NORTHERN NEVADA ADULT MENTAL HEALTH SERVICES

POLICY AND PROCEDURE DIRECTIVE

SUBJECT: MEDICAL SUPPORT FOR OUTPATIENT CONSUMERS WITH EATING DISORDERS

NUMBER: NN-PC-AS-06

ORIGINAL DATE: 03/01/07, 4/15/10

REVIEW/REVISE DATE:

APPROVAL: Rosalyne Reynolds *{s},* Agency Director

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I. PURPOSE

The purpose of this policy is to provide an avenue for consumers in counseling to receive a medical screening by a Registered Nurse in the Outpatient Clinic in the event that the Psychologist has concern about the consumer's physical health related to an easting disorder.

II. REFERENCES:

1. Joint Commission, Comprehensive Accreditation Manual for Hospitals, Standard PC.5.60
2. Joint Commission, Comprehensive Accreditation Manual for Hospitals, Standard PC.2.40
3. Joint Commission, Comprehensive Accreditation Manual for Hospitals, Standard PC.2.50
4. Division of Mental Health and Developmental Services Policy # 4.049
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III. POLICY

It is the policy of Northern Nevada Adult Mental Health Services (NNAMHS) to provide continuity of care to all consumers in the mental health system, and coordination of care between providers, and between settings.

IV. PROCEDURE

In the event that a psychologist has concern for a consumer's physical health related to an eating disorder the Psychologist will contact the Medication Clinic Supervisor, or a Registered Nurse in the clinic for an evaluation.

1. The Clinic Nurse will provide the following for consumers referred under this policy:
   a. brief nursing assessment
   b. check of vital signs
   c. weight (in clinic)
   d. comparison of weight with previous data if available.
2. The Nurse will interview the client to determine current nutritional and physical status.
3. Determine if a recent Medical Doctor visit and lab tests are available. Call for results, (check consent in chart).
4. If the consumer is open to medication clinic, the nurse will determine if the consumer needs to be seen by Clinic MD or APN. If it is determined that the consumer should be seen by the provider, the nurse will arrange this. The following lab tests are recommended to: CBC, UA, CMP, Serum Magnesium, Thyroid screen, EKG.
5. If consumer has an outside physician, the nurse will report findings to the referring psychologist with recommendation to follow-up with outside medical care provider. If appropriate for in-patient care the psychologist in collaboration with the nurse will arrange for transfer to an acute care facility, (COBRA), or Legal 2000, (following current procedures).
9. The nurse will enter the findings of this assessment into the consumer's electronic medical record (EMR) and report them to the referring Psychologist.

10. If the consumer is in the outpatient medication clinic, record in the electronic record as nursing visit. If not open to the medication clinic, the nurse will document progress notes in the counseling episode in the EMR.