



## Eating Disorders factsheet

Last updated: 8 October 2019

- What? From 1 November 2019, a suite of new Eating Disorder items are being introduced to support a model of best practice evidence based care for patients with anorexia nervosa and other eligible patients with eating disorders.
- Who? These changes are relevant for medical practitioners (including a GP a psychiatrist or paediatrician), and eligible Clinical Psychologists and Psychologists, Occupational Therapists, Social Workers and Dietitians.

### What are the changes?

From 1 November 2019, there will be 64 new items for Eating Disorders. The new item structure includes:

- 12 new items (**90250-90257 and 90260-90263**) for GPs, medical practitioners, consultant psychiatrists and paediatricians **preparation of eating disorders treatment and management plans.**
- 6 new items (**90264-90269**) for GPs, medical practitioners, consultant psychiatrists and paediatricians **review of eating disorders treatment and management plans.**
- 12 new items (**90271-90282**) for GPs, medical practitioners, consultant psychiatrists and paediatricians **provision of psychological treatment services.**
- 2 new items (**82350-82351**) for Dietitians **provision of eating disorders dietitian health services.**
- 32 new items (**82352-82383**) for Clinical Psychologists and Psychologists, Occupational Therapists and Social Workers **provision of eating disorder psychological treatment services.**

'To learn more about the new eating disorders services, please see [[hyperlink to the quick reference guide, claiming examples sheet or other relevant information/sheets](#)].'

### Why are the changes being made?

The listing of these new items is a result of the Australian Government's response to recommendations in 2018 by the independent clinician-led Medical Benefits Schedule (MBS) Review Taskforce. The changes were recommended by the MBS Review Taskforce following an extensive period of consultation with key stakeholders.

The Taskforce is conducting a clinical-led review, and makes recommendations to the Government on how the MBS can be modernised to improve patient safety, support equity of access and reduce low-value care. More information about the Taskforce and associated Committees is available at [Medicare Benefits Schedule Review](#) in the consumer section of the Department of Health website ([www.health.gov.au](http://www.health.gov.au)).

A full copy of the Eating Disorders Working Group's final report can be found at [Closed Consultation - Medicare Benefits Schedule \(MBS\) Review Taskforce reports](#) section of the Department of Health website ([www.health.gov.au](http://www.health.gov.au))



## What does this mean for providers?

Providers will need to familiarise themselves with the new structure of eating disorders items, and associated rules and explanatory notes. General Medical Services Eating Disorders items (**90250-90257 and 90260-90269 and 90271-90282**) will be located in *Category 1 Professional attendances – Group A36 Eating Disorders Services*. Allied Health services eating disorders items (**82350-82383**) will be located in *Category 8 Miscellaneous Services – Group M16 Eating Disorders*.

Providers have a responsibility to ensure that any services they bill to Medicare meet the eligibility requirements outlined in the legislation.

## How will these changes affect patients?

From 1 November 2019, eligible patients will be able to receive a Medicare rebate for the development of a treatment and management plan by a medical practitioner (including a GP a psychiatrist or paediatrician), regular GP reviews of their progress against the treatment plan, a formal specialist review and receive access to a course of evidence based eating disorder psychological treatment, up to 40 services in a 12 month period, and access up to 20 dietetic services, in a 12 month period, depending on their treatment needs.

## Who was consulted on the changes?

The Eating Disorders Working Group was established in December 2017, by the MBS Review Taskforce (the 'Taskforce'), to provide broad clinician and consumer expertise.

The MBS Review included a public consultation process on the proposed changes from 5 October 2018 to 2 November 2018. Feedback was received from a broad range of stakeholders and considered by the Eating Disorders Working Group prior to making its final recommendations to the Taskforce. Stakeholders included the:

- Australia and New Zealand Academy of Eating Disorders
- InsideOut Institute (formerly Centre for Eating and Eating Disorders)
- National Eating Disorders Collaboration
- Butterfly Foundation
- Consumers Health Forum
- Australian Association of Social Workers
- Australian Clinical Psychology Association
- Australian Psychological Society
- Royal Australasian College of Physicians
- The Royal Australian College of General Practitioners
- Royal Australian and New Zealand College of Psychiatrists

## How will the changes be monitored and reviewed?

Eating Disorder items will be subject to MBS compliance processes and activities, including random and targeted audits which may require a provider to submit evidence about the services claimed.



Significant variation from forecasted expenditure may warrant review and amendment of fees, and incorrect use of MBS items can result in penalties including the health professional being asked to repay monies that have been incorrectly received.

The new items will be reviewed after 12 months to assess whether the items are operating as intended for patients, providers and the Government.

## Where can I find more information?

The full item descriptor(s) and information on other changes to the MBS will be made available on the MBS Online website at [www.mbsonline.gov.au](http://www.mbsonline.gov.au) in coming weeks. You can also subscribe to future MBS updates by visiting [MBS Online](#) and clicking 'Subscribe'.

The Department of Health provides an email advice service for providers seeking advice on interpretation of the MBS items and rules and the Health Insurance Act and associated regulations. If you have a query relating exclusively to interpretation of the Schedule, you should email [askMBS@health.gov.au](mailto:askMBS@health.gov.au).

Subscribe to '[News for Health Professionals](#)' on the Department of Human Services website and you will receive regular news highlights.

If you are seeking advice in relation to Medicare billing, claiming, payments, or obtaining a provider number, please go to the Health Professionals page on the Department of Human Services website or contact the Department of Human Services on the Provider Enquiry Line – 13 21 50.

The data file for software vendors is expected to become available in October 2019 and will be accessed via the MBS Online website under the [Downloads](#) page.

*Please note that the information provided is a general guide only. It is ultimately the responsibility of treating practitioners to use their professional judgment to determine the most clinically appropriate services to provide, and then to ensure that any services billed to Medicare fully meet the eligibility requirements outlined in the legislation.*

*This sheet is current as of the Last updated date shown above, and does not account for MBS changes since that date.*