

New MBS Items for Eating Disorders – Cheat Sheet for GPs

Item numbers for General Practitioners, available from 1 November 2019

Item numbers	MHST or Credentialed	Duration	Benefit 100%	Plan details
90250	NO	20-39 min	72.85	Written ED Tx and Mx plan which includes: a. Diagnosis b. Tx options and recommendations for the 12 months c. Outline referral options to AHP for mental health and dietetic services, specialists, etc <i>(referred clinicians must be eligible to provide MBS services under Better Access for psychological treatment or Chronic Disease Management for dietetic services)</i> d. Offer the patient & patient's carer (if any and if deemed appropriate with patient consent) a copy of plan and ED education
90251	NO	40 min and above	107.25	
90252	YES – MHST	20-39 min	92.50	
90253	YES – MHST	40min and above	136.25	
90264	Not specified	Not specified	72.85	Review ED TX and MX plan a. Treatment efficacy and evaluate with patient if it meets their needs b. Modifications to continue with Tx options in the plan or Alter treatment options in the plan with new arrangements c. Initiate referrals to psychiatrist or paediatrics as appropriate d. Offer the patient & patient's carer (if any and if deemed appropriate with patient consent) a copy of plan and ED education
90271	YES - FPS (in Consulting room)	30-39min	94.25	GP providing psychological services indicated in ED Tx and Mx plan.
90272	YES - FPS (out of consulting room, i.e. group session)	30-39 min	90271 Plus \$26.35/Pt number seen up to 6 pts.	Specified evidence-based modalities: <ul style="list-style-type: none">– Family Based Treatment for Eating Disorders (EDs)– Adolescent Focused Therapy for EDs– Cognitive Behavioural Therapy (CBT) for EDs (CBT-ED)– CBT-Anorexia Nervosa (CBT-AN)– CBT for Bulimia Nervosa and Binge Eating Disorder (CBT-BN, CBT-BED)– Specialist Supportive Clinical Management (SSCM) for EDs– Maudsley Model of Anorexia Treatment in Adults (MANTRA)– Interpersonal Therapy (IPT) for BN, BED– Dialectical Behavioural Therapy (DBT) for BN, BED– Focal psychodynamic therapy for EDs
90273	YES - FPS (in Consulting room)	40 min and above	134.85	
90274	YES - FPS (out of consulting room, i.e. group session)	40 min and above	90273 Plus \$26.35/Pt number seen up to 6 pts.	
90279	FPS via video conference	30-39 min	\$94.25	
90280	FPS via video conference	40 min and above	\$134.85	

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Patient eligibility and assessment

There are two cohorts of eligible patients:

- Patients with a clinical diagnosis of anorexia nervosa; or
- Patients who meet the eligibility criteria (below), and have a clinical diagnosis of any of the following conditions:
 - bulimia nervosa;
 - binge-eating disorder;
 - other specified feeding or eating disorder.

The eligibility criteria, for a patient from cohort b, is:

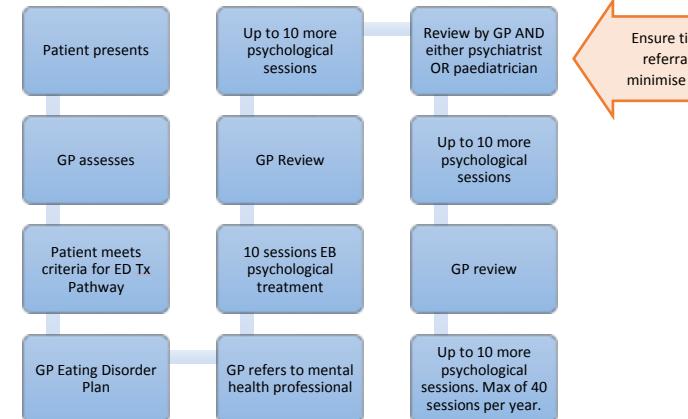
- a person who has been assessed as having an Eating Disorder Examination Questionnaire (EDE-Q) score of 3 or more; and
- the condition is characterised by rapid weight loss, or frequent binge eating or inappropriate compensatory behaviour as manifested by 3 or more occurrences per week; and
- a person who has at least two of the following indicators:
 - clinically underweight with a body weight <85% of expected weight where weight loss is directly attributable to the eating disorder;
 - current or high risk of medical complications due to eating disorder behaviours and symptoms;
 - serious comorbid medical or psychological conditions significantly impacting on medical or psychological health status with impacts on function;
 - the person has been admitted to a hospital for an eating disorder in the previous 12 months;
 - inadequate treatment response to evidence based eating disorder treatment over the past six months despite active and consistent participation.

Practitioners should have regard to the relevant diagnostic criteria set out in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

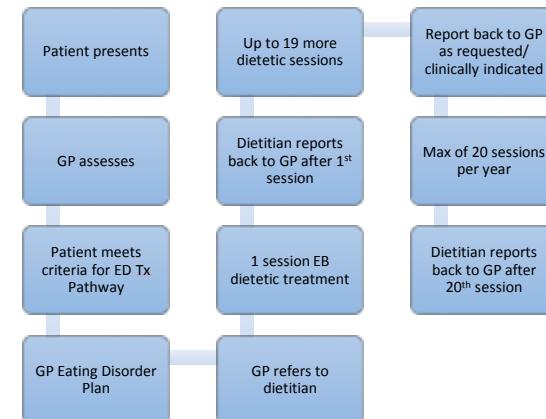
Practitioners can access the Eating Disorder Examination Questionnaire (EDE-Q) at https://www.credo-oxford.com/pdfs/EDE-Q_6.0.pdf

Pathways through treatment

• Psychological Treatment



• Dietetic Services



For any Eating Disorder patient not meeting criteria for the ED Treatment Pathway, Better Access and Enhanced Primary Care Plans should be used.