

# Bulimia 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 bulimia 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 bulimia 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](http://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](mailto:priory.referral@nhs.net)**

**Fax 0844 770 6206**

**For more information visit [priorygroup.com/gp](http://priorygroup.com/gp)**

<b>Referrer guidance</b>	<p><b>For patients presenting with the following features:</b></p> <ul style="list-style-type: none"> <li>+ Being preoccupied with their body shape and weight</li> <li>+ Living in fear of gaining weight</li> <li>+ Feeling that they can't control their eating behaviour</li> <li>+ Eating until the point of discomfort or pain</li> <li>+ Eating much more food in a binge episode than in a normal meal or snack</li> <li>+ Forcing themselves to vomit or exercise too much to keep from gaining weight after bingeing</li> <li>+ Misusing laxatives, diuretics or enemas after eating</li> <li>+ Restricting calories or avoiding certain foods between binges</li> <li>+ Using dietary supplements or herbal products excessively for weight loss</li> </ul>
<b>Goals of treatment</b>	<ul style="list-style-type: none"> <li>+ Normalisation of eating pattern</li> <li>+ Weight restoration</li> <li>+ Maintenance of specific weight/BMI</li> <li>+ Reduction of associated cognitions and behaviours</li> <li>+ Improved psychological/social/educational functioning</li> <li>+ Improved quality of life</li> </ul>
<b>Placement criteria</b>	<ul style="list-style-type: none"> <li>+ Suitable for initial treatment of the majority of patients with bulimia nervosa who do not meet the criteria for in/day patient care</li> </ul>

<b>Evidence base: NICE or other guidance/references</b>	<ul style="list-style-type: none"> <li>+ CG09 eating disorders: core interventions in the treatment and management of anorexia nervosa, bulimia nervosa and related eating disorders</li> </ul>
<b>Team</b>	<ul style="list-style-type: none"> <li>+ Consultant psychiatrist with a specialist experience of eating disorders</li> <li>+ Therapists, including a therapist trained in cognitive behavioural therapy (CBT) (adapted for eating disorders)</li> <li>+ Dietitian</li> </ul>
<b>Time</b>	<ul style="list-style-type: none"> <li>+ Psychiatric assessment: 60 minutes including risk</li> <li>+ 2 follow-up appointments with consultant psychiatrist</li> <li>+ Up to 20 sessions of individual CBT over 4-5 months</li> <li>+ Dietetic assessment</li> </ul>
<b>Process of care</b>	<ul style="list-style-type: none"> <li>+ <b>All patients will have:</b> All patients will have: <ul style="list-style-type: none"> <li>- ICD 10 code recorded at beginning and end of treatment</li> <li>- Treatment history</li> <li>- Assessment of social circumstances</li> <li>- Assessment of underlying psychological issues</li> <li>- Physical risk assessment</li> <li>- Physical examination</li> </ul> </li> <li>+ <b>Further investigations depending on clinical indications, may include:</b> <ul style="list-style-type: none"> <li>- Blood analysis (FBC, ESR, U+E, calcium, phosphate, TFT, random glucose, LFT including Gamma GT)</li> <li>- Further blood tests e.g trace elements, CPK</li> <li>- ECG</li> </ul> </li> <li>+ <b>Expected components of plan:</b> <ul style="list-style-type: none"> <li>- Diet management – diary and diet sheet, weight monitoring</li> <li>- Exploration of underlying psychological factors</li> <li>- Raise awareness of dental issues</li> </ul> </li> </ul>
<b>Outcome measure</b>	<ul style="list-style-type: none"> <li>+ PHQ9, GAD 7</li> <li>+ BMI</li> <li>+ EDEQ</li> <li>+ Patient satisfaction survey</li> <li>+ Locally determined outcome measures (PROMs and CROMs)</li> </ul>
<b>Options for ongoing care</b>	<ul style="list-style-type: none"> <li>+ Further outpatient care</li> <li>+ Daycare (group therapy)</li> <li>+ Inpatient care</li> <li>+ Discharge to GP</li> <li>+ Discharge to NHS</li> <li>+ Discharge to other referrer</li> </ul>

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.