

# Eating Disorders Program - Adults

The Adult Eating Disorders Program is located at Kingston Health Sciences Centre's (KHSC) Hotel Dieu Hospital (HDH) site and provides client-centered, evidenced-based treatment to individuals struggling with Anorexia Nervosa, Bulimia Nervosa, or other specified feeding or eating disorders.

The program provides diagnostic assessment, consultation, and interdisciplinary treatment services to females and males 18 years of age and older. The Adult Eating Disorders team includes psychiatrists, nurse practitioner, dietitian, social worker, occupational therapist and support staff.

Part of the Ministry of Health's East Region Eating Disorder Programs, the Adult Eating Disorders team at KHSC provides services to more than 100 patients from surrounding communities annually. We serve the residents of Kingston, Trenton, Belleville, Brockville, Perth, Smiths Falls, and surrounding communities.

## **Admission criteria**

We treat individuals who meet DSM-5 diagnostic criteria for an eating disorder with a BMI of 16 or higher. For individuals with a BMI below 16, we recommend a higher level of care for more intensive symptom interruption. If you are a health care provider and require assistance with accessing the appropriate level of care for individuals with a lower BMI or medical complications resulting from the eating disorder, please contact us for further information.

Please note that our program does not currently accept referrals for Binge Eating Disorder.

Below is a list of links to additional Adult Eating Disorder treatment programs available in Ontario that offer both inpatient and day programs.

[Ottawa Hospital – Regional Center for the Treatment of Eating Disorders](#)

[Toronto General Hospital Eating Disorder Program](#)

[Trillium Health Partners Eating Disorders Program at Credit Valley Hospital](#)

## How to make a referral

Referrals are accepted from physicians and nurse practitioners.

We ask that all referrals include three items:

1. A completed referral form
2. Recent blood work
3. An ECG

We also ask that the referring health care practitioner forward any other pertinent information that would be helpful to the continuity of care for the patient while in our program. Primary care provider involvement is required while patients receive treatment. Referral forms and related information can be faxed to us at 613-545-1364 or emailed to [AdultEDP@kingstonhsc.ca](mailto:AdultEDP@kingstonhsc.ca).