

Requirements for Eating Disorders Care, Treatment, or Services for Behavioral Health Care

Standard CTS.02.03.11

For organizations that provide eating disorders care, treatment, or services: The organization conducts additional assessments for individuals with eating disorders.

Element(s) of Performance for CTS.02.03.11

1. For organizations that provide eating disorders care, treatment, or services: After admitting an individual to its program, the organization performs or makes a documented referral for the following tests, screenings, and procedures based on the needs of the individual served and in a time frame that meets the needs of the individual and is consistent with organization policy (See also CTS.03.01.09, EP 3):
 - Complete blood count
 - Comprehensive serum metabolic profile, including phosphorus and magnesium
 - Thyroid function test
 - Electrocardiogram (ECG), if clinically indicated
 - Body Mass Index (BMI)
 - Heart rate
 - Screening for eating disorder behaviors
 - Any additional laboratory testing, as determined by the organization and in accordance with the level of care provided

Note: For non-24-hour settings, the program may accept test results from other providers completed within two weeks prior to admission.
2. For organizations that provide eating disorders care, treatment, or services: The organization gathers behavioral and physical health information from both inpatient and outpatient providers by whom the individual has been treated, and/or other eating disorders treatment programs in which the individual has participated, if available.
3. For organizations that provide eating disorders care, treatment, or services: The organization obtains or completes initial medical assessments, Diagnostic and Statistical Manual of Mental Disorders (DSM)-based diagnostic assessments, psychiatric evaluations, and nutritional assessments in accordance with the level of care provided, and within the time frame designated by the organization's policies and procedures.

Note: Psychological testing is completed as clinically indicated.
4. For organizations that provide eating disorders care, treatment, or services: The organization conducts complete assessments in accordance with the level of care provided and within the time frame designated by the organization's policies and procedures.
5. For organizations that provide 24-hour eating disorders care, treatment, or services: The organization assesses the risk for falls for each individual served.
6. For organizations that provide 24-hour eating disorders care, treatment, or services: The organization implements interventions to reduce falls based on the individual's assessed risk.
7. For organizations that provide 24-hour eating disorders care, treatment, or services: Individuals served are assessed and reassessed for refeeding syndrome based on the individual's physiological status.

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Standard CTS.03.01.03

The organization has a plan for care, treatment, or services that reflects the assessed needs, strengths, preferences, and goals of the individual served.

Element(s) of Performance for CTS.03.01.03

26. For organizations that provide eating disorders care, treatment, or services: The plan of care, treatment, or services specifies a diagnosis based on the current Diagnostic and Statistical Manual of Mental Disorders (DSM) and/or the current edition of the International Classification of Diseases (ICD).
 27. For organizations that provide eating disorders care, treatment, or services: The plan of care, treatment, or services provides for sufficient nutritional rehabilitation to support regular and consistent weight when indicated (including expected rates of controlled weight gain of at least one pound per week), and/or measurable improvement in eating disorders behavior (for example, restricting, binge eating, purging).
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Standard CTS.03.01.09

The organization assesses the outcomes of care, treatment, or services provided to the individual served.

Element(s) of Performance for CTS.03.01.09

3. For organizations that provide eating disorders care, treatment, or services: The organization assesses outcomes of care, treatment, or services based on data collected at admission. Examples of such data include complete history and physical including height, weight, frequency of binge eating and purging (when applicable), eating disorder diagnosis, Body Mass Index (BMI), heart rate, date of last period, and other appropriate lab tests (such as potassium, phosphorus, thyroid, hemoglobin, and glucose) as determined by the organization and in accordance with the level of care provided. (See also CTS.02.03.11, EP 1)
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Standard CTS.04.01.01

The organization coordinates the care, treatment, or services provided to an individual served as part of the plan for care, treatment, or services and in a manner consistent with the organization's scope of care, treatment, or services. (For more information, refer to Standard CTS.03.01.07.)

Element(s) of Performance for CTS.04.01.01

7. For organizations that provide eating disorders care, treatment, or services: If during the course of care, treatment, or services the individual served is transferred to a hospital, the organization provides the hospital with a clinical contact person who can provide information relevant to the individual's eating disorder in support of the individual's care, treatment, or services.
21. For organizations that provide 24-hour eating disorders care, treatment, or services: A registered nurse is either on duty or available 24 hours a day, 7 days a week.

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Standard CTS.04.02.16

For organizations that provide eating disorders care, treatment, or services: The organization provides additional care, treatment, or services that support the needs of individuals with eating disorders.

Element(s) of Performance for CTS.04.02.16

1. For organizations that provide eating disorders care, treatment, or services: Each individual served receives core care, treatment, or service components (psychosocial, medical, nutritional, and psychiatric) according to his or her assessed needs. This includes, but is not limited to, individual therapy, group therapy, family therapy (as applicable), medical monitoring, medication monitoring (as applicable), and nutritional counseling.
2. For organizations that provide eating disorders care, treatment, or services: The organization is knowledgeable about evidence-based guidelines for treatment of individuals with eating disorders, such as the American Psychiatric Association Eating Disorder Treatment Guidelines, the Guidelines of the British National Institute for Clinical Excellence (NICE Guidelines), or the American Academy of Child and Adolescent Psychiatry Practice Parameter for the Assessment and Treatment of Children and Adolescents With Eating Disorders.
3. For organizations that provide eating disorders care, treatment, or services: A registered dietitian is available to provide for individuals' nutritional needs, including assessing, educating, and counseling individuals, parents and/or guardians, and staff on food- and nutrition-related issues.
4. For organizations that provide eating disorders care, treatment, or services: A registered dietitian designs, implements, and manages safe and effective nutrition-related strategies that enhance growth and development; support recovery from disordered eating; and promote lifelong health.
5. For organizations that provide eating disorders care, treatment, or services: The organization attempts to engage family members who have not acknowledged the organization's efforts to involve them in the individual's care, treatment, or services, in accordance with the needs and preferences of the individual served. (See also RI.01.02.01, EP 8; CTS.03.01.05, EPs 1–3)

Standard CTS.04.02.18

For organizations that provide 24-hour eating disorders care, treatment, or services: The organization supervises individuals served as needed.

Element(s) of Performance for CTS.04.02.18

1. For organizations that provide 24-hour eating disorders care, treatment, or services: The organization supervises the daily activities of individuals served as needed to prevent them from engaging in behavior that could be detrimental to their health, such as excessive or inappropriate exercise, inappropriate use of laxatives, or self-induced vomiting.
2. For organizations that provide 24-hour eating disorders care, treatment, or services: Supervision is conducted by staff; the organization prohibits one individual served from supervising another.

Requirements for Eating Disorders Care, Treatment, or Services for Behavioral Health Care

Standard CTS.04.02.29

For organizations that provide eating disorders care, treatment, or services: The multidisciplinary care, treatment, or services team supports the continuity and provision of care, treatment, or services.

Element(s) of Performance for CTS.04.02.29

1. For organizations that provide eating disorders care, treatment, or services: The organization has a multidisciplinary care, treatment, or services team that consists of at least the following:
 - A licensed clinician with experience and/or training in treating eating disorders
 - A doctor of medicine or osteopathy with experience and/or training in treating eating disorders, either on staff or available to the team 24 hours a day, 7 days a week. If individuals served are under the age of 13, the MD or DO is a pediatrician. If the MD or DO is not on staff, an advanced practice nurse with experience and/or training in treating eating disorders and licensed to prescribe medications is on staff.
 - A psychiatrist or clinical psychologist with experience and/or training in treating eating disorders, either on staff or available to the team 24 hours a day, 7 days a week
 - A registered dietitian
 - A registered nurse, unless there is an advanced practice nurse on staff
 2. For organizations that provide eating disorders care, treatment, or services: If individuals served are less than 18 years of age, the organization has access to consultation from a child or adolescent psychiatrist.
Note: The psychiatrist may be either on staff or otherwise available to the multidisciplinary team, such as via a teleconference link.
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Standard CTS.06.02.03

When an individual served is discharged or transferred, the organization bases the discharge or transfer on the assessed needs of the individual and the organization's capabilities.

Element(s) of Performance for CTS.06.02.03

10. For organizations that provide eating disorders care, treatment, or services: The discharge plan includes the following:
 - Level of care recommended, based on current assessment
 - Specific recommendations for follow-up treatment
 - Medication education, as needed
 - Contact information for follow-up appointments
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Standard CTS.06.02.05

When individuals served are transferred or discharged, pertinent information related to the care, treatment, or services provided is exchanged with other providers.

Element(s) of Performance for CTS.06.02.05

3. For organizations that provide eating disorders care, treatment, or services: Upon written consent of the individual served, after-care providers will be given a copy of the discharge summary prior to discharge whenever possible but no later than within two weeks of discharge.

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Standard LD.04.02.03

Ethical principles guide the organization's business practices.

Element(s) of Performance for LD.04.02.03

8. For organizations that provide eating disorders care, treatment, or services: The organization's program materials indicate the following:
 - The program's setting(s), scope of services, and population(s) served
 - Availability of and/or the process for transfer to other settings of care, if necessary, such as acute hospital, psychiatric facility, or other setting
 - Pertinent information regarding availability of care, treatment, or services based on particular population characteristics (for example, only one half of available beds are open to adolescents; only females are served by the program; individuals must treat chemical dependency issues prior to entering program)
 - Description of the members of the multidisciplinary team providing care, treatment, or services
 9. For organizations that provide eating disorders care, treatment, or services: The organization is able to provide individuals served and their families, if applicable, with information on insurance coverage accepted by the organization, the availability of any financial assistance, and whether or not the facility is considered in-network for the individual's insurance company.
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Standard PI.01.01.01

The organization collects data to monitor its performance.

Element(s) of Performance for PI.01.01.01

48. For organizations that provide eating disorders care, treatment, or services: The organization collects data about care, treatment, or services outcomes. Examples of such data include the following:
 - If conducting follow-ups, confirmation of whether the individual is engaged in aftercare services and, if so, the type and frequency of those services.
 - Data collected from valid and reliable instruments used at admission and discharge that are self-administered by individuals served. Examples of such instruments include the Beck Depression Inventory (BDI), Eating Disorder Quality of Life (EDQOL), the SF-36, and Eating Disorder Inventory-3 (EDI-3).
 - Data collected from individuals' satisfaction questionnaires.
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Standard RI.01.01.01

The organization respects the rights of the individual served.

Element(s) of Performance for RI.01.01.01

30. For organizations that provide 24-hour eating disorders care, treatment, or services: The organization has a policy addressing those situations, if any, in which minors are permitted to leave the facility.
31. For organizations that provide 24-hour eating disorders care, treatment, or services: The organization obtains consent from a minor's parent or guardian for the minor to have visitors.
32. For organizations that provide 24-hour eating disorders care, treatment, or services: The organization has a policy on Internet access for individuals served.