

QuEDS Eating Disorder Day Program

Information for Referrers

The QuEDS Day Program is a state-wide non-residential **recovery focused** group program for people with an eating disorder seeking a higher level of community support to reduce eating disorder behaviours and restore weight if needed. The **publicly funded program** runs four days a week (Mondays, Tuesdays, Thursday, and Fridays) for 8 weeks. In this **voluntary program** participants attend evidenced based therapeutic groups and supported meals, facilitated by a specialised multidisciplinary team. Family and carer involvement is strongly encouraged including access to family consultation sessions, newsletters and skills based workshops.

How do I refer to the QuEDS Day Program?

The [referral form](#) must be completed by a General Practitioner (GP) and can be located on the QuEDS website (Google "QuEDS"). The completed referral form can be faxed (07 3100 7555) or emailed (QuEDS@health.qld.gov.au). Incomplete referral forms will delay triage and assessment.

Participants must be **above a BMI 16** and **medically stable** to be referred to the Day Program. Please note QuEDS requires a **fully completed referral** (including recent bloods and postural observations) to proceed with the Day Program assessment process.

QuEDS accepts referrals for participants aged **16 years and above**.

- If over 18 years, referral should be attended to by the treating GP.
- If between the ages of 16 to 17 years, referral is required via the local Child and Youth Mental Health Service (CYMHS) or a private Child and Adolescent Psychiatrist. A treating GP is also required to provide ongoing medical monitoring.

Is there a cost?

The QuEDS Day Program is publicly funded, however there may be minimal out of pocket expenses, such as transportation costs to and from the program.

Day Program Dates

The QuEDS services are time limited and the Day Program has limited places available. Individual participants may have to wait for a place in the next available program. Participants are given information about what to do during the waiting time, as well as expected start dates. There are four programs run per calendar year.

What to expect following referral to the Day Program

- Participants who meet the criteria for referral will be offered an appointment for assessment with the QuEDS Day Program Psychiatrist. This appointment will last for approximately one hour. Following this appointment, a letter will be sent to the referring GP to notify of the outcome of the assessment appointment.
- Ongoing medical monitoring should be attended to as clinically indicated while waiting for the assessment to take place. QuEDS requires weekly medical clearance from a GP for the duration of the Day Program.
- If a referral is received that does not meet criteria for the QuEDS Day Program (e.g. medically unstable as per QuEDS guidelines or BMI <16kg/m²) they will instead be offered an appointment at the QuEDS assessment clinic at the RBWH.

Day Program Overview

The Day Program requires availability to attend full days on Mondays, Tuesdays, Thursdays and Fridays for eight weeks as well as entry and exit appointments two weeks before and after program completion. In total a 13-week commitment. The day program involves group and individual work, including supported meals.

Further Information

For more information please contact QuEDS:

- Website: Google “QuEDS” <https://metronorth.health.qld.gov.au/rbwh/healthcare-services/eating-disorder>
- Email: queds@health.qld.gov.au / QuEDSDayProgram@health.qld.gov.au
- Phone: 3100 0809 (Intake) / 3100 7500 (Day Program) Office hours are Monday to Friday 9am to 4pm (excluding public holidays)
- Address: 2 Finney Road Indooroopilly Qld 4068
- QuEDS Referral form: <https://metronorth.health.qld.gov.au/rbwh/wp-content/uploads/sites/2/2017/06/queensland-eating-disorder-referral-form.pdf>

