

What is the aim of COD-ED?

To provide a platform for state-wide communication and support for dietitians providing dietetic treatment to inpatients, outpatients and people in the community with eating disorders, in order to enhance congruence in nutritional intervention and facilitate safe, effective, evidence-based clinical practice.

How can COD-ED help you?

The COD-ED group have developed a suite of resources to assist in the delivery of nutrition across the continuum to enable timely access to nutrition support which is detailed further in the below flow chart.

Nutrition resources for adults across the continuum

Consumer (16yoa +) with an Eating Disorder presents to Emergency

Follow [DEM flowchart](#) (contact [QuEDS](#) for a copy of flowchart)

Consumer meets [QuEDS admission criteria](#)

Medical Admission

Mental Health Admission

Refer to;

- [QuEDS A guide to admission and inpatient treatment for people with eating disorders in Queensland](#)
- Refeeding guidelines (e.g. [Metro North Refeeding Syndrome in Adults \(>15 year old\) - Identification and Management guidelines](#))

Commence Nasogastric feeding within 24 hours of presentation as per

- [COD-ED Standard enteral feeding regime](#) or
- [COD-ED Enteral feeding regime for dairy / fish Protein Anaphylaxis](#)

On occasions, consumers may be discharged directly home or to a private mental health hospital.

Private Mental Health Hospital

Handover to dietitian

Commence 3 Step Meal Plan within 24 hours of presentation

- [COD-ED 6MJ/d Starter Meal Plan](#) (if at refeeding risk)
 - [COD-ED 8 MJ/d Standard Meal Plan](#) (if adolescent or not refeeding risk)
 - [COD-ED 10MJ/d Standard Meal Plan](#)
 - [COD-ED 12MJ/d Standard Meal Plan](#)
- * Implement supportive meal therapy if able.

Request nursing staff complete [COD-ED Oral Intake Records](#)

Once safe (consider if goal nutrition has been reached and medically stability) the consumer may be transferred to a Mental Health ward.

Discharge Home

Possible resources to provide on discharge:

- [CCI – Real Food Pyramid](#)
- [DAA IG – Moving Towards Natural Eating](#)

Community / Outpatient Clinic

Follow appropriate COD-ED flowchart as a reference guide for APDs providing nutrition interventions in the **community** treatment of people with eating disorders.

- [COD-ED Community Flowchart for Dietitians working with Adults with an Eating Disorder](#)