



Adult Eating Disorders: Provincial Clinical Consultation Services

These services provide advice and recommendations for healthcare providers treating adults (ages 17+) with symptoms of eating disorders, regardless of their involvement with the Provincial Adult Tertiary & Specialized Eating Disorders (PATSED) Program.

- **Internal Medicine Advice:** Available to physicians and nurse practitioners 0800-1700, seven days a week.
 - **Monday to Friday** access via the **Rapid Access to Consultative Expertise (RACE)** line by selecting Internal Medicine – Adult Eating Disorders through the mobile app (RACEapp+), online (www.raceapp.ca), or by phone (604-696-2131 or 1-877-696-2131).
 - **Saturday, Sunday & Statutory Holidays** contact St. Paul's Hospital Switchboard at 604-682-2344 and ask for the Eating Disorder Internist on call.
- **Psychiatry Advice:** Available to physicians and nurse practitioners Monday to Friday, 0800-1700 (excluding statutory holidays). Access via the **Rapid Access to Consultative Expertise (RACE)** line by selecting Psychiatry – Adult Eating Disorders through the mobile app (RACEapp+), online (www.raceapp.ca), or by phone (604-696-2131 or 1-877-696-2131).
- **Registered Dietitian Advice:** Available to all healthcare providers Monday to Friday, 0800-1600 (excluding statutory holidays). Call or text 604-314-8926.
- **General Advice & Information:** Available to all healthcare providers Monday to Friday 0800-1600 (excluding statutory holidays). Contact the PATSED Program Intake Coordinator at 604 806-8654.
- **Team-to-Team Provincial Care Conference:** Interdisciplinary advice and recommendations including registered dietitians, internal medicine, psychiatry, and nursing. This service supports individuals to be managed in their home communities while promoting continuity of care between specialized services, community health care providers, and primary care providers. Contact the PATSED Program Intake Coordinator at 604 806-8654 for inquiries.

Clinical Tools & Resources

The BC Emergency Room Guidelines for Eating Disorders (Adults)

https://www.providencehealthcare.org/sites/default/files/2024-02/ER%20guidelines_0.pdf

Eating Disorders Toolkit for Primary Care Practitioners

<https://ubccpd.ca/sites/default/files/documents/Eating-Disorders-Toolkit-for-PCP-2018.pdf>

Eating Disorders Consultation Package for Admitted Patients

Available upon request from PATSED clinicians providing clinical consultation. Provides recommendations on patient monitoring (lab work, vital signs, ECGs), nutrition guidelines for managing refeeding risk, supplements to mitigate the risk of refeeding syndrome, and guidelines for constant care to facilitate safe treatment of medical concerns related to eating disorders.