyy)

At the time of this assessment, I deemed the patient to be:

Medically stable (see below) - As Per QuEDS & CYMHS guidelines (see Appendix)

Medically unstable (see below) - Per QuEDS & CYMHS Guidelines (see Appendix)

\*Please note that patients with an eating disorder meeting any one of the criteria as per linked documents, are considered high risk of a medical event, generally need inpatient treatment, and should be referred to the nearest Department of Emergency Medicine for further assessment.

I understand that as a requirement of being a client at Eating Disorders Qld, clients must attend their General Practitioner (GP) regularly for medical monitoring.

**Next appointment booked for** (dd/mm/yyyy)

\_\_\_\_\_

Any additional comments:

---

**Practitioner Name:**

---

**Clinic Details:**

---

**Provider Number:**

---

**Signed:**

---

\* If a client becomes medically unstable, please use the QuEDS & CYMHS guidelines to determine escalation of treatment for the client.

\*EDQ is available for Client treatment discussions, assistance with care navigation and facilitation of psychiatric consultations with QuEDS & CYMHS

\* EDQ recommends the NEDC eLearning for GPs: <https://nedc.com.au/professional-development/elearning/eating-disorder-core-skills-elearning-for-gps/>

---

Please provide the completed form to the client or return by email to [admin@edq.org.au](mailto:admin@edq.org.au)

---

**Appendix:**

QuEDS Guide to Admission and Inpatient Treatment

Queensland Health Guidelines - Assessment and treatment of children and adolescents with eating disorders in Queensland (CYMHS Guidelines)

Note:

- QuEDS Indicators for Admission to Adult Inpatient Beds (>18yrs) - Page 2 of guidelines
- CYMHS Physical and psychosocial factors that may indicate need for inpatient admission (<18yrs) - Page 5 of guidelines