

Anorexia nervosa

Priory offers a range of outpatient therapies to provide the best possible treatment for mental health conditions.

The information below provides you with the clinical specification for our anorexia nervosa treatment, along with outcome measures, ongoing care options and details of the therapy itself.

We strive to deliver innovative treatment plans which can be paid for on a session-by-session basis. The prices at our wellbeing centres are as follows:

- 1:1 therapy starts from £109 per session (£132 in London)
- Consultant psychiatrist assessments start from £300
- Consultant psychiatrist follow-ups start from £150
- Group therapy starts from £65 per session (£77 in London)

Priory also offers an outpatient package for anorexia nervosa, which provides a fixed price, includes a discount and provides you with certainty of cost for your initial treatment programme.

A simple GP referral process with 24/7 support

We have a simple process for GPs who would like to refer a patient, and our GP enquiry team can support you with any queries that you may have.

To make an online referral, visit [priorygroup.com/gp-referral](https://www.priorygroup.com/gp-referral)

The treatment that is offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

Call our 24/7 GP support line on 0800 090 1354

Email priory.referral@nhs.net

Fax 0844 770 6206

For more information visit [priorygroup.com/gp](https://www.priorygroup.com/gp)

Referrer guidance	+ The physical signs and symptoms of anorexia nervosa are related to starvation, but the disorder also includes emotional and behaviour issues related to an unrealistic perception of body weight and an extremely strong fear of gaining weight or becoming fat
Goals of treatment	+ Normalisation of eating pattern + Weight restoration + Maintenance of specific weight/BMI + Reduction of associated cognitions and behaviours + Improved psychological/social/educational functioning + Improved quality of life
Placement criteria	+ Suitable for the majority of patients with anorexia nervosa who do not meet the criteria for in or day-patient care
Evidence base: NICE or other guidance/references	+ CG09 eating disorders: core interventions in the treatment and management of anorexia nervosa, bulimia nervosa and related eating disorders
Team	+ Consultant psychiatrist with specialist experience of eating disorders may include (according to clinical need): - Dietitian - Individual psychotherapist - Family/couples therapist - Specialist nurse practitioner

Time	<ul style="list-style-type: none"> + Psychiatric assessment: 60 minutes including risk + 2 follow-up appointments with consultant psychiatrist + Up to 20 sessions of individual therapy over 4-5 months + Dietetic assessment and 2 follow ups
Process of care	<ul style="list-style-type: none"> + Assessment All patients will have: <ul style="list-style-type: none"> - Initial detailed psychiatric assessment and physical review - Weight and BMI calculation, BP, temperature and pulse - Physical and psychiatric risk assessment - Further investigations depending on clinical indications, may include: <ul style="list-style-type: none"> - Blood analysis (FBC, ESR, U+E, calcium, phosphate, TFT, random glucose, magnesium, LFT including Gamma GT) - Further blood tests e.g. trace elements, CPK - ECG - Bone Dexascan + Therapeutic Interventions All patients will have: <ul style="list-style-type: none"> - Psychological interventions, delivered in accordance with the NICE guidelines, accompanied by: <ul style="list-style-type: none"> - Regular monitoring of a patient's physical state including weight and specific indicators of increased medical risk - Relapse prevention awareness - Programme of therapies, according to patient needs - Regular review and assessment of treatment setting e.g. inpatient, day-patient or outpatient care + Consultant psychiatrist and medical interventions The consultant psychiatrist will: <ul style="list-style-type: none"> - Consider all relevant child and adolescent issues - Perform psychiatric/medical review including review of pharmacological interventions - Deliver treatment in accordance with NICE guidelines - Ensure regular physical monitoring, by Priory or GP (frequency determined by risk assessment) - Review chronic physical sequelae of malnutrition - Record ICD-10 code at the beginning and end of treatment - Refer to dietitian, individual psychotherapist, family/couples therapist, specialist nurse practitioner if required
Outcome measure	<ul style="list-style-type: none"> + PHQ9, GAD 7 + BMI + EDEQ + Patient satisfaction survey + Locally determined outcome measures (PROMs and CROMs)
Options for ongoing care	<ul style="list-style-type: none"> + Further outpatient care + Daycare (group therapy) + Inpatient care + Discharge to GP + Discharge to NHS + Discharge to other referrer

Priory offers an extensive number of evidence-based therapy treatments for a range of conditions.

Because every individual is unique we have a bespoke approach to helping people through their most difficult times, offering mental health assessments, individual, group and family therapies. Not all of these interventions will be appropriate or necessary for all people and collaborative tailored treatment options will be explored with referrals at the first assessment.

First, we assess and understand the particular needs of a person and then recommend an appropriate course of treatment that is underpinned by clinical specifications based on the latest research and guidance.