

# Eating Disorder Treatment and Management Plan – patient/practitioner journey

On 1 November 2019, the Australian Government introduced Medicare Benefits Schedule (MBS) eating disorder items to support an evidence-based, best practice model of treatment for people with anorexia nervosa and other eligible patients with eating disorders. With an Eating Disorder Treatment and Management Plan (EDTMP), eligible patients can access Medicare benefits for up to **40 psychological (mental health) treatment services** and **20 dietetic treatment services** over a **12-month period**.

An example patient/practitioner journey for the management of an eating disorder under an EDTMP is outlined below. Note: as outlined in the [Evaluation of the Eating Disorders MBS items](#) report in 2024, under an EDTMP, the average number of psychological treatment services per patient was 13-14, and the average number of dietetics services per patient was 8. The example below is based on a more complex EDTMP scenario to outline the additional steps required for patients that require more than 20 psychological treatment services. The number of services a patient will be eligible for under an EDTMP remain at the clinical discretion of the relevant referring practitioner.



Patient is experiencing significant difficulties with eating, including restrictive intake and heightened distress around food. The patient visits their GP, who undertakes an assessment and determines that the patient has anorexia nervosa.

The GP prepares an EDTMP and provides a referral for the patient to access an initial 10 psychological treatment services and 20 dietetic treatment services.

The patient undergoes an initial course of 10 psychological treatment services with an eligible allied health professional. At the end of the course of treatment, the allied health professional provides a report of the patient's progress back to their GP.

The patient also visits an eligible dietitian for a course of 10 dietetic treatment services. At the end of the course of treatment, the dietitian provides a report back to the patient's GP.

The patient visits their GP, who undertakes a review of their EDTMP. The patient notes they do not require any further dietetic treatment services but would like to continue psychological treatment services.

With consideration given to the reports from the relevant allied health professionals, the GP refers the patient for an additional 10 psychological treatment services.

The GP updates the patient's EDTMP to reflect this recommendation.

The patient undergoes a second course of 10 psychological treatment services (20 services total under their EDTMP to date) with their eligible allied health professional.

At the end of the course of treatment, the allied health professional provides a report of the patient's progress back to the GP.

The patient visits their GP, who undertakes another review of their EDTMP. The GP recommends that the patient continues the current treatment, which will need to be confirmed through secondary specialist review. The GP refers the patient to a psychiatrist for specialist review.

The psychiatrist agrees that the patient would benefit from additional treatment and provides a report back to the GP. The GP refers the patient for an additional 10 psychological treatment services.

The GP updates the patient's EDTMP to reflect this recommendation.

The patient undergoes a third course of 10 psychological treatment services (30 services total under their EDTMP to date) with their eligible allied health professional.

At the end of the course of treatment, the allied health professional provides a report of the patient's progress back to the GP.

The patient returns to their GP and advises they are feeling a lot better but still desire support to continue to manage symptoms. As more than 12 months have passed since the patient's initial EDTMP was prepared, and the GP determines the patient requires ongoing treatment, a new EDTMP is prepared.

The patient's allocation of services resets with the preparation of a new EDTMP, enabling them to access up to 20 dietetic services and 40 psychological services within the next 12 months.

