



# *Medical Assessment Requirements*

If you have been asked to complete a Medical Assessment prior to confirming your eligibility with the Grand Pacific Health Eating Disorder Service (GPHEDS), this information sheet outlines what we require.

## **If you have not had recent (within the last 2 months) medical testing: -**

1. Please book an appointment with your GP
2. During this appointment, your GP will need to assess the following:
  - Vital signs:
    - Lying down and standing blood pressure
    - Lying down and standing heart rate
    - Core body temperature
  - Measurements:
    - Body weight
    - Height
3. Your GP will also need to refer you for the following:
  - Blood tests:
    - Full Blood Count
    - Electrolytes (sodium, potassium, chloride), Urea, Creatinine
    - Phosphate, Calcium, Magnesium
    - Glucose
    - Liver Function Tests.
  - Additionally, we recommend the following blood tests:
    - B12, Folate, Iron Studies and Vitamin D

## **If you have had recent medical testing: -**

You may not need to undergo further/additional tests. Your General Practitioner (GP) may be able to confirm your medical stability from your previous test results. In this case, we require that your GP write to us to confirm your medical stability and suitability for community-based treatment. Please contact your GP to arrange for this.

**Please request that your GP send any relevant correspondence to us via fax: 4226 6489.**

Please note that due to high demand, **we need to receive confirmation of your medical stability within 28 days of our request for medical assessment.** If we do not receive the required information within this time frame, we will need to close your file.

For more information regarding the GPHEDS or about your medical assessment requirements, please visit [www.gph.org.au/eds](http://www.gph.org.au/eds) or phone our Wollongong office on 4220 7600.