

**Patient Eligibility Criteria
Intensive Outpatient Program Eating Disorders
Policy and Procedure**

| Subject | Number | Date Issued | Date Revised | Date Effective |
|------------------------------|----------|---------------------|--------------|----------------|
| Patient Eligibility Criteria | T0015_ED | 4-1-2015 | 4-1-2016 | 4-15-2016 |
| Originated By: | | Approved By: | | |
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Purpose: The Patient Eligibility Criteria outlines the criteria to determine patient eligibility for treatment or referral.

Policy: Bright Heart Health only accepts patients who meet the APA IOP criteria, meet the company's care criteria, and are appropriate for treatment based on a clinical assessment from Bright Heart Health Staff. All other patients are referred to other services that are more fitting to their needs. In making referrals, staff will inform the patient of our Professional Directory to locate other services.

Procedure(s):

1. Patient must meet the APA criteria for Intensive Outpatient Treatment or have approval from Medical Director.
 - a. Medical Status: Medically stable to the extent that more extensive medical monitoring is not required, including:
 - i. Intravenous fluids, nasogastric tube feedings, or multiple daily laboratory tests are not needed
 - ii. *For adults:* Heart rate >40 bpm; blood pressure >90/60 mmHg; glucose > 60 mg/dl; potassium >3 mEq/L; electrolyte imbalance; temperature >97.0°F; dehydration; hepatic, renal, or cardiovascular organ compromise requiring acute treatment is not required; or poorly controlled diabetes
 - iii. *For children and adolescents:* Heart rate above 40 bpm, orthostatic blood pressure changes (<20 bpm increase in heart rate or <10 mmHg to 20 mmHg drop), blood pressure >80/50 mmHg, hypokalemia, hypophosphatemia, or hypomagnesemia.
 - b. Suicidality: If suicidality is present, inpatient monitoring and treatment may be needed depending on the estimated level of risk. Refer to Clinical Director for evaluation.
 - c. Weight as percentage of healthy body weight: Generally >85%
 - d. Motivation to recover, including cooperativeness, insight, and ability to control obsessive thoughts: Fair motivation

- e. Co-occurring disorders (substance use, depression, anxiety): Presence of comorbid condition may influence choice of level of care. Refer to Clinical Director for evaluation.
 - f. Structure needed for eating/gaining weight: Self-sufficient
 - g. Ability to control compulsive exercising: Some degree of external structure beyond self-control required to prevent patient from compulsive exercising; rarely a sole indication for increasing the level of care.
 - h. Purging behavior (laxatives and diuretics): Can greatly reduce incidents of purging in an unstructured setting; no significant medical complications, such as electrocardiographic or other abnormalities, suggesting the need for hospitalization.
 - i. Environmental stress: Others able to provide adequate emotional and practical support and structure.
 - j. Geographic availability of treatment program: Patient lives near treatment setting
2. Patient is over the age of 14 and has accessibility to treatment program.
- a. Patient schedule allows for patient to attend treatment.
 - b. Patient has Internet service and appropriate technology access to attend treatment, including computer, tablet, or smart phone; video capabilities, and Internet service.