

Great Ormond Street Hospital Feeding Disorders Team

Referral Criteria

We accept referrals of children and young people up to 16 years of age who have feeding or eating difficulties that are causing significant difficulty, distress or impairment to development and/or everyday functioning.

We can occasionally accept referrals of young people aged 17 (please contact **Team Administrator** if you are considering making such a referral).

We welcome referrals to the **Feeding Disorders Team** of children and young people who:

- refuse to feed or avoid eating in the absence of any direct medical cause for this (this may be due to a fear of eating and/or its consequences)
- are reluctant feeders or eaters
- restrict their intake in terms of range of foods and/or overall amount
- have become stuck in their feeding development, for example, remaining on first stage foods when no longer developmentally appropriate
- are dependent on tube feeds or supplements when this is no longer medically indicated
- regularly or habitually bring food back up into their mouth in the absence of any current gastrointestinal disorder other medical condition to account for this (Rumination disorder)
- regularly or habitually ingest non-food substances (Pica)

In addition to the above, there may be concern about one or more of the following:

- Weight and/or physical growth and development
- The age appropriateness and/or nutritional adequacy of the individual's intake
- Health implications related to poor intake
- Impact on social and emotional development
- Impact on family functioning

Children we see will typically receive a diagnosis of **ARFID** (avoidant restrictive food intake disorder); **Rumination Disorder** or **Pica**. We see children across the full spectrum of cognitive abilities, to include those with learning disability, pervasive developmental disorders and autism spectrum disorder, as well as children with co-morbid physical or mental health diagnoses.

When making a referral please give details of weight, growth and where possible current intake as well as including any relevant reports that are thought to be useful. Thank you.

Children and young people with **Anorexia Nervosa**, **Bulimia Nervosa** and related presentations should be referred to the Eating Disorders Team.

Exclusion criteria:

- Infants with faltering growth requiring medical management
- Children and young people whose eating difficulties are primarily accounted for by medical, neurological or structural problems.

- Children and young people with unmanaged dysphagia (if you wish to consider referring a child with managed dysphagia please contact the **Team Administrator**)

Referrals are accepted from NHS Paediatricians and CAMHS professionals. We are unable to accept GP, private or self-referrals. All referrals should satisfy local commissioning arrangements and we ask that this is negotiated locally prior to referral.

Referrals should be addressed to:

Dr Rachel Bryant-Waugh, Feeding Disorders Team lead, Department of Child and Adolescent mental health, Great Ormond Street Hospital, London WC1N 3JH

Team Administrator:

Magdalena Lawrence, Feeding Disorders Team, Feeding and Eating Disorders Service, Department of Child and Adolescent Mental Health, Great Ormond Street Hospital, London WC1N 3JH.

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